



Club News

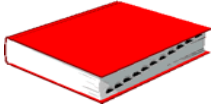
Volume 61

December, 2005



BOX HILL ATHLETIC CLUB INCORPORATED

Hagenauer's Reserve, Barwon Street, Box Hill, Victoria
Postal Address: PO Box 247, Box Hill VIC 3128
Email: info@boxhillathleticclub.org



Dates for Your Diary

Sat 10 Dec	Shield Round 9, P1, Box Hill
17-18th Dec	Vic Club & Relay Champs, Newport
Sat 7 Jan	Kings Allcomers Meet, Box Hill
Sat 14 Jan	Region Final, Box Hill
Thur 26 Jan	Association Final, Doncaster
3rd-5th Feb	Australian Open Champs, Sydney
Sat 11 Feb	Kings Allcomers Meet, OP
17-19th Feb	Vic Open & U20 Champs, MCG
Sat 25 Feb	Kings Allcomers Meet, Ballarat
Sat 4 Mar	Kings Allcomers Meet, Box Hill
Thur 16 Mar	Vic Milers Club Meet, Box Hill
Sat 2 Apr	Australian Club Champs, Adelaide

Contents

[Athlete of the Year](#)
[Club Room Upgrade Update](#)
[Firm Solutions Sponsorship](#)
[Victorian Relay and Club Championships](#)
[Security](#)
[Stadium Sports](#)
[Cleaner](#)
[Venue Final](#)
[Kings Allcomers Meets](#)



Athlete of the Year

At the recent Whitehorse Sports Awards, Steven Hooker was named the 2005 Whitehorse Athlete of the Year.

After earning his place on the 2004 Olympic team that competed in Athens and the 2005 Australian team that competed at the World Athletic Championships in Helsinki, Steven recorded his personal best height of 5.87m earlier this year.

This vault saw Steven ranked fifth in the world and also wrote him into the record books as he broke a long-standing Victorian record. He played a major role in the club winning the State League Premiership earlier this year.

Despite his international success, he remains a loyal member of the Box Hill Athletic Club and continues to train and compete locally.



[...return to Table of Contents](#)



Club Room Upgrade Update

The frustrations and delays with completion of the disabled access ramp to the Club rooms continue.

When design work for the project started in August, we were advised that construction should be complete by the end of November so we are most frustrated that we have reached the end of November and there has still been no construction work started yet.

The City of Whitehorse has awarded a contract to a builder to complete the works, however costs increases have meant that there has been a delay in starting the work as they consider options for reducing the cost.

The contractor is currently hoping to complete the work in February, however it appears likely that it will be March before we are finally able to gain access to the rooms.

[...return to Table of Contents](#)



Firm Solutions Sponsorship

The Box Hill Athletic Club's new sponsor, Firm Solutions is pleased to offer members and their family and friends a free junior or senior club membership with every loan arranged by Firm Solutions.

Whether it is for home purchase or refinance, commercial loans, business or personal loans, vehicle finance, construction or retirement funding, Firm Solutions Directors Mario Alfonso and Jamie Hall are committed to helping you save time and money by helping you to find the right loan.



Best of all, their service is provided at absolutely no cost to you. Firm Solutions receives a brokerage from the lender providing the loan that you choose, and this cost is not passed on to you in any way.

With over 35 lenders and 400 loan products available, you are sure to find the product that best suits your needs.

To see how they can help you, call Mario and Jamie on (03) 9853 4108 or apply online at www.firmsolutions.com.au.

[...return to Table of Contents](#)



Victorian Relay and Club Championships

Once again the Club Championships will be held in conjunction with the Relay Championships on 17 and 18 December at Newport Park Athletics Facility, North Road, Newport (Melway ref. 56 B4). The junior boys and the women will compete on Saturday morning and the junior girls and the men on Sunday morning for the club championship and the relay events commence at 1pm Saturday 17 and 1.30pm Sunday 18.

The National Club Championships will be held in Adelaide on 2 April 2006 and the National Relay Championships will be held in conjunction with the Open Victorian Championships at the MCG in February – quite an incentive to be involved.

As reigning National Club Champions the men will be keen to hold on to their title and the women, bronze medalists last year, will be aiming to move up a place or two. Don't miss out on your chance to be part of these great club events - make your availability known to your team manager as soon as possible.

[...return to Table of Contents](#)



Security

The club rooms are continuing to be left unlocked and lights left on. Most recently the door was left open, lights on and the gym open all night. This is becoming a major problem and we ask that members with keys be responsible and if you are not going to be last to leave, ensure that the door is in locked position and instruct whoever is remaining to turn off the lights and make sure the door and gate are shut and locked when they leave. This is even more important with the holiday season coming up.

If the problem persists we will have no option but to have designated opening and closing times for use of the gym.



[...return to Table of Contents](#)



Stadium Sports

The Box Hill Athletic Club has once again been most fortunate to secure sponsorship from Stadium Sports in Box Hill for the 2005-2006 season.

As part of the ongoing support for the Box Hill Athletic Club by Stadium Sports, they will be holding a sale of sporting goods and equipment **AT THE TRACK** on Tuesday 13th December from 6:00 pm until 8:00 pm.



A stall will be set up in the grandstand with a selection of running gear from their Box Hill store and all Box Hill Athletic Club members will have the opportunity to take advantage of the 15% discount on offer on all products in their store.

They will also have a range of catalogues on display for a large range of sporting gear which they can order in for collection at a later date, with the same 15% discount. Make sure that you take advantage of this great opportunity - not only will you be saving yourself money, but you will be helping to support the Club as well.

If you have not yet received a card, please contact the Club secretary, Julie Milner on 9818 1278, or email at jmilner@tpg.com.au.

The level of support that we receive from Stadium Sport is directly related to the amount of money that is spent in the store by Club members, so make sure that you call in to their shop in the Box Hill Centro Shopping Centre during your Christmas shopping expeditions to save money while also helping to support the Club.

[...return to Table of Contents](#)



Cleaner

You may have noticed that the club change rooms and toilets are looking very clean and tidy. Susan Lowe is cleaning, usually on a Wednesday, and is also helping Peter out with some ground openings. If you see her around please make her feel welcome.



[...return to Table of Contents](#)

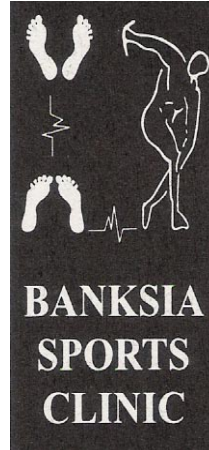


Venue Final

The Club has once again had a most successful year in Shield competition with teams currently in the top four on the ladder in most grades. As a result, we will have a large number of teams competing in the Venue Finals at Box Hill on Saturday 14th January.

To ensure that we have as many teams as possible progress to the Association Finals, it is important that we have as many athletes as possible competing in the Venue Final. Please let your team manager know if you are available to compete. Note that you can still compete by invitation even if your team is not in the finals.

As the season finishes very early this year, make sure that you take every opportunity to compete by supporting your club at the Venue Final.



Jason R. Thompson
BIOMECHANICAL MYOTHERAPIST
Assoc. Dip Appl Sci (Myotherapy) R.M.I.T.
Adv. Cert Lwr Limb (Biomechanics) I.C.B.
Member of I.R.M.A.

- Specialist in Biomechanical Orthotic Therapy
 - Gait Analysis
- Soft Tissue Therapy - Muscle Therapy

“Treating the cause of your pain using biomechanical orthotic therapy”

1026 Heidelberg Road Ivanhoe Vic 3079
Tel: (03) 9499 8887

[...return to Table of Contents](#)



Kings Allcomers Meets

Athletics Victoria is holding a series of Allcomers Meets in the New Year in place of normal Shield competition in the lead-up to the Commonwealth Games. Two of these events will be held at Box Hill - on Saturday 7th January and Saturday 4th March.

Prizes are drawn each round, with the clubs having the most competitors competing having the greatest chance of winning the prizes which consists of new athletic equipment for the winning clubs.

With normal Shield competition completed very early this season you are urged to support the Kings Allcomers Meets to extend your season into March. It will also provide an excellent means of keeping in shape for our National Club Championships teams.

[...return to Table of Contents](#)