

# COME JOIN US

## PAKURANGA ATHLETIC CLUB – JUNIOR TRACK AND FIELD JUNIOR SECTION (Girls and Boys 7-14 years old)

Wednesday Evenings – 5.45 – 8.00 pm

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

*First Club Night Wednesday 18th October 2017*

### Why You Should Join Us

- Athletics is exciting, great fun – and can take you to the Olympics if you work hard!
- Athletics teaches skills that improve performance in other sports; athletes learn to run faster, jump higher and throw (or hit) further.
- 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.
- Skills gained from taking part in sport, such as learning the importance of training and learning to focus, can improve academic performance.
- It's a great excuse to get some fresh air – a break from screens.
- Great opportunity for children (and their parents) to make new friends.
- Burn off some energy before bedtime.

**Season runs from October 2017 to March 2018**

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

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



## Can You Tell Me ...

### ***What is Junior Track and Field? Is it just running?***

Junior Track and Field includes a range of athletic events. At Pakuranga Athletic Club, children have the opportunity to participate in running races and relays over a range of distances (60m through to 1,500m and hurdles, depending on the age of the athlete), throwing events (discus and shotput, and an introduction to javelin and hammer), and jumping events (long jump and high jump).

### ***Who can join?***

Junior athletics caters for all girls and boys born between the **1<sup>st</sup> of January 2001** and the **31<sup>st</sup> of December 2010**.

*If your child was born on or after the 1<sup>st</sup> of January 2011, they will qualify for the 'Big Kids' or 'Tiny Tots' section. Check our separate information sheets for these groups.*

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

The first Junior competition night for 2017/2018 is **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 club night of the season is Wednesday the 28<sup>th</sup> of March 2018. Weather permitting, there will be 20 club nights this season. *The club also has a Junior Cross-Country and Road running section that operates during the winter months (April to September). Check the club website for more information ([www.pakurangaathletics.nz](http://www.pakurangaathletics.nz)).*

### ***What happens on a competition night?***

Each competition night children are generally grouped with others of the same age and gender. Each group ('grade') takes part in four events – two on the track and two in the field. Club nights start at **5.45 pm sharp**. Junior athletes meet in their grades on the grass alongside the equipment sheet for notices before moving off with the grade manager to the first event. The programme is generally complete by 7.30 -8.00 pm (younger athletes have priority on the track so they can complete their events first). The competition night programme is provided in a weekly newsletter emailed to member families.

### ***My child only wants to run (jump, or throw). Is that okay?***

We encourage children to participate in all events to enable them to develop a broad base of athletic skill. The competition night programme and points system is set up this way. It is also universally recognised that specialisation at an early age is counter-productive; a balanced, all-round programme will produce the best results for athletes in the long term. However, children can participate in particular events only if they prefer.

### ***My child has never done athletics before. Are there opportunities to learn?***

Yes. A series of pre-season and early season coaching sessions are available for children new to athletics. These are free to registered members. Experienced, qualified coaches work with parent volunteers to teach children basic athletic skills and to refine their technique. Additional coaching opportunities are also available throughout the season, predominantly on Tuesday evenings. These are advertised in the weekly newsletter and on the noticeboard on competition nights. Athletes 13 years or older are also able to attend Senior Track and Field club nights each Monday (no additional charge).

### **Who runs the programme?**

Everyone involved in the Junior Track and Field programme is a volunteer. The Junior Track and Field committee (who are parents of junior athletes) plan the weekly programme, organise the equipment, co-ordinate the activities and collate results at the end of each competition night. However, each competition night we also need help with setting up and packing away equipment, time-keeping/measuring, and running the BBQ. Parents are required to help out with these tasks on a rotational basis. If you are approached and asked to help out, please do so with a smile.

### **What does a Grade Manager do?**

One Grade Manager is assigned to each grade (e.g. 7 Girls). They take attendance, guide the group through their four events, record times and distances and offer lots of encouragement. Grade Manager training is provided at the start of the season and committee members are available to offer advice and assistance on competition nights. Grade managing is fun and rewarding and a great opportunity to get up close to the action. Please let the committee know if you are interested in being a Grade Manager or sharing this role with another parent. You don't need to be an athlete yourself – just be enthusiastic about seeing children enjoy sport.

### **What should my child wear?**

The Junior club uniform consists of:

- club singlet. This costs \$54 and is available from the equipment shed on Wednesday evenings.
- plain black or navy shorts.
- age patch. This will be given to you at registration and must be attached to the club singlet.

*Note: Some second-hand items may be available. Please check with the committee.*

Children can choose to compete barefoot or in shoes. Spiked shoes ('spikes') are only allowed to be worn by Grades 10 or above. (Children in Grades 10 and above running barefoot may be running next to children wearing spikes; no responsibility can be taken for any injuries that may occur.)

### **What if it rains?**

We are fortunate to have an all-weather track so competition nights go ahead each week except in very extreme weather. Cancellations are notified via email and on our Facebook page from 2 pm onwards.

### **Are there opportunities to compete against athletes from other clubs?**

Athletics Auckland runs a series of interclub events throughout the season. These are advertised in our weekly newsletter and on the noticeboard on competition nights. Some are 'open' events that any registered athlete can attend. Others are club representative events where the club selects athletes to attend based on performance. In addition, some clubs around Auckland host free Open Days. These are a great way to introduce athletes to competition in a safe, friendly environment. All registered athletes are also able to attend the Colgate Games, the national children's athletics event held over the summer holidays. Attendance at interclub events is completely up to the athlete – they can enter as many or as few outside events as they like.

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

At the end of the season there are awards for performance for each grade. These awards are based on places (1<sup>st</sup> to 4<sup>th</sup>) achieved in club night races and field events throughout the season. There is also a 'Sportsmanship' and 'Most Improved' 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?***

On competition nights and at outside events, a parent or guardian must be in attendance at all times and is responsible for the behaviour of their child, 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. Parents are also asked to help with competition night activities on a rotational basis.

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

Of course! Please contact the Junior Track and Field committee ([pakrun@gmail.com](mailto:pakrun@gmail.com)) to discuss.

### ***How much does it cost to join?***

For 7-14 year olds, the registration fee is \$127 for the 2017/18 Junior Track and Field season (\$165 for 15-16 year olds). (Note that it is the same amount irrespective of when this is paid during the season). Discounts are available for families with three or more club members living in the same household. The fee is made up of Athletics Auckland Inc. and Athletics New Zealand registration fees and the remaining amount is the contribution to the Pakuranga Athletic Club and the Junior Track and Field section. The fees retained by the Junior Track and Field Section are used to cover prize giving and competition night expenses, relay entries, age patches and equipment. Existing members of the Junior Cross Country and Road section can transfer to Junior Track and Field for \$36 as they are already AAI and ANZ registered and have paid their Club contribution.

### ***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 between 10am and noon. 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. Athletes are only entitled to attend two competition nights free-of-charge. In fairness to other families who have paid their fees on time, this will be strictly enforced.

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

Please contact the Junior Track and Field committee ([pakrun@gmail.com](mailto:pakrun@gmail.com) or call Tania on 577 2024) or speak to a committee member on club nights.

