



South Australian Motor Racing Officials Association Newsletter FEBRUARY 2022

A Motorsport Australia affiliated Organisation



Website: www.samroa.org.au

Next General Meeting:

General Meeting will be held on the second Wednesday of the month:

13th April, at The Maid Hotel, 1 Magill Road, Stepney starting at 7:30pm

Due to COVID-19 you must scan the site QR code or add your details to the register.



Congratulations to all recipients of SA & NT Motorsport Australia 2021 Awards.

All are deserving recipients and have truly earned them. Thank you all for representing SAMROA to such an outstanding level.

SAMROA is proudly supported by



Modbury



Contents

President's Prattle	4
Local Events Calendar	5
T&CC Report.....	6
Social Committee Report.....	8
2021 Annual Dinner Photos.....	9
Promotions Report	11
Appendix A: MSA Health & Fitness PDF	11
Appendix B: General Minutes PDF.....	11

The [Editor](#) welcomes contributions from any person interested in motor sport. Therefore, views expressed in this Newsletter are not necessarily those of the South Australian Motor Racing Officials Association or any of its members.

MARSHALS MUMBLINGS

February/March 2022

Official Newsletter of the

South Australian Motor Racing Officials Association Inc.

PRINT POST APPROVED - PP532699 / 00006

<i>Position</i>	<i>Office Bearer</i>	<i>Contact Details</i>
President - 0402111769	Bruce Morisett	president@samroa.org.au
Vice President	Tony Aloï	vicepresident@samroa.org.au
Secretary	Leslie Atkinson	secretary@samroa.org.au
Assistant Secretary	Deborah Squires	assistantsecretary@samroa.org.au
Treasurer	Janelle Orrock	treasurer@samroa.org.au
New Members	Kim Morrison	newmembers@samroa.org.au
General Committee	Shaun Halliday, Graham Church, Owen Smith, Nick Papanikolaou	
Chief Flag mobile	0448 633 382	
Training & Competition Committee	tcc@samroa.org.au	
Chairperson	Tony Aloï	
T&CC Members	Peter Cirillo, Kim Morrison, Owen Smith, Brad Morrison, Graham Church	
WH&S Representative	Cathy Sinton	
Social Committee	social@samroa.org.au	
Social Committee Members	Janelle Orrock, Deb Squires, Leslie Atkinson	
Motorsport Australia Chaplain(s)	David Vaughan	0418 803 239
	Dave Hamilton	0417 710 773
	Grant Zippel	0400 195 735
Motorsport Australia Delegate		
Newsletter Editors	Deb Squires & Peter Ruth	editor@samroa.org.au
Patron	Vern Schuppan AM	

Postal Address: PO Box 187, Kent Town, SA, 5071.

The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with Motorsport Australia Ltd.

President's Prattle

Welcome to the February/March Newsletter



Unfortunately, due to COVID-19 and the racing break, this month's newsletter is very light on news and information. More than likely a March newsletter will be published, as we will have had a few events under our belt's by then.

Local Events Calendar

Reminder, as the COVID-19 situation is ever changing, keep an eye out on social media, SAMROA emails and newsletters for updates.

- **13th February** – Superkarts & modern Regularity -Mallala
- **19th February** – SCCSA Season opener – Twilight Event - Mallala
- **12th March** – SCCSA State Championship Round 1 - Twilight Event - Mallala
- **3rd April** – Superkarts & Modern Regularity - Mallala
- **23rd & 24th April** – National All Historic –Mallala
- **1st May** – Peter Hall Memorial 6 hour Regularity - Mallala
- **15th May** – Superkarts & Modern Regularity - Mallala

Also check out what is happening across the state in all forms of Motorsport via the Motorsport Australia

Events Calendar: <https://motorsport.org.au/events/championships/state/sa-nt> (this site is not validated for accuracy by SAMROA)



*Happy birthday to our members who will be celebrating milestones in
February or March.*

February

Shaun Doecke–5th
Steve Clift – 6th
Nicola Jowett -7th
Shaun Halliday -13th
Nick Papanikolaou-20th
Peter Stevens-22nd
Bradley Morrison -22nd

March

Shaun Croci – 9th
Deborah Squires – 15th
Janelle Orrock – 21st

T&CC Report

As you may be aware by now SAMROA has a new shed at Mallala!

A new season race season is starting and to kick it off SAMROA has moved sheds at Mallala.

Quite a bit of time, effort and a lot of elbow grease was put in by Graham Church, Ray McGuinness, Owen smith, Tony Aloj, Kim Morrison, Peter Cirillo, Cathy Sinton, Shaun Halliday and Deb Squires, cleaning out the old shed and setting up the one. Apologies if anyone's been left out and see below for some pictures from the day.

We are now located at the shed, drivers left entering the paddock area. The shed has our signage attached to the rear and a sign on the side, which can be seen from the roadway, so hopefully you won't miss it. (See details below)

Parking will be directly in front of the shed on the lawn area, please be mindful of other people parking in the area and park neatly.

Hope to see you out there soon at a race meeting, we have one on this weekend the 13th Feb and one next weekend the 19th Feb. If you can come out and help that's much appreciated. Please place your name on the member's database or, contact Chief Flag or, one of the T&CC members.

SAMROA T&CC





Social Committee Report

February 2022 already! Soon enough our next dinner will be upon us or at least the planning of it will be. With that said watch this space and as always continue to support and attend the functions that are put on by SAMROA. We always welcome family and friends to come along and enjoy the evening too.

Some light hearted fun at The Bend – Shannon's 2021 Tony Aloï, Owen Smith and Spit the Dummy.



*Cheers,
Deb Squires*



SAMROA member Shaun Halliday is a franchisee of Mister Minit which specialises in repairs, engravings, cutting services plus much more! Shaun has offered a 20% discount for SAMROA members upon presenting their membership card. His kiosk is located at the Unley Shopping Centre. Come on down and support each other.

2021 Annual Dinner Photos



Graham & Saith



Karl & Alec



Leslie & Bruce



Bella, Matt & David



Owen Smith



Peter & Denise



Tom & Elise



Brad & Kim



Janelle, Jack, Bing & Lyn



Di & David



Julie & Laurie



Karyn & Dieter



Vince & Sue



Cooper



Teresa & Tony



Alec & Peter

Promotions Report

Hi all,

Promotional Days are designed to get SAMROA out in the public eye and recruit new people. 2022 is looking as busy as ever if not busier. Rob Thiry, Owen Smith and I will be teaming up to brainstorm and implement the running of successful Promotional Days across Adelaide. There is always a ton of work that is done behind the scenes to run any event that perhaps is underestimated. Fortunately, we will also have Nick Papanikiloau, Kim Morrison and Niki Jay to back us up.

“Many hands make light work”.

Deb Squires

Ass. Secretary/Committee Member

[Appendix A: MSA Health & Fitness PDF](#)

[Appendix B: General Minutes PDF](#)

Adelaide **VEHICLE CENTRE**

At Adelaide Vehicle Centre our friendly Used Car Sales team believe in good old fashioned quality service.

We are also proud to contribute to our local community, participating each year in the Variety Children Charity's Variety Bash.

We have over 250 Quality Used Cars at our Five Adelaide Used Car Dealerships located at Enfield, Melrose Park, Cheltenham, and Strathalbyn and our lower overheads mean that we sell our Cars for less!

AVC North

Commercial & 4x4

459A Main North Rd,
Enfield, SA, 5085

Ph: 08 8262 4529

*Quick & Easy
Finance Available!*

AVC North

459 Main North Rd,
Enfield, SA, 5085

Ph: 08 8262 4447

AVC South

1023 South Rd,
Melrose Park, SA, 5039

Ph: 08 8374 3644

AVC Hills

2 Dawson Street,
Strathalbyn, SA, 5255

Ph: 08 8548 3227

AVC West

1025 Port Rd,
Cheltenham, SA, 5014

Ph: 08 8241 2255

www.adelaidevehiclecentre.com.au



Health and Fitness for Officials

Information to promote the physical and mental wellbeing of Motorsport Australia Volunteer Officials

DISCLAIMER:

Motorsport Australia and the AOC provides this information as a guide to assisting Motorsport Australia volunteer Officials develop their fitness, health and well-being, so as to enjoy as fully as possible, their experiences as motorsport officials.

As with any exercise program, Officials are advised that this information is general in nature and advisory. Officials, particularly if they have pre-existing medical or exercise conditions, should seek the advice and guidance of their medical practitioner before embarking on an exercise program.

Planning and preparation for the new motorsport season

'Officials are responsible for their own actions' — you've probably heard this many times. It means being responsible for more than the decisions we make and the way we conduct ourselves during a race meeting: more than just the procedures and protocols we use. Being responsible for your own actions is also about the responsibility to be prepared for the motorsport season and how you:

- manage your time
- set goals
- mentally and physically prepare, and
- make sure you stay up-to-date on the current management and rules of your game.

To manage all of this well you should put in place a professional and personal development plan. There are a number of 'elements of development' which should give you an idea of the responsibilities that officials should be thinking about.

Elements of development

- technical
- skills
- mental
- physical
- performance, with specific focus in each of these elements on:
 - concentration
 - preparation
 - fitness
 - training
 - vision and timing
 - positioning

All these elements are about 'consistency' and they are all as important in pre-season as during the games.

Time management and Organisation

Good life balance factors in work, family time, study, personal time, training and game time. Stress and poor training and performance are usually good indicators that things are not in balance.

Develop a timetable that integrates your training and match time with your normal day and other activities.

Nutrition and hydration: eat well and follow a recognised plan for the amount of training you do. Know when and what to eat to ensure good results.

Be planned and organised but always be prepared for when things don't go according to plan.

Equipment: make sure any equipment you need for officiating is clean, working and in good order.

Travel: know what is best for your own body when you travel. Some basic things to consider are:

- stretching sufficiently after officiating
- staying hydrated and eating well, and
- wearing compression clothing when travelling to aid recovery.

Mental and physical

The type of sport you are officiating will dictate when you start your training and what type of training you do. In sports that require officials to have a high fitness level, you don't really stop training, but lessen the load at the end of the season and build back into more specific training as the season comes closer.

All-year-round general fitness training will lead into more strength and sprint training, approximately ten weeks out from competition. It is essential that training is always specific to what you do in competition.

Mental toughness and how you cope and focus starts well before the season begins. Physical and mental training go together pre-season, particularly when doing practice matches. It is important that the way you officiate in practice matches is no different to the way you would perform in a competition or big game - this will build your confidence. Procedures and protocols should come naturally during games, which allows you more time to work on other skills and techniques which affect your decision-making.

Currency and rules

Attend any courses and rule discussions to update your knowledge prior to and during the motorsport season. Even if you have completed the same course the year before, it is always good to refresh your knowledge, quite often you will learn at least one new thing.

Find a mentor who can assist you with your preparation and skill development as a Motorsport Australia Accredited official. Use the knowledge of more experienced officials or your mentors: they are a great resource.

Reading the Motorsport Australia Manual and event regulations is the obvious way of staying current but even more important is learning how to apply the rules, having an understanding of their application and their interaction with other rules is essential. Aim to prepare well in the pre-season, work hard to maintain and improve your performance every time you officiate, and always aim for consistency.

Officials need to make time to be at their best

Motorsport Australia Officials are like drivers in that they have to perform at their best in every motorsport event. Staying focused, making correct decisions, managing equipment and personnel, are essential roles. To perform these tasks consistently and reliably officials must be fresh and well organised. This is especially so for officials who have demanding physical roles such as long days in either the heat, cold or rain, and for officials who need to make precise decisions over one to four days at events such as Bathurst and the Australian Formula 1 Grand Prix.

Monitoring fatigue and stress levels and learning how to minimise their effects is something that both athletes and officials have in common. Doing this will help officials to be reliable and consistent in their performances and hopefully lead to more enjoyment of their officiating roles. Here are some simple suggestions to achieve this:

Daily: Listen to your body to find out how tired or stressed you are. Keep a simple checklist or diary to register your responses for:

- Quality of sleep - a good sleep is invaluable
- Energy levels - start the day with plenty of energy
- Personal stress, for example, lifestyle issues. Plan how to manage these
- Enjoyment for your officiating role - enjoyment and satisfaction are important monitors of your stress levels
- Any illness or injury concerns - manage these and note any patterns
- Eat a balanced diet and plan appropriate meals and post event snacks
- Stay hydrated and make sure that you have fluid and fuel for the whole day
- Shower before bed and stretch after the shower - start to relax physically
- Practice a relaxation technique before bed, for example, visualize a happy place, listen to relaxing music, or do some light reading
- Switch off from the day's events

Weekly: Spend 5-10 minutes planning ahead for the week. Use a weekly planning template or electronic diary to identify and prioritize any weekly commitments for work, study, and officiating. Make sure you include family time, and relaxation time for yourself. Try to maintain a balanced life.

Annually: Review, revisit and re-focus. Review your last year's performances and adaptation to stress. Identify any changes and how and when to make these. Have an annual medical check-up that includes vision testing, and muscular-skeletal screening - prevention is better than cure. Reset your goals for the year.

Your Diet and Weight

Australian health authorities recommend 30 minutes of activity on most days (that is, five–six days per week). However, this is the amount required to maintain a healthy weight. To lose weight, it is likely that you will need to be doing more than this. The amount of exercise you need to do depends on many factors, including how much you have to lose, your current regime and your exercise history and, of course, any injuries that need accounting for. Consult a sports dietician or exercise physiologist to find out what will work for you.

Sleep it off: As crazy as this idea sounds, it is likely that if you sleep more, your weight will come off more easily.

Medical researchers have established a clear link between sleep and body weight. How so? Let's take a few steps back and look at what our hormones do:

- Leptin is produced in your fat cells and sends a signal to the brain when you are full
- Ghrelin is produced in the gastrointestinal tract and stimulates your appetite

When you do not get enough sleep, leptin levels drop, which means you do not feel as satisfied after you eat. Lack of sleep also causes ghrelin levels to rise, which means your appetite is stimulated, and you want more food. This makes for a dangerous overeating environment.

If you want to shed some kilos, logging a few extra hours of sleep is not a bad idea, particularly if you

currently get less than six hours of sleep a night. Most people need seven to nine hours a night. Some more, some less. Give it a try. You may just discover that you are not as hungry, or that you have fewer cravings for sugary, calorie-dense foods.

Ask an expert

Having a meal plan that is designed for your unique needs is invaluable. Have you ever followed a magazine diet but found it hard to stick to for longer than a few weeks? This is common and keeps the dieting industry on its feet. You can beat it by seeking specific advice for you. A sports dietician can account for your training and officiating and other work and life commitments and tailor a meal plan to your life. This gives you the best chance at success.

Meal times need official management

Travel is often a large part of any Motorsport Australia motorsport official's life. This often means eating away from home, eating on the run and sometimes hoping that there will be something 'reasonable' to eat at the motorsport event.

You should always plan to have sufficient additional healthy food and drinks to supplement what may be provided by the promoter.

Eating patterns such as this can translate to unwanted kilos. Officials need quality and consistency in their daily fuel to allow for optimum energy and health. Following are some tips to help you in choosing the most nutritious meals when your officiating takes you "on the run". In the car or at work, have long-life snacks stored. These may include:

- quick oat sachets apricots, prunes or other dried fruits mixed nuts and seeds (single serve packets)
- protein bars, healthy muesli bars or corn thins, with flavoured tuna or vegemite, and
- bottled water

Fluid and hydration

Sweating rates during long days as a Motorsport Australia volunteer official can vary considerably between individuals. Being aware of sweat losses is the first way of determining how much fluid needs to be replaced. One kilogram of weight loss during exercise equates to one litre of fluid loss. Losses also vary depending on the environmental conditions: the hotter the environment, the greater the rate of sweating.

Good hydration is necessary for officials even if the level of activity is low in comparison with for example, a Rugby League referee. Dehydration, the result of poor fluid intake, will affect reaction time and decision-making, crucial skills in being a competent and effective motorsport official.

During motorsport events, officials' opportunities to drink may be limited, so it is important that they begin the day well hydrated, and take every opportunity to drink during breaks. Sports drinks encourage better fluid intake because of their taste, as well as supplying extra fuel during a session, but it remains hard to beat water as the best consistent fluid to be consuming.

Nutrition and hydration can be just as important for officials as for the drivers themselves. Aim to stay healthy, well fuelled and well hydrated for best performance.

Warm up

Why Warm Up?

- to increase heat throughout the body, and
- to reduce the risk of straining or tearing muscles and tendons by increasing their flexibility and suppleness.

How to Warm Up

- your warm up should gradually build up in intensity and should be within your health capability and also be similar to the activities likely to be performed during the day
- the types of warm up activity should include major muscle groups that will be again replicated activities likely to be performed during the day
- a brisk walk is an effective way to start warming up, so on your way to your position on the circuit, walk briskly.

Tips for warming up

When the temperature is cooler, you should spend a little more time warming up (e.g. Bathurst). When the temperature is much warmer, less time is generally needed (e.g. Clipsal).

Try to retain the heat as much as possible generated by the warm up. This can be done by wearing appropriate clothing or making the effort to keep moving when not directly performing an active task. Standing for long periods, can cause muscles to shorten and become tight and this can lead to tiredness and injury risk if suddenly you need to respond to activities on the track or in your area of work.

Warm up and stretching guidelines for officials

Warm-up routines are widely adopted by players in most individual and team sports. Officials performing physically active duties should also consider the benefits of a well-structured warm-up routine prior to competition and fitness training sessions.

Although there is some debate in scientific and medical circles on whether warm-up and stretching routines actually decrease the risk of injury, there are several other benefits of a proper warm-up. These benefits include elevating the metabolic rate, muscle temperature and cardio-respiratory function, the opportunity to gauge court/field surfaces and environmental conditions, and to finalise aspects of mental preparation including focus, attention and concentration. The warm-up also permits practice of motorsport specific activities e.g. flag waving, hand signals used during the event etc. An equivalent in Rugby League would be ball passing skills.

Use morning sector briefings to practice hand signals in a fun aerobic way each day.

When training, the basic elements of a warm-up and stretching routine typically include some easy jogging or running, stretching and some sports-specific drills to prepare the body for demands of the game or competition. One approach is to alternate short periods of running with a few stretches with a gradual increase in intensity from easy to firm. The final few running drills should involve some short acceleration from standing and jogging starts to near maximal speed. There is no need to overload the intensity or length of the warm-up and officials should feel warm, with a light sweat, and ready to go. The running drills should also include some acceleration/decelerations, agility work with changes of direction and where appropriate balance and coordination exercises.

Here is a typical 12 minute warm-up:

- easy running (2 mins)
- stretching (2 mins)
- running drills – moderate intensity (2 mins)
- stretching (2 mins)
- running drills – moderate/firm intensity (2 mins)
- individual stretching (2 mins)

The order, number and duration of drills can be modified to suit individual circumstances.

The following list details various stretches that can be used for different areas of the body:

- lower back (standing or seated spinal twists)
- hamstrings (seated or standing)
- quads (standing one leg pull backs)
- glutes (seated one leg pull backs)
- calf (against wall, on step)
- groin (seated or standing)
- trunk twists and rotations
- pecs/triceps (single arm)

Each stretch should be performed three to four times and held for approximately 10 - 20 seconds. Individuals should be instructed not to force a stretch beyond comfortable limits and to breathe normally. The best approach is to undertake a three-quarter stretch on the first effort and then increase the intensity to a full stretch by the third or fourth repetition.

In relation to the timing of the warm-up it is best to conduct the warm-up a few minutes before the start of the game. This will vary depending on other pre-game activities and responsibilities of officials. It is important not to leave the warm-up too late or officials may feel a little rushed in the important minute before the start of the game. It might also be prudent to conduct a short warm-up at the end of the half-time break depending on the time available and the weather conditions.

Cool Down

Why Cool Down?

- to help remove the waste produced by your muscles during the day
- to assist in reducing muscle tightness and soreness, and
- to enable you to continue to participate effectively during all days of the event.

How to Cool Down

Just as a brisk walk to your position in the circuit helps you to warm up, a brisk walk back to the muster area is also an effective warm down.

5-10 minutes of stretching of the major muscle groups used is also important and can assist with flexibility and recover.

Stretching

Why Stretch?

The major purpose of stretching is to increase flexibility and maintain muscle balance on both sides of a joint. Without stretching, muscles lose their flexibility and may fail to respond effectively during sporting activity. Stretching enables both physical and mental preparation for the range of activities that may occur during the course of your race weekend. Stretching can also reduce tension and relax the body, enhance body awareness, promote circulation and assist with co-ordination by allowing free and easy movement.

When to Stretch

Stretching should be performed once the muscles have been warmed, as the stretching of cold muscles is less effective and may lead to injury strains. It is important to stretch after your day's activity as well to assist with recovery and your activities for the next day.

Stretching Tips

- Don't stretch to the point of pain – although some tension should be felt.
- Stretch after warming up and after cooling down.
- Stretch slowly and gently.
- Avoid holding your breath during stretching.
- Try to hold stretches for between 10-20 seconds.
- Entire stretching sessions should last 5-10 minutes.
- Try and stretch each muscle group 2-3 times.
- When stretching – don't bouncy or stretch rapidly.

Keeping your mind on the job

Very few roles are as highly scrutinised as motorsport officiating. Motorsport Australia Accredited volunteer officials give their time to officiate at various levels of competition, and as a result open themselves to a degree of scrutiny. This judgment comes from media, friends, family, complete strangers and often most harshly from the other officials themselves and competitors, as they strive for excellence in their performance.

It will come as no surprise then that in the face of this intense analysis, the ability to stay focused on the job at hand plays a major role in determining the quality of an official's performance. Irrespective of whether the event lasts five laps or four days, successful officials must possess skills in two key areas relating to attention: selectivity and mental effort.

The selectivity of attention refers to the ability to exclude irrelevant stimulation while focusing on what is deemed to be important and relevant to the task at hand — that is, focusing on the right things. Considerable mental effort is required to selectively focus at the appropriate moment or for prolonged periods of time — that is, focusing on the right things at the right time.

Most officials recognise the difficulty of concentrating for the duration of an event — particularly long events such as the Bathurst 1000. These difficulties are usually caused by insufficient mental effort and/or an attention mismatch — that is, rather than focusing on appropriate cues, officials become distracted by thoughts, other events and emotions. These distractions can be both internal and external in nature, and can include:

Internal distracters

- getting stuck in the past (for example, an earlier decision/call)
- worrying about the future (for example, how a decision may impact on the outcome)
- negative self-talk (for example, questioning one's own ability)
- increased anxiety (for example, general worry about one's performance)
- fatigue (for example, general depletion of mental and physical energy systems, and associated deficits)

External distracters

- visual distracters (for example, crowd, media, environment)
- auditory distracters (for example, crowd noise, PA system, environmental noise)
- physical interactions/distracters (for example, replacement players, team officials, weather conditions)

Successful officials are more aware of these distracters, and understand that their attention has limitations and requires training and management, similar to their physical and skill-based abilities. There are a number of strategies that officials can employ to improve their focus and concentration. These include:

- simulation training (including imagery)
- being more aware of current attention habits and patterns
- identifying and employing performance cues
- positive/effective self-talk
- performance routines
- staying in the present
- concentration exercises (for example, shifting attention - internal/external, broad/narrow; mindfulness exercises; concentration grids; playing video/computer games; etc.).

With the right training and an appreciation of the fact that mental skills (like physical skills) need to be practiced, officials can achieve a number of improvements in their ability to manage their attention and performance. These improvements can include:

- being less likely to become distracted by irrelevant factors
- maintaining a more task-oriented attention focus
- developing enhanced focus control and concentration for their performance
- having a greater 'present' focus
- being more mentally relaxed
- analysing the performance situation more efficiently and accurately
- greater decision-making consistency based on the information available.

References and Acknowledgements

The following sources of information are acknowledged and any existing copyright remains with the original owner/s.

PLEASE NOTE: Some of the text has been modified to provide more of a motorsport perspective to the information.

- Australian Sports Commission
- Australian Government Department of Health and Ageing
- Sports Medicine Australia
- Smartplay
- Various magazine and health related articles in public circulation
- ASC: Officials make time to be at their best by Angie Calder, Applied Sports Knowledge
- ASC: Sports Official: Maintaining a healthy weight
- ASC: Warm-up and stretching guidelines for officials: David Pyne, Department of Physiology, Australian Institute of Sport
- ASC: Meal times need official management by Sally Anderson, Sports dietitian, nutritionist and exercise physiologist
- ASC: Sports Official: Planning and preparation for the season Author: Jacqui Jashari
- ASC: Sports Official: Keeping your mind on the job Author: Michael Lloyd, Performance Psychologist

SAMROA GENERAL MEETING

February 2022



Meeting Details:

Date & Time: 9 February 2022 at 19:30
Location: The Maid Hotel
Meeting Opened: 19:31

Attendees:

Present: As per Book
Apologies: Janelle Orrock
Guests:

Meeting was presided by the Vice-President, Tony Aloï

Announcements / Reminders:

Bruce Morisset advised the meeting of his recent medical episode which is why Tony Aloï is chairing the meeting tonight.

Previous Minutes:

Minutes from the Previous Meeting (December 2022) were placed on the tables for members.

Motion: Minutes be accepted as a true and correct record.

Moved: Bruce Morisset

Seconded: Brad Morrison

Accepted.

Business arising from previous minutes:

MG car club expressed interest in an one day sprint event at Easter 2023. This will be a Motorsport Australia event. Details will be forwarded later.

In / Out Correspondence:

Correspondence In/Out: See attached list

Motion: Correspondence be accepted:

Moved: Leslie Atkinson

Seconded: Darren Mattiske

Accepted

Business Arising from the Correspondence:

Tarmac Event calendar. If anyone wants a copy of the calendar, contact the committee or T&CC.

Treasurer's Report

Dec 2021

Jan 2021

Opening Balance:	\$1,652.71	\$680.28
Receipts:	\$111.97	\$525.00
Outgoings:	<u>\$1,084.34</u>	<u>\$531.09</u>
Closing Balance:	\$680.34	\$674.19

Special Purpose & Transaction Accounts: \$7,516.34 & \$674.19
Term Deposit: \$10,706.66
Total: \$18,897.44

Report was Presented by Secretary

Motion: Treasurer's Report be accepted
Moved: Leslie Atkinson Seconded: David Castrechini

Accepted.

Accounts for Payment:

- Australia Post: Peter Ruth \$13.20 Postage for December Newsletter

Motion: Payments be approved
Moved: Tony Aloï Seconded: Saun Halliday
Carried

Reports from Other Committees:

WORKPLACE HEALTH SAFETY (Presented by Cathy Sinton)

- Sunday will be very hot, so start hydrating on Saturday. Bring extra drinks, electrolyte, and cordial, not just water, as well as hat and sunscreen.
- Once at your post, make lots of noise and ensure you check for snakes etc. leave bag in bunker, not next to fence so no critters get into your bag.

T&CC (Presented by Owen Smith)

- SAMROA has moved sheds. It is now located just inside the paddock area. Signage has been put on the side of the shed.
- Superkarts and regularity on 13/2
- Twilight trophy season opener 19/2– still looking of names so see Daren Mattiske if interested. Gates open at 11:00am for 11:30am briefing. Expect 9pm finish
- Bring a friend program. If you bring along a friend who is new to motorsport, you will get a \$20 fuel voucher from SCCSA
- 12 March - Round 1 SCC. Karl Flemming and Kim Morrison are Chief flags
- Fire training day will be a priority this year. Planned for middle of the year.
- Senior training day – open to everyone. Find out about the senior's role and a refresher for current seniors
- Cathy Sinton and Kim Morrison have been working on post specific posts for Mallala. These will incorporate important notes for each post.

- Thanks to Bruce Morisset for washing all the flags. May need to look at replacing the blue flags, but all other flags are good. Double check the tacks are all good and holding together. New tacks have been purchased if needed.
- Kim Morrison has cleaned all old overalls, hats etc. Ask for permission to throw damaged ones. Granted.
- Tony Aloï commented: If you are having radio problems at an event, ensure you report to the chief flag with the radio number, and whether head set and/or radio is faulty. The club is keeping a list to ensure all radios being used are operational. Poor radio communications is not acceptable, so need to get on top of the poor radios.

New Members

- Nick Morris – Kim Morrison is in communications and he is possibly coming out. (Nick was on the new officials program at Clipsal)
- Handbook and pack are being updated currently. This will be issued to all members and new members will get one immediately after joining.

MOTORSPORT AUSTRALIA

- Nil

STATE OFFICIATING PANEL (Presented by Janelle Orrock)

- Nil

SCCSA (Presented by Janelle Orrock)

No report

- Register for SCCSA events – email. Easy to do. SCCSA register is for doing events other than SAMROA specific events. Still register for SAMROA events as normal.
- SCCSA – there have been some changes to dates.
- All clubs want to have their own database. But ensure you register with SAMROA for events.
- You are welcome to attend other events, but not as a SAMROA representative so don't wear SAMROA apparel.
- Put something in newsletter re: wearing SAMROA apparel.

WEB SITE (Peter ruth)

- Updated calendar – only to June at this stage.
- New committee should be getting redirected emails. Will test in the next few days so ensure you reply to the email.
- Updating maps for Mallala and Taillem bend. Will include a map to the new shed.

FACEBOOK

- Cathy Sinton is now the editor of the SAMROA Facebook page. She will be posting news on there. All members are encouraged to become members of the facebook page. Janelle and Deb are also administrators.
- Feed isn't feeding into website currently. Need person with domain name to be able to do this (Darren Mattiske).
- Meeting to be held next week to update.
- Use the facebook page to get people interested in what happens at the track. Maybe get chief flags to take photos and take your own to post on page.

SOCIAL COMMITTEE

Nothing planned at this stage

Any photos from dinner, please pass on to Deb Squires for newsletter.

PROMOTIONS

- Owen Smith and Rob Thiry to organise some good events. Still being confirmed
- Horse Power crew – put on events and static displays. They welcome volunteer groups to show off what they do. Deb Will make contact with them soon.
- If any ideas, bring to committee
- Promotional video still going ahead

General Business:

Tony Aloï:
Nil

Leslie Atkinson:
Nil

Deb Squires:
Nil

Graham Church:

Shed move went well. Clem Smith's old caravan has been moved to near the new shed. There needs to be clarification regarding the overall intention with it, and what materials we can store in there.

You can park your cars on the lawn near the shed.

Trailers will be parked near turn 3. Toilets at turn 8 will be updated.

One fridge doesn't work. This is used for dry storage as it is vermin proof. Need to cut the electric lead off so no-one tries to use it.

Fuel voucher incentive scheme: still being investigated by committee.

Shaun Halliday:

Has bought a new lock for the shed to replace broken lock

Alec Donnen:

Initiative for girls in motorsport. Why didn't we go with it?

Kristen did not inform committee of event in time to organise anyone. Short notice and not MA sanctioned event.

Peter Ruth:

Do not register for events using the facebook page and "do not rely" email. Ensure you register through the database

Matthew Avery:

Are we aware of the changes to standing regulations for circuit racing?

Tony Alois responded: This may not affect us. Peter Cirillo is aware of it but nothing affecting our duties at this stage. There are some small tweaks to starting rules.

Rod Mountfield commented: regulations change annually for all categories.

Anything that affects us is notified to us. Go to MA website if interested or concerned.

Jackie Schlein: nothing

Kim Morrison:

On the posts: Ensure you keep black folder inside bags in case of strong winds.

Not all folders have clips so need to be updated (**T&CC action**). Any issues, raise with chief flag and get replaced

SAMROA messenger group: Ask Kim if you want to be added to the Messenger group. This is a useful forum for information.

Brad Morrison:

Mallala 13/2 will be a high fire danger day, so be aware if a car comes in at your point. Be on the look out for any potential fires they may start.

Currently committees (Executive and T@CC) change over two months apart. If the full committee is changed over, this can lead to a loss of continuity. Brad proposes the committee considers splitting the positions such that half the committee changes over every two years. This should help to keep the continuity of committees. Need to review the constitution.

Chris Rabin: nothing

Darren Mattiske:

Circuit excels: May see a "B" on some cars this year. There is a new group being created for stock builds, with no engine and supporting modifications, so there will be two classes in one race. This will start from round 1.

Bruce:

Nil

Steve Kaz: Nil

Alan Hardy:

First became an official as the result of seeing a Facebook post and started as a volunteer at 6-hour at Bathurst 2021. Having camped with track officials he decided he wanted to join. Since then he has done Tailem bend, Darwin, Bathurst and loves it. Ensure you don't disregard casual comments from Facebook etc. as these people may become members.

Tell your friends to get people to come out.

Owen Smith:

Nil

Rod Mountifield

There is a new go-kart track on the inside of the track near turn 7-8 at Mallala. Do drive on this new track as the bitumen is still curing. The go-kart track mirrors the Mallala circuit but is smaller and incorporates some of the existing track. It comes onto the existing circuit at 6.7 and leaves at 8.2.

Brad Morrison noted: dirt has been built up around this area and no grass, so lots of dust at the moment.

Tony Alois

SANT Motorsport Awards were held recently, live streamed on internet

Award Winners:

Dieter von Zieden: service award.

Karl Flemming and Janelle Orrock: service stars

Owen Smith: SANT Circuit Official of the Year.

Janelle Orrock: SA Official of the Year

Congratulations to all recipients

Alan Hardy noted: Jackie Schlein also received service award at Bathurst.

Please note: Anyone can nominate someone for an award through the MA website

No further General Business.

Meeting Closed: 20:50

Next Meeting:

Date: 13 April 2022

Location: Maid Hotel

Start Time: 7:30pm