

# COME JOIN OUR AWARD-WINNING PROGRAMME!

## PAKURANGA ATHLETIC CLUB – JUNIOR TRACK AND FIELD TINY TOTS SECTION (Girls and Boys 2-4 years old)

Wednesday Afternoons - 4.45 to 5.35 pm

Yvette Williams Track, Lloyd Elsmore Park (entrance at 36-38 Cascades Road)

*First Session - Wednesday 18<sup>th</sup> October 2017*

### Why Should You Join Us?

- Early childhood physical education improves physical wellness and assists mental and emotional development.
- Sport teaches children about co-operation, competition, fairness and being a good loser (or winner!).
- Sport also helps children develop problem-solving and decision-making skills.
- It's a great excuse to get some fresh air and a nice break from screens.
- Get some ideas for fun activities that you can do at home.
- Great opportunity for children (and parents) to make new friends.
- Burn off some energy before bedtime.



**Registration fee: \$45 (that's only \$2.25 a session!)**

(You can join at any time during the season; registrations don't close)

Register online at <http://www.pakurangaathletics.nz/>



## Can You Tell Me ...

### *Who can join?*

All girls and boys born **on or before the 31<sup>st</sup> of December 2015** are welcome to join the Junior Track and Field section.

Tiny Tots caters for 2-4 year olds:

- Grade 2: Born between 1<sup>st</sup> of January and 31<sup>st</sup> of December 2015
- Grade 3: Born between 1<sup>st</sup> of January and 31<sup>st</sup> of December 2014
- Grade 4: Born between 1<sup>st</sup> of January and 31<sup>st</sup> of December 2013

(If your child was born before the 1<sup>st</sup> of January 2013, they will qualify for the 'Big Kids' or 'Junior' sections. Check our separate information sheets for these groups.)

### *When does the season start and finish?*

The first Tiny Tots evening for 2017/2018 will be on **Wednesday the 18<sup>th</sup> of October**. We have a break for Christmas/New Year, then start again in mid-January 2018. The last Tiny Tots evening of the season will be Wednesday 28<sup>th</sup> of March 2018. Weather permitting, there will be 20 competition evenings this season.

### *Isn't 2 years old a bit early to be starting athletics?*

The focus of Tiny Tots sessions is on developing fundamental movement skills - **walking, running, skipping, jumping, landing** etc. as well as manipulative skills such as **throwing and catching**. There is definitely no javelin or high jump taught! However, the skills that are taught are also the same foundation skills used in athletics – running, jumping and throwing – so Tiny Tots also provides a great starting point for those interested in athletics. Athletics also enhances children's ability in other sports by helping them run faster, jump higher and throw (and hit) further.

### *What happens during a Tiny Tots session?*

Each session, children are grouped with others of the same age and gender. Each group ('grade') takes part in three activities. Activities include races on the track, fundamental movement skills (walking, running, jumping, balancing, landing etc.), manipulative skills (throwing and catching) and a team activity such as fun relays and parachute play. Over a two-week period, children will have the opportunity to participate in all activities. There is plenty of variety with a new set of activities introduced each fortnight.

Sessions start at **4.45 pm sharp**. Tiny Tot athletes meet on the track (on the clubroom side). The programme finishes at 5:25 pm. Tiny Tot athletes (and their parents) can then take part in a fun group run at 5:30 pm (meet at the top of the slope above the water jump).



### Who runs the programme?

Everyone involved in running the Tiny Tots programme is a volunteer. Most are parents of athletes. This year we are fortunate to have some of our older junior athletes helping out too. These volunteers plan the weekly activities, organise the equipment, look after each of the grade groups ('Grade Managers'), explain and demonstrate the activities and start the races. However, we also need help with setting up and packing away equipment and awarding places for races each evening. If you are approached and asked to help out, please do so with a smile!

### What does an Activity Co-ordinator do?

The Activity Co-ordinators are responsible for introducing the activity to each group. They might demonstrate the activity first then assist, encourage and motivate the children in undertaking the activity themselves. Please remember that all Activity Co-ordinators are volunteers. Parents are asked to support the Activity Co-ordinators and offer assistance where needed.

### What does a Grade Manager do?

One Grade Manager is assigned to each grade (e.g. 3 Girls). They take attendance, guide the group around the activities, record places in races and offer lots of encouragement and 'high 5s'. No teaching or demonstrating is required. Please let us know if you are interested in being a Grade Manager or sharing this role with another parent.

### What should the children wear? Do they need special footwear?

The Tiny Tots club uniform consists of:

- club t-shirt. This costs \$16 and is available from the equipment shed on Wednesday evenings.
- black or navy blue shorts (or leggings for girls).
- age patch. This will be given to you at registration and must be attached to the club t-shirt.

We recommend that children have **bare feet** when taking part in all activities. Not only does going barefoot feel good, it also strengthens and promotes agility in a child's growing feet, ankles, legs, knees, and hips.

*Note: Unfortunately the field is prone to prickles once the weather warms up. We liaise with Council to have these regularly sprayed but occasionally shoes are required for field-based activities. Soft-soled shoes or sandals are recommended, not jandals.*

### What do the parents do while the children are taking part?

Tiny Tot sessions are a great opportunity for you to interact with your child – cheer them on in the races, demonstrate or partner with them in the activities and role-model sportsmanship, fairness, sharing and being a team player. However, we also aim to build confidence in the children so also encourage them to participate in activities independently when they are ready.



Parents/guardians must be in attendance at all times and are responsible for the behaviour of their children, including ensuring that they are not hindering the participation and enjoyment of other athletes and that equipment is being used correctly and safely.

### ***What if my child is reluctant to join in?***

Children have different learning styles and respond differently to new situations. Some will jump in straight away, others will spend a lot of time just watching. It may take a number of club nights before your child begins to get actively involved. This is fine! Encourage them gently to join in at their own pace and to participate in the activities of their choice. Watching Mum or Dad trying the activities, trying some of the activities at home or visiting the track in the weekend as a family can be a good way to build confidence.

### ***My child has special needs. Can they still take part?***

Of course! Please contact Tania Boyer (577 2024; [tania@gravitas.co.nz](mailto:tania@gravitas.co.nz)) to discuss.

### ***How does the points system work?***

At the end of the season there are awards for performance and attendance for each grade. These awards are based on places achieved in races throughout the season and attendance at Tiny Tot sessions. To congratulate them on their efforts, all athletes receive a participation trophy at the end-of-season prize-giving. Prizes, awards and 'treats' are also given out at 'fun nights' throughout the season.

### ***Can we come along and see what it's like before we sign up?***

Yes. Come along to our free 'Have A Go' Day at the track on Saturday the 30<sup>th</sup> of September (Tiny Tots activities between 10am and 11am). You are also welcome to come along to club nights on the 18<sup>th</sup> or 25<sup>th</sup> of October and try out the activities before you register.

You can register and join the section at any time during the season – registrations never close. However, just be aware that athletes are only eligible to earn points once they are registered and paid in full. (The registration fee is \$45 for the 2017/18 Junior Track and Field season, irrespective of when this is paid. Discounts are available for families with three or more members attending.)

### ***I have more questions. Who can I talk to?***

Please contact Tania Boyer, Tiny Tots Co-ordinator (577 2024 or [tania@gravitas.co.nz](mailto:tania@gravitas.co.nz)) or speak to another committee member on club nights.



