

## Pakuranga Athletic Club

### Junior Track and Field 2021/22 Season • Mid-Winter Newsletter

Happy mid-winter everyone! Whilst Junior Track and Field is officially 'in hibernation' for the winter, in reality there is so much going on, and coming up soon, that we thought we should send out a mid-winter newsletter.

## 1. 'Coach The Coach' Workshops - Coming To A Track Near You

Pakuranga Athletic Club has been chosen to pilot-test a series of 'coach the coach' workshops being run by Athletics New Zealand (ANZ). These sessions, run by experienced ANZ coaches, are to provide information, advice and new ideas for drills, activities etc. to those who work with junior athletes. These sessions will be ideal for club coaches but also grade managers, teachers and interested parents who work with junior athletes. The basic fundamentals and techniques for each event will be covered.

Based on survey feedback, we told Athletics New Zealand that we had LOTS of parents who were keen to learn more about the fundamentals of each event, so it would be awesome to have as many parents attend as possible. Grade managers/those interested in grade managing will also find these sessions useful, to help them feel more confident assisting athletes on club nights.

Sessions are as follows:

- Sunday 25<sup>th</sup> July (10 am to 12:30 pm) Fundamentals and techniques for **middle distance**  
Brief presentation on Relative Energy Deficiency in Sport (RED-S)
- Sunday 15<sup>th</sup> August (10am to 12:30 pm) Fundamentals and techniques for **sprints and hurdles**  
General topic TBC
- Sunday 12<sup>th</sup> September (9:30 am – 1:30 pm) Fundamentals and techniques for **throws**
- Sunday 10<sup>th</sup> October (10 am to 12:30 pm) Fundamentals and techniques for **jumps**  
Get-Set-Go/Run-Jump-Throw

Please note that these are 'coach the coach' sessions; no athlete coaching will be provided.

All sessions will take place at the track. If you are keen to attend, please contact [pakrun@gmail.com](mailto:pakrun@gmail.com) and let us know which session(s) you are interested in.

## 2. Get Up Close To The Action Next Season - Officials Training

Understanding the rules of athletics makes the sport more enjoyable, whether you are officiating, coaching, grade managing, competing or spectating. We are excited that Athletics Auckland has agreed to host the 'Sunday Series' of officials training at our club in August and September.

All sessions will be run by Paul Craddock from Athletics Auckland. The sessions are engaging and interactive - and lots of fun; Paul has loads of interesting stories to share.



The first session will be on **Sunday the 15<sup>th</sup> of August from 2-4 pm**. This is a general/introductory officiating session which covers off health and safety relevant to athletics. There is **no assessment** for this session, but **everyone who wishes to participate in the following sessions must attend this one**. **We very strongly encourage all our grade managers to attend this first session, even if you don't want to attend any of the others.**

The programme for the sessions is as follows:

15 Aug: **General** + health and safety; 2-4 pm (no assessment)

22 Aug: **Track** seminar + assessment; 2-5 pm

12 Sep: **Throws** seminar + assessment; 2-5 pm

19 Sep: **Jumps** seminar + assessment; 2-5 pm

All interested parents are encouraged to register. Existing officials who would like a refresher prior to the start of the new season are also welcome to attend, and it would be great to have some of our older athletes (aged 13 years +) come along as officiating is a great way to give back to the sport. The Junior Track and Field committee will cover all attendance costs, and refreshments will be provided at the assessment sessions. The assessments are all 'open book' and you are given HEAPS of help to answer the questions.

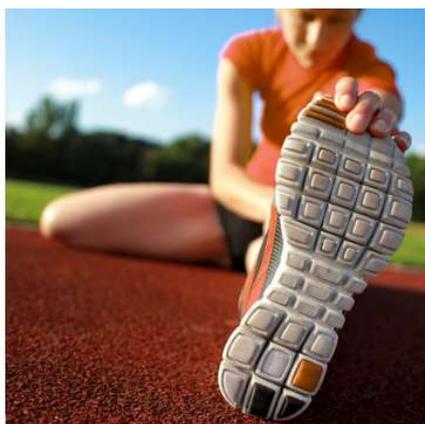
Registrations can be done via the Athletics Auckland website (under 'Events') or by emailing [pakrun@gmail.com](mailto:pakrun@gmail.com). Let's see if we can pack out the clubrooms so we have lots of enthusiastic, confident officials to start the 2021/22 season.

### 3. Season Invitation to All 15 Year Olds



At the end of last season, the committee had lots of enquiries from our 14 year olds about 'where to from here?' We are very keen to keep our awesome young people in the club and in the sport of athletics for as long as we can, so the committee have agreed that we will include any interested 15 year olds in our club nights this season (this includes new athletes to the club). We will run a new Girls 14/15+ group and Boys 14/15+ group. We're really hoping that lots of our 15 year olds will take advantage of this opportunity, particularly those who are hesitant about attending McKinnon Shield Meets etc but would like to continue with their running, jumping and throwing (and club night socialising 😊).

## 4. Hurdles Clinic



### SPRINT HURDLES SESSION

#### ATHLETICS AUCKLAND HURDLE CLINIC

Get ready for a great learning session:

Session Coaches: Rochelle Coster, Brent Booker and Sammy Berryman.

Mt. Smart stadium: Sunday 18 July 2021. 9.30am to 10.00am for warm-up. 10.30am to 12.00pm for skill development session. Free coaching session to learn more about the technical event of sprint hurdling. Open to all Coaches, Club and School Athletes.

[Beginners & advanced hurdlers welcome](#), aged 12 years to Seniors.

Registration: Email Neil at [development@athleticsauckland.co.nz](mailto:development@athleticsauckland.co.nz)



BE PART OF IT

THIS WILL BE A  
GOOD OPPORTUNITY  
TO DEVELOP YOUR  
HURDLING

FREE TO COACHES  
AND ATHLETES

EMAIL YOUR  
DETAILS TO  
REGISTER

ATHLETICS  
AUCKLAND  
51 O'Rourke Road  
Penrose

[www.athleticsauckland.co.nz](http://www.athleticsauckland.co.nz)

Ph: 525 6903

Athletics Auckland is offering a free hurdles clinic on Sunday the 18<sup>th</sup> of July between 9.30 am and 12 noon at Mt Smart. This session is for all athletes aged 12 years + across all levels of experience – from those who have never done hurdles before through to experienced hurdlers.

If you are keen to attend, please register your interest with Neil Bartlett at Athletics Auckland – [development@athleticsauckland.co.nz](mailto:development@athleticsauckland.co.nz).

## 5. Let's Cheer On Dame Valerie Together



Not only is Dame Valerie Adams a member of our club, but we are also honoured to have her as our club patron.

The Women's Shotput Final at the Olympic Games is on **Sunday the 1<sup>st</sup> of August**, starting at 1:35 pm – which we really hope will feature Dame Valerie (and also Maddison-Lee Wesche from Waitakere Athletic Club). This is preceded by the woman's hammer throw qualification, featuring New Zealanders Julia Ratcliffe and Lauren Bruce.

Everyone is invited to come along to the clubrooms between 11:45 am and 4 pm on the 1<sup>st</sup> to watch some great women's throws action together. The bar will be open, the heaters will be on, and Athletics New Zealand has offered to arrange the catering for the afternoon. We would love to see you there. Please wear Pakuranga supporters gear (t-shirts, hoodies etc) if you have them.

For catering purposes, if you are keen to join us, please email [pakrun@gmail.com](mailto:pakrun@gmail.com) to let us know how many will be attending.

## 6. Pre-Season Training - Club Registrations Now Due

It is great to see some of our older junior athletes getting underway with pre-season training. Just a friendly reminder that **all athletes who are training with club coaches and/or using club equipment need to be registered with the club.** The club now has an annual membership option for junior athletes who are involved in club activities across the winter and summer so there is now no need to 'transfer' to track and field in September; one fee will cover you for the year. All registrations can be done via the club's website – [www.pakurangaathletics.nz](http://www.pakurangaathletics.nz).

## 7. Fabulous End To The 2020/21 Season

Our final 'good news' story for the 2020/21 season – at the Athletics Auckland Junior Track and Field prizegiving at the end of May, five of our athletes were awarded 'Auckland Athlete of the Year' awards for their respective grades. We always get excited when we have one athlete receive this award but to have five in one season is amazing! Congratulations to:

- Giselle Campbell – Auckland Athlete of the Year, 9 Girls
- Matteo Magni Fenollar – Auckland Athlete of the Year, 10 Boys (=)
- Imogen Barlow – Auckland Athlete of the Year, 12 Girls
- Tim Wallace – Auckland Athlete of the Year, 13 Boys
- James Trathen – Auckland Athlete of the Year, 14 Boys

Congratulations too to our new Auckland record holders who received their certificates at the prizegiving – 9 Girls 4x100m and 4x200m relay teams, Morgan Day, Harrison Day, Imogen Barlow, Yandri Fourie, Richie Trathen, Connor Boulton and the 14 Boys 4x200m relay team. James Trathen was also awarded Athletics Auckland's Junior Sportsman of the Year.



## 8. A Few Dates For Your Diary

We are waiting for the Athletics Auckland Junior calendar to be finalised so we can finalise our section calendar. However, you can lock in the following dates:

When?	What?	Where?
<b>Sunday 25<sup>th</sup> July</b> (10 am – 12.30 pm)	Athletics New Zealand Middle Distance coaching workshop + RED-S	At the track
<b>Sunday 1<sup>st</sup> August</b> (11.45 am – 4 pm)	Olympic Games Women's Throws events	In the clubrooms
<b>Sunday 15<sup>th</sup> August</b> (10 am – 12.30 pm)	Sprints and hurdles coaching workshop	At the track
<b>Sunday 15<sup>th</sup> August</b> (2 - 4 pm)	'General and Health and Safety' officials training sessions	In the clubrooms
<b>Sunday 22<sup>nd</sup> August</b> (2 - 5 pm)	Track officials training + assessment	In the clubrooms
<b>Sunday 12<sup>th</sup> September</b> (9.30 am – 1.30 pm)	Throws coaching workshop	At the track
<b>Sunday 12<sup>th</sup> September</b> (2 – 5 pm)	Throws officials training + assessment	In the clubrooms
<b>Sunday 19<sup>th</sup> September</b> (2 - 5 pm)	Jumps officials training + assessment	In the clubrooms
<b>Sunday 10<sup>th</sup> October</b> (10 am – 12.30 pm)	Jumps coaching workshop + Get-Set-Go/Run-Jump-Throw training	At the track
<b>Sunday 17<sup>th</sup> October</b> (10 am – 12 noon)	'Have A Go' Morning	At the track
<b>Wednesday 20<sup>th</sup> October</b> (From 4.45 pm)	First club night of 2021/22 season	At the track

'Summer-only' registrations will open in early September.

## 9. Got A Question? Need to Know More?

If you have any questions about any aspect of the Junior Track and Field section or upcoming season, please feel free to contact the Junior Track and Field Committee at [pakrun@gmail.com](mailto:pakrun@gmail.com).

*Junior Track and Field committee*