



Pakuranga Athletic Club

COME JOIN OUR AWARD-WINNING PROGRAMME!

PAKURANGA ATHLETIC CLUB – JUNIOR TRACK AND FIELD

BIG KIDS SECTION (Girls and Boys 5-6 years old)

Wednesday Afternoons - 4.45 to 5.35 pm

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

First Club Night Wednesday 18th 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 their parents) to make new friends.
- Burn off some energy before bedtime.



Registration fee: \$45 (that's only \$2.25a 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?

Big Kids caters for all girls and boys born between the **1st of January 2011** and the **31st of December 2012**.

- Grade 5: Born between 1st of January and 31st of December 2012
- Grade 6: Born between 1st of January and 31st of December 2011

If your child was born on or after the 1st of January 2013, they will qualify for the 'Tiny Tots' section.

If they were born before the 1st of January 2011, they will qualify for the 'Junior' section.

Check our separate information sheets for these groups.

When does the season start and finish?

The first Big Kids' club night for 2017/2018 will be on **Wednesday the 18th of October**. We have a break for Christmas/New Year, then start again in mid-January 2018. The last Big Kids evening of the season will be Wednesday 28th of March 2018. Weather permitting, there will be 20 club nights this season.

What happens on a club night?

Each club night children are grouped with others of the same age and gender. Each group ('grade') takes part in four activities (for around 10 minutes each). Activities include races on the track and the acquisition of fundamental skills in the three branches of athletics – running, jumping and throwing. Club nights start at **4.45 pm sharp**. Big Kids athletes meet on the grass beside the long jump pits. The programme officially finishes at 5:30 pm. Big Kid athletes (and their parents) are welcome to take part in an optional fun group run at 5:30 pm (meet at the top of the slope above the water jump).

What events are covered?

The focus of Big Kids sessions is on developing correct fundamental athletic skills - running, jumping and throwing. Many of the activities will be presented as games and fun relays but all have basic athletic skill acquisition at their core. For example, the 'Rubber Chicken Hurling Relay' may just seem like a hilarious game to the children, but it teaches valuable skills needed to throw the discus as well as emphasising the importance of teamwork, essential for successful relay running. Emphasis is on skills and techniques relevant to sprints, shot put, discus and long/high jump.

Is it all just fun and games then?

As well as acquiring athletic skills through games and fun activities, some sessions will be taken by qualified athletic coaches. These coaches will provide demonstrations and will also offer advice to each athlete on ways to enhance their technique. The Big Kids Club Champs held at the end of the season is an opportunity for athletes to compete in a friendly, safe environment. Big Kids are also encouraged to attend Open Days held at other clubs throughout the season. These are advertised in our weekly newsletter.



Who designed the Big Kids programme?

The Big Kids' programme is based on Athletics New Zealand's Get-Set-Go and Run-Jump-Throw programmes, modified by the Pakuranga Junior Track and Field committee to suit the number of athletes we have and the time and equipment available.

Who runs the programme?

Everyone involved in running the Big Kids 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, co-ordinate/coach the activities and start the races. However, each club night we also need help with setting up and packing away equipment and awarding places for races. 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 teaching a particular skill to athletes each club night. They might demonstrate the activity first then assist, encourage and motivate the athletes in undertaking the activity themselves. They will also generate discussion among the athletes about the best and safest way to do the activity and how the skill learned relates to an actual track or field event. 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. 5 Girls). They take attendance, guide the group around the four activities, record places 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 my child wear? Do they need special footwear?

The Big Kids 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.



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 and field events throughout the season and also attendance at club nights. There is also a 'Sportsmanship Award' for each grade which is decided on by the grade manager. 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.

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

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. We also ask parents to offer encouragement and applaud the efforts of all athletes.

I have another child participating in the Tiny Tots section and really need to stay with them. How can I be in two places at once?

When you arrive each Competition Night, please let the Big Kids Grade Manager (and your child!) know that you will be with the Tiny Tots section. This allows us to find you quickly if we need to. Whilst the Grade Manager will do their best to ensure your child participates fully in the Big Kids programme, please remember that your child (and their behaviour) is still your responsibility, not the Grade Manager's.

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

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

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 30th of September between 10am and noon. You are also welcome to come along to competition nights on the 18th or 25th 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, Big Kids Co-ordinator (577 2024 or tania@gravitas.co.nz) or speak to another committee member on club nights.



