



AUSTRALIAN TEAM NEWSLETTER #1

Hello and welcome to our first newsletter for the Australian Masters Athletics Team competing at the World Masters Athletics Championship in Perth from 26th October to November 6th 2016. The Opening Ceremony will be held Tuesday October 25th.

Please read the information contained in this newsletter and should you require any further information at this stage, please contact one of the Team Manager's.

TEAM MANAGERS

The AMA have appointed the following Team Managers to assist and support the Australian Team during the championships:



Mel TANTRUM

Lives in sunny Perth and works as the High Performance Manager at Athletics WA. Mel was one of the Managers for the Australian Athletics Team at the Staging Camp in Wakayama, Japan for the 2015 IAAF World Championships in Beijing, China. She comes from a swim coaching background with elite experience in Open Water Marathon and Paralympic swimming. Mel recently started training with the aim of competing in the Shot Put in Perth.



Steve MCGUGAN

Lives in Darwin where he teaches mathematics at Darwin HS. He is currently on the AMA Board and Chair of NT Masters Athletics. He was a manager with the 2015 AMA team in Lyon and Assistant Manager in Budapest 2014. Steve will not be competing in Perth but has previously run short hurdles, sprints and competed in the Indoor Pentathlon.



Donna HISCOX

Lives in Wollongong and currently works as an Event Coordinator. Prior to this she worked as a Police Officer for 22 years - finishing her career as a Detective Sergeant in the Fraud Squad. Over 40 years of athletic involvement has included success at national level, gold in the 2009 WMG over 400m hurdles and silver in the 4x 200m relay at Kamloops (WMIAC) in 2010 and a level 3 coaching accreditation. Donna has competed at three WMA Stadia Championships and one indoors. She is undecided as to whether she will compete in the 8km cross country, but is looking forward to the challenges of first time managing in Perth.



Garry WOMSLEY

Lives in Sydney. From 2006 to 2014, Garry held various positions on the NSW Masters Athletics Committee. He was the NSW Team Manager from 2012 to 2015 for the AMA Championships. He is hoping to be selected for this position again in 2016. He is an accredited Official and Coach. He is a Run Director with the Park Run organisation. He has won 20 medals at Nationals since his debut in Sydney in 2001. Perth will be his International debut as both Manager and competitor where he will compete in the 3000m Steeplechase in M50-54 category.

MANAGER CONTACTS

Mel TANTRUM	mel.tantrum@waathletics.org.au	0401521702
Steve McGUGAN	steve.mcgugan@ntschoools.net	0404403656
Donna HISCOX	donnahiscox28@gmail.com	0414767373
Garry WOMSLEY	garrywomsley@yahoo.com.au	0459436660

THE ROLE OF TEAM MANAGERS

Prior to the Championship Team Managers will work closely with **Judy Cooper**, who is the AMA International Entries Clerk. The Managers would like to acknowledge Judy for the quality and sheer quantity of work she does and will do in making our jobs easier.

During the Championship amongst other duties Team Managers will:

- Attend Technical Meetings conducted by WMA and the LOC and disseminate information deemed necessary to Australian Athletes;
- Communicate outcomes from Technical and Team Managers' Meetings via social media, Team Noticeboard, and directly with affected athletes

PERTH WEBSITE

The Event Website is an excellent source for all information you will require, click on: <http://www.perth2016.com/>
If you're not already receiving monthly E-Newsletters make sure you subscribe. The website and the newsletters will give you informative details on the **Event, Competition Schedules, Registrations, Transport, Relevant Anti-Doping Policies and TUE Requirements, Tourist Information, and most importantly ☺ a Countdown Clock to the Championships!!!!**

REGISTRATION

To enter **online** (the preferred method of the LOC) click on: <http://www.perth2016.com/the-event/register/> . The system will allow athletes to purchase add-on items such as Tickets for the Athletes Party. It also allows you to return and log in at any time before the entry deadline to update your information i.e. add another event, update seeding marks or correct misspelling or mistakes.

Important Information to read: **[Procedures how to ENTER International Championships]**

This will be on the **AMA** Website

The **AMA Administration Fee** will be included in the online entry process, so there is no need to send this separately to AMA. This fee covers administration costs and contributes to the outlay of having Team Managers in Perth.

Online entries **close on August 25th**. Late entries will **NOT** be accepted.

If you require a **paper entry**, you can download from the Perth website or contact Judy Cooper at jvcoop@bigpond.com or calling 07 34087933 or mobile 0439 766 402.

All paper entries and payments **MUST** be processed through Judy. The **deadline for these entries is 4 August 2016** and all paper entries must be accompanied by a **bulk payment of fees and AMA administration fee**.

Paper entries are to be forwarded to:

Judy Cooper
AMA International Entries Clerk
22 Marina Boulevard
Banksia Beach
Bribie Island QLD 4507

ATHLETE INFORMATION FORM

After you have registered, Judy Cooper will email you an Athlete Information Form. This form requests further details including; travel and accommodation arrangements, emergency contact details and **your indication to be considered for selection in relay teams**. It is important this form is completed and returned as required.

UNIFORMS

WMA rules stipulate 'all athletes **MUST** wear the approved vest of that nation'. For Australian competitors, the previous and current version of the uniform will be classed as the compulsory competition uniform. Compression garments can be worn **under** the Australian uniform.

To view and order the Australian uniform please click: www.australianmastersathletics.org.au/uniforms.html . This site also shows a sizing chart and we recommend that you review this closely.

Please note orders **MUST** be in by **26 August 2016**, but you are strongly encouraged to order as early as possible. Uniforms will be available at the AMA Championships in Adelaide, if you wish to try on for correct sizing.

Additional uniform and non-compulsory apparel items are currently being sourced by the AMA Board. These items will include a track suit, polo shirt, t-shirt, cap and perhaps dress shorts. It's hoped additional apparel items will also be available in Adelaide. For updates check out the AMA website and our next newsletter, which will be available after the Adelaide AMA Championship in April.



Women can order crop top or singlet and briefs or shorts.

Men can order shorts or tights.

COMMUNICATION

In addition to the E-News and Perth website, you are advised to regularly check the Australian Masters Athletics (AMA) Website, in addition, a further two newsletters will be forwarded prior to the Championships. Additionally, we will have a Facebook Page for team members only, this will become the major avenue of communication leading into and during the Championships. Once you have registered, apply for acceptance to the Facebook Page at **Australian Team @ WMA Championships Perth 2016**. One of our Administrators will accept your request. If you have any issues with this please contact one of the Managers.

TRAVEL AND ACCOMMODATION

All athletes are **responsible for their own** travel and accommodation. **Motive Travel** is the Perth WMA Exclusive Travel Partner and they will be happy to assist with all your Travel requirements. They can be contacted at Perth2016WMAC@motivetravel.com.au or on 08 9322 2666.

In closing this first newsletter, we encourage you to also urge a mate who has never been to a world championship to join you. The camaraderie and competition is something that athletes of all abilities will cherish, be left with lasting memories and possible overseas contacts that can develop into lifetime friendships.

All the best in your preparation and training. We hope to see many of you in Adelaide for the AMA Championships in April.

Regards

Mel, Steve, Donna and Garry.