



Pakuranga Athletic Club

Junior Track and Field 2017/18 Season • Newsletter Five (15 October 2017)

1. On Your Marks, Get Set ...

Our first club night for the 2017-18 season is **Wednesday the 18th of October** – only a couple of days' away now!

This season all registrations need to be done through the club's website - <http://www.pakurangaathletics.nz/>. The process is easy and only takes a couple of minutes. **PLEASE NOTE THAT NO REGISTRATIONS WILL BE AVAILABLE ON CLUB NIGHTS.**

Fees are unchanged from last year. These cover the period from October 2017 to March 2018 (so Term 4, 2017 **AND** Term 1, 2018).

• Tiny Tots (2-4 years) and Big Kids (5-6 years)	\$ 45
• Juniors (7-14 years)	\$127
• Under 20s (15-16 years)	\$165
• Junior Cross Country and Road athletes transferring	\$ 36

Please note that only those who have never been a member of the club are entitled to attend two free club nights before they register. All returning club members should be registered prior to the 18th of October.

2. ... Go!

Tiny Tots (2-4 Years)



Assemble on the back straight of the track (just below the clubrooms) by **4.45 pm**. Line up according to age As AT 31ST DECEMBER 2017

Big Kids (5-6 Years)



JUST FOR THIS WEEK assemble on the back straight of the track (just below the clubrooms) with the Tiny Tots at **4.45 pm**. Line up according to age As AT 31ST DECEMBER 2017.

(From next week, line up near the long jump pits)

Juniors (7-16 Years)



Assemble on the grass and path on the BBQ side of the equipment sheet by **5.45 pm**. Line up with your grade manager(s) according to age AS AT 31ST DECEMBER 2017

Some 'First Club Night FAQs' that might be useful:

Where is the track exactly – and where do I park?

The Yvette Williams Track is located in Lloyd Elsmore Park. The easiest entrance to find is between numbers 36 and 38 Cascades Road. There is a car park at this entrance, or parking is available on Cascades Road if this car park is full. You can also enter the track from the car park we share with the cricket club. Entrance to this car park is on Bells Road – turn right at the first roundabout off the Pakuranga Highway.

I registered online. How do I get my age patch?

Provided you register by mid-afternoon on Monday the 16th, you should receive your age patch on Wednesday. Age patches will be in the grade managers' folders. If you register after this, your age patch will be provided next week.

What do I do with the age patch?

The age patch should be pinned on to the athlete's singlet or t-shirt – ideally on the top left hand side. Athletes should wear their age patch each club night as proof that they have registered (and therefore are eligible to earn club night points), so it is clear which age group they should be competing in, and also to help grade managers learn athletes' names. (Later in the season, athletes competing in outside competitions will need to sew their age patches on. Don't do this too early in the season as the patches don't wash very well).

What should we bring to club night?

We STRONGLY recommend that all athletes (and parents) bring a jacket or sweatshirt for the first few weeks as it can be very cold at the track if windy or overcast. Also bring a water bottle. Shorts should be suitable for running (i.e. no board shorts).

What if it rains?

We are fortunate to have an all-weather track so club nights go ahead each week except in very extreme weather. If we do have to cancel, those who have registered will be advised by email (another good reason to register before Wednesday!) and also via our Facebook page [Pakuranga Athletic Club Facebook](#). We try to leave the decision until around 2 pm as Auckland weather is so changeable.

3. What To Wear?

Thank you to everyone who took the opportunity to vote for their preferred club singlet. The club's Management Committee will be making a final decision and placing an order sometime this week. We will let you know when the stock of singlets is available. In the meantime:

- Please continue wearing the current club singlet if you have one (and it still fits!)
- If you don't have a singlet, wear suitable clothing for running (ideally a white singlet or t-shirt).

Tiny Tots and Big Kids will continue to wear the club t-shirt. This is compulsory and is available from the BBQ on club nights for \$16. Cash or EFTPOS payments welcome. (Yes, we have EFTPOS at the BBQ now!).

4. So What Are We Doing? Junior Club Night Programme

This week's club night programme for juniors (7-16 years old) will be as follows:

Block	7 G&B	8 B&G	9 B&G	10 G&B	11 G&B	12 G&B	13/14+ G&B
1	100m	100m	100m	Discus	Long Jump	Shot Put	High Jump
2	Discus	Long Jump	Shot put	100m	100m	100m	100m
3	200m	200m	200m	Long Jump	Discus	High Jump	Shot Put
4	Long Jump	Discus	High Jump	1500m	1500m	1500m	1500m

Note that the first two club nights of the season are non-points nights. Therefore races this week (and next) will not be timed. Distances at field events will be measured at the grade managers' discretion (and provided there is time.)

5. "Training on Tuesdays"

Our new 'Training on Tuesdays' sessions are now underway. All sessions will be held at Lloyd Elsmore Park. There is no need to pre-register for these sessions – just turn up. Up until the 18th of October these sessions are open to all athletes. After the 18th, all athletes attending **MUST HAVE PAID THEIR REGISTRATION FEES.**

In fairness to the other athletes and the coaches, athletes should only attend sessions suited to their age and ability.

Tuesday 17th October

Introduction to Blocks and Spikes		
This session covers how to set up starting blocks and how to use them to get a good race start. Advice on purchasing and using spiked shoes ('spikes') will also be discussed.	Who?	Athletes aged 10 years + who have not used starting blocks before
	When?	5 – 6 pm
	Coach	Mike Trathen (Pakuranga Athletic Club)

Beginners' Guide to Discus and Shot put		
This session covers the basics of discus and shot put. This session is targeted at those who have never done discus or shot put before.	Who?	All 7 year olds, and other athletes who are new to discus and/or shot put <i>Grade managers and parents are strongly encouraged to attend this session as advice will be provided on how to coach beginner throws</i>
	When?	5 – 6 pm
	Coach	Neil Bartlett (Athletics Auckland)

Discus and Shot put – Taking It To The Next Level		
Get some 'hints and tips' on how to improve your throwing technique. The 'glide' (shot put) and/or 'spin' (discus) can be covered.	Who?	Experienced throwers aged 9 years + <i>Grade managers and parents are strongly encouraged to attend this session as advice will be provided on how to coach throws</i>
	When?	6 – 7 pm
	Coach	Neil Bartlett (Athletics Auckland)

Tuesday 24th October

Beginners' Guide to Jumps		
This session covers the basics of high jump and long jump. This session is targeted at those who have never done jumps before.	Who?	All 7 year olds, and other athletes who are new to high jump and/or long jump <i>Grade managers and parents are strongly encouraged to attend this session as advice will be provided on how to coach beginner jumps</i>
	When?	5 – 6 pm
	Coach	Neil Bartlett (Athletics Auckland)

High Jump – Taking It To The Next Level		
Get some 'hints and tips' on how to improve your high jump technique.	Who?	Experienced high jumpers aged 9 years + <i>Grade managers and parents are strongly encouraged to attend this session as advice will be provided on how to coach throws</i>
	When?	6 – 7 pm
	Coach	Neil Bartlett (Athletics Auckland)

Tuesday 31st October

Beginners' Guide to Crouch Starts and Sprinting

This session covers good sprinting technique for 6-9 year olds who use crouch starts.	Who?	All 6 to 9 year olds who want to be more confident using crouch starts. Remember, crouch starts are compulsory at Championship events
	When?	5 – 6 pm
	Coach	Mike Trathen (Pakuranga Athletic Club)

Long Jump – Taking It To The Next Level

Get some 'hints and tips' on how to improve your long jump technique.	Who?	Experienced long jumpers aged 9 years +
	When?	6 – 7 pm
	Coach	Matthew Aucamp (Pakuranga Athletic Club)

New sessions will be added as coaches become available. A list of upcoming sessions will be published in the newsletter each week and also on the noticeboard on club nights.

6. Giving Back To The Section

Want To Tell Your Friends You Did The Auckland Marathon?

We have had a very poor response to our request for helpers at our drinks station at the Auckland Marathon on Sunday the 29th of October.

We need a minimum of 24 volunteers but currently only have 8!

This is a fantastic fundraising opportunity for our section (we earn \$1,000!), is a great way to get to know other families from the club, refreshments are provided, you get a free Auckland Marathon t-shirt to keep, and you can tell all your friends you took part in the marathon. Children aged 9 years + willing to work hard for up to 5 hours are welcome to join the team. Please email pakrun@gmail.com as soon as possible to register your interest. Tiny Tot and Big Kids parents – we would love to have you join us!



BBQ and Tuck Shop

Our BBQ and tuck shop are open each club night (by the equipment shed). Please support this as all funds raised go towards the purchase of additional equipment for our section. EFTPOS is now available.

Our roster will get underway from this week, starting with the **9 Boys**. We would like 2-3 parents from this group to volunteer to run the BBQ and Tuck Shop. A committee member will be there to get everything set up for you and to help pack everything away at the end of the programme. If you are approached and asked to help out, please do so with a smile.

7. 2018 Trans-Tasman Challenge



Every January the top 10 and 11-year old athletes in the North Island and New South Wales compete in the Trans-Tasman Challenge. This year the Challenge is being held in Auckland – between the 11th and 14th of January. A team of up to 100 athletes will be selected (25 in each age group) with selection based on performance at the official trial – which is on **Saturday the 18th of November** at Mt Smart. The full information pack and trial nomination form can be found here - [Trans Tasman Information Pack](#).

Note: Athletes' ages are as at **1st of October 2017**. This is slightly different to our age groups. This means that not all our 10 Boys and 10 Girls will be eligible – but some of our 12 Boys or 12 Girls may be. If you are not sure if your child is eligible, contact pakrun@gmail.com.

8. Open Days Underway

The next Athletic Auckland Open Day is at **our club** as part of our 50th Jubilee celebrations – on **Saturday 28th of October**. This free event is open to all Track and Field athletes aged 2-Seniors throughout Auckland. There will be five blocks of selected events for 5 years + starting at 10 am and finishing around 2 pm. There will be three blocks of activities for Tiny Tots starting from 10.45 am. Ribbons will be awarded in all events including for Tiny Tot races. This will be a great day out. It is also an important fundraiser for our section through the sale of food and drinks. The programme for the day can be found here - [Jubilee Track and Field Meet Programme](#)

We will also need lots of volunteers to help out on the day. In particular we need help with the BBQ/tuck shop, and also to run the events. As it is an Open Day you don't need to be a qualified official. If you know your way around a clipboard you'll be fine – and committee members will be on hand to help out. If you are able to help out, please email pakrun@gmail.com. Even if you can only help for a couple of hours, that would be great.

For	Athletes aged 2-Seniors
When	Saturday 28 th October, from 10 am (Tiny Tots from 10.45 am)
Where	Yvette Williams Track, Lloyd Elsmore Park
Cost	Free
To register	Just turn up and join in the fun

9. Want To Represent Your Region?

Training sessions for athletes hoping to be selected for the Under 14s and Under 16s Counties Manukau Interprovincial Teams are currently underway. Whilst targeted at those aged 12 years +, athletes 10 years + wanting to trial for the Trans-Tasman Challenge are welcome to attend too.

For	Athletes aged 10 – 17 years
When	Every Sunday – 10am to 12.15 pm Every Thursday – from 6.30 pm.
Where	Massey Park, Ron Keat Drive, Papakura
Cost	Free
To register	No need – but enquiries to Terry Jensen – 0274 742366, tjelectrical@xtra.co.nz

The IP entry forms and further information is available here - [COUNTIES MANUKAU ATHLETICS](#). Terry has asked for all entries to be submitted as soon as possible so selectors can monitor your performance at upcoming events.

10. Running For Fun - and Fitness

'From Past To Present' Jubilee Community Fun Run/Walk

As part of our 50th Jubilee celebrations, the entire community is invited to take part in a fun run/walk from the club's first home at Ti Rakau Park to our current home in Lloyd Elsmore Park. Free buses will transport participants from the clubrooms car-park to the start at Ti Rakau Park (behind Te Tuhi on Reeves Road). The run/walk starts at 8.30 am, and travels 4.5 km back to the clubrooms. Some fantastic spot prizes are on offer.

This is a great way to celebrate our club's 50th birthday. Everyone is encouraged to take part. Show your pride in the club by wearing club uniform if you have one. To secure your seats on the buses to Ti Rakau Park, please register here - [Jubilee Registration](#). There is no cost to enter but we need to know numbers so we can book enough buses.

For	The entire community
When	Saturday 28 th October – be at clubrooms by 8 am
Where	Pakuranga Athletic Club clubrooms
Cost	Free
To register	Online - Jubilee Registration

Monday Night 5K Is Back!

This weekly fun run is open to everyone in the local community (you don't have to be a club member). It is a great way to build up your general fitness, and exercising with others is much more fun than doing it alone. The run (or walk if you prefer) starts at 6 pm from the clubrooms. The cost is \$3 for adults and \$1 for children with spot prizes on offer each week. The club bar is open after the run. As the course is run around local streets, children 10 years or younger are required to be accompanied by an adult.

Monday Night 5K is a great fundraiser for our section (last year we earned \$1,300 this way!). Our section's tasks are marshalling and results compilation. Each week we need just **one person** to marshal (by the Howick Colonial Village). Please offer your help **ESPECIALLY IF YOU ATTEND WITH YOUR CHILD BUT DON'T RUN**. If we get lots of volunteers you will only have to help once or twice. Please contact Mike Trathen – mtandtb@xtra.co.nz or speak to him on Monday evenings.

For	The entire community
When	Every Monday evening (except Labour Day Monday)
Where	Pakuranga Athletic Club clubrooms
Cost	Adults \$3, children \$1. Concession cards available
To register	At the clubrooms from 5.30 pm

11. Our New 'Under 18s' Programme

To help retain our older junior athletes in the sport and in the club, and to provide a smooth transition to the Senior Track and Field section, this season we are trialling a new 'Under 18s' programme for our 14-17 year olds. The first club night is **Monday 16th of October**. Come along for a group warm-up at 6 pm; competition and coaching get underway from 6.30 pm. Note that athletes aged 14-16 years can attend Monday or Wednesday evenings or both. For more information, contact Lincoln at lincoln@lightmakers.co.nz.

12. Want To Understand More About Track and Field?

Athletics Auckland is offering officials courses for C Grade (entry level) and B Grade this coming October and November.

Track

Covering all track rules, including relays, starting and photo finish

Presentation – 17th October

Open Book Assessment – 19th October

Jumps

Covering all jumps – long jump, high jump, triple jump and pole vault

Presentation - 31st October

Open Book Assessment - 2nd November

Throws

Covering all throws – shot put, discus, hammer and javelin

Presentation – 14th November

Open Book Assessment – 16th November

Our section will cover the \$15 cost to attend. Registrations for each session need to be made by the Sunday prior to the course you want to attend. More information and the registration form can be found here - <http://athleticsauckland.co.nz/News/athletics-auckland-officials-courses-octobernovember-2017>



13. Key Dates For Your Diary

Monday 16 October	Under 18s Squad First Club Night. Warm up from 6 pm
Tuesday 17 October	'Training on Tuesdays' <ul style="list-style-type: none"> • Introduction to Starting Blocks and Spikes (5 pm) • Beginners' Guide to Shotput and Discus (5 pm) • Discus and Shot-put – Taking It To The Next Level (6 pm)
Wednesday 18 October	Junior Track and Field club night. Tiny Tots and Big Kids at 4.45 pm; Juniors at 5.45 pm
Saturday 28 October	50 th Jubilee celebrations Lloyd Elsmore Park <ul style="list-style-type: none"> • Community Fun Run/Walk at 8.30 am • Track and Field meeting 10 am to 2 pm • 'Mix and Mingle' 3 to 5 pm • 60s Social 7.30 to 11.30 pm
Sunday 29 October	Auckland Marathon – drinks station fundraiser (from 6.30 am)
Saturday 4 November	Athletics Auckland Open Day – Mt Smart Stadium (12 – Seniors only)
Sunday 5 November	Papakura Ribbon Day – Massey Park
Wednesday 20 December	Last club night before Christmas
Friday 5 - Sunday 7 January	North Island Colgate Games – Mt Smart Stadium
Friday 12 – Sunday 14 January	South Island Colgate Games - Timaru

Athletics Auckland have confirmed their calendar for the season. The calendar of junior events is now up on our website - [Season Calendar - Juniors](#)

14. Got A Question? Need To Know More?

If you have any questions about the upcoming season, please feel free to contact the Junior Track and Field Committee at pakrun@gmail.com.

Junior Track and Field committee

Please support the following organisations who generously support our Junior Track and Field section.



gravitas

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