



## **Pakuranga Athletic Club**

Junior Track and Field 2017/18 Season • Newsletter Twenty-One (4 March 2018)

### 1. Our Awesome Open Day Today



What an awesome Open Day we had today! It was fantastic to see so many of our Pakuranga families taking part, from our 2-year olds right through to our 13 and 14-year-old athletes. It was wonderful to be able to share the day with athletes from all over the Auckland region, particularly our neighbouring clubs in the Counties-Manukau region. There were some great competitions on both the track and in the field (including the parents' races!), but it was also wonderful to see everyone mixing socially during breaks in the programme or whilst waiting for their events. We had lots of really positive feedback from families from other clubs about how much fun they had today - and how well their children will sleep tonight!



The committee would like to say a massive thank you for your support of the event which was a great showcase for our section and for the club as a whole. In particular we would like to thank those parents and older siblings who worked tirelessly throughout the day setting and packing up, running the events and working on the BBQ, prize tent and cake stall. You all did an amazing job and helped everything run efficiently and professionally. We couldn't have run such a fantastic day without you. Thank you, too, to the families who so generously provided spot prizes. Finally, our thanks to the Howick Local Board who provided funding for St John, ribbon printing, event advertising and the bouncy castle.



Photos courtesy of Jo Smal. More photos coming on Facebook shortly.

## 2. Success at the Counties Manukau 1500m Champs



The Counties-Manukau 1500m Champs was run this morning as a ‘curtain-raiser’ to the Open Day. Pakuranga athletes dominated in most of the races. Congratulations to the following athletes who received medals:

<b>10 Girls</b>	1 <sup>st</sup> Mischa Marais	<b>10 Boys</b>	1 <sup>st</sup> Connor Boulton 2 <sup>nd</sup> Tim Wallace 3 <sup>rd</sup> Isaac Smith
<b>11 Girls</b>	1 <sup>st</sup> Anjalee Singh 2 <sup>nd</sup> Emmerson Garrett	<b>11 Boys</b>	1 <sup>st</sup> James Trathen 3 <sup>rd</sup> Antonie Smal
<b>12 Girls</b>	1 <sup>st</sup> Anneliese Parsons 3 <sup>rd</sup> Ruby Spring	<b>12 Boys</b>	2 <sup>nd</sup> Caleb Honey
<b>13 Girls</b>	1 <sup>st</sup> Jaime Lewis 3 <sup>rd</sup> Neve Webster	<b>13 Boys</b>	3 <sup>rd</sup> Tai Smith



### 3. 7-11 Years Auckland Champs - Entries Close This Friday



Entries are now open for the Auckland Junior Athletics Track and Field Championship for 7-11-year olds. Details are as follows:

- **Date:** Saturday 17<sup>th</sup> March AND Sunday 18<sup>th</sup> March
- **Venue:** Mt Smart Stadium, Penrose
- **Events:** Check the entry form as events vary by age group.
- **Programme:** Can be found here [Auckland Champs Programme](#).
- **Entries:** Athletes can enter up to six events. Each event costs \$6 (no free events). Copies of the entry form will be available at the BBQ on Wednesday night. Completed forms can be left at the BBQ or emailed to pakrun@gmail.com.
- **Closing dates:** Entry forms AND ENTRY FEES must be with the section by 8 pm Friday the 9<sup>th</sup> of March. NO LATE ENTRIES WILL BE ACCEPTED.
- **Relays:** If you have been invited to participate in a relay team but have not confirmed whether you are available, please do this ASAP. The section will pay for relay entries. Relays do not count as one of the six events.

*(Mike will be speaking to the Auckland Delegates Meeting on Monday evening to voice our concern at the timing of the events on the Sunday.)*

### 4. 2000m/3000m Auckland Junior Championship

Unfortunately, the 2000m/3000m Auckland Championship for 10-14-year olds has been postponed; it will now no longer be held as part of the 7-11 Auckland Champs. We will advise as soon as the event is re-scheduled.

### 5. Tiny Tots

We had another successful session with the hurdles last week – there will be some awesome athletes joining our hurdles squad in 7 or 8 years! This week we will start a new round of activities. Club Champs for the Tiny Tots will be held on the 14<sup>th</sup> of March.

### 6. Big Kids

This week we start Club Champs for the Big Kids. This week's track event is the 60m. For grades with more than 9 athletes we will run heats first then the children who make the final (come 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> in their heat) will return after the field event to run the final. This week's field events will be:

- 5 Girls – discus (nets by the cricket club carpark)
- 5 Boys – long jump
- 6 Girls – discus (nets by the water jump)
- 6 Boys - shotput

All athletes who place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their field event or 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in the 60m final will receive a Club Champs ribbon – PROVIDED THEY ARE WEARING CORRECT CLUB UNIFORM (Club t-shirt or singlet). Good luck to all our Big Kids.

Running a competitive event is a lot of work for our grade managers. Please support them during Club Champs by helping with measuring, returning discuses/shots, raking the long jump pit or just helping keep the children in line. Remember, many hands make light work – and also many hands mean we can all finish on time 😊.

Also remember that Club Champs is not the Olympic Games! Please cheer on all performances.

## 7. Junior Club Night Programme



Club Champs begins this Wednesday night and will continue for the 14th and 21<sup>st</sup> of March (with hurdles on the 28<sup>th</sup> of March). All athletes will compete in all events appropriate to their grade in as close to competition setting as possible. This means no coaching from grade managers, and strict rules around event etiquette will apply. Track events will be timed finals. This means that athletes with the fastest three times will receive places; there are no 'heats and finals'. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event for each grade (medals will be handed out on the night by the grade manager; our make-shift podium will be set up for photos), and top athletes have the opportunity to break club records. (These need to be checked and signed off by a qualified official at the time they occur. Louisa, Greg, Errol or Lincoln will be available to do this.)

Because following correct competition rules can take a little longer, each grade will compete in three events each club night. Wednesday night's programme is as follows:

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

Some important things to note for Club Champs:

- Athletes must be wearing correct club uniform to receive a medal and to break a club record. This includes club singlet (old or new style) and black or navy-blue shorts (or leggings for girls). This is a club-wide rule. (Singlets will be available for sale at the BBQ.)
- Medals can only be awarded to athletes who have attended a minimum of three club nights during the 2017/18 season. (Those athletes who are not eligible will be highlighted on the grade manager sheets.)
- For Club Champs, athletes who have been competing in the combined 11/12 years group will compete in their own age groups.

Grade managers will need support to run their events over the next three weeks. Firstly, we ask parents to actually be at the track to support their athletes, and secondly, to offer support to their grade manager – marking, returning discuses and shots, raking the long jump pit, manning the high jump bar, recording results – there is a lot to be done. If you are asked to help, please do so with a smile.

## 8. Training Sessions

There are lots of secondary school athletics events on this week so there have been some changes to the squad training schedules:

- **Hurdles** Monday: 4.45 pm set up for 5 pm start; 6 pm finish  
Tuesday: 5 pm set up for 5.15 pm start; finish 6.15 pm
- **Sprints** Monday: 5.45 pm warm up for 6 pm start; 7 pm finish  
Tuesday – 6 pm warm up for 6.15 pm start; finish at 7.15 pm
- **Middle distance** Tuesday and Thursday – 6 pm to 7 pm

## 9. Giving Back to The Section

### Free Polo Shirts!

The current Junior Track and Field committee consists of just nine parents, a very small group considering our section has 509 athletes! At the AGM we will be calling for new committee members. Please think seriously about whether you can offer your time and expertise to our section. The committee meets once a month throughout the year, helps set up and pack equipment away on club nights and provides a range of support services to the section including running the BBQ, organising registrations for outside events and fundraising. You don't have to be an expert athlete yourself. We are looking for parents with enthusiasm and a passion for making track and field at Pakuranga fantastic.

If you are interested in joining the committee or would like to find out more about what is involved, please speak to a current committee member or email [pakrun@gmail.com](mailto:pakrun@gmail.com). In particular we would love to have greater representation from our Tiny Tots and Big Kids sections. Next season we will only have one parent on the committee who has an athlete in either of these sections.

All committee members get a free polo shirt 😊.

### 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 (but no credit card payments).

This week's group for the BBQ is the **8 Girls/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, please do so with a smile.

### Monday Night 5Ks

The Monday Night 5Ks are underway for 2018. This weekly 5 km 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. As the course is run around local streets, young children are required to be accompanied by an adult. This is an important fundraiser for our section so please consider giving it a go.



## 10. Key Dates For Your Diary

<b>Wednesday 7 March</b>	Pakuranga Junior Track and Field Club Championship (Week One) (5-14 years)
<b>Wednesday 14 March</b>	Pakuranga Junior Track and Field Club Championship (Week Two) (2-14 years)
<b>Saturday 17 – Sunday 18 March</b>	Auckland Junior Track and Field Championship – Mt Smart (7-11 years).
<b>Wednesday 21 March</b>	Pakuranga Junior Track and Field Club Championship (Week Three) (5-14 years)
<b>Saturday 24 March</b>	Athletics Auckland Senior Meet - Mt Smart Stadium (12 years + only)
<b>Sunday 25 March</b>	Junior Track and Field Prizegiving – Pakuranga Rugby Clubrooms
<b>Wednesday 28 March</b>	Final Junior Track and Field club night for 2017/18 season
<b>Saturday 31 March – Sunday 1 April</b>	12/13 Interprovincials - Taranaki
<b>Wednesday 4 April</b>	Team photos (Trans-Tasman and IP teams) – from 6 pm