



## **Pakuranga Athletic Club**

Junior Track and Field 2018/19 Season • Newsletter Six (28 October '18)

### 1. How We Spent Our Weekend

What a full-on weekend it's been for the Junior Track and Field section and we're only two weeks into the season! Here's what our athletes got up to ...



#### **Junior Throws Group**

- Our Junior Throws Group got underway on Friday afternoon. We are super-lucky to have Doug Pirini (Commonwealth Games and Olympic decathlete) providing throws coaching to our 7-14 year olds. This week's focus was discus - for both beginners and more experienced athletes. Sessions will continue each Friday and are free for registered Pakuranga athletes.



#### **Athletics Auckland Junior Open Day - and Senior Meet**

- On Saturday morning 15 of our athletes took part in the final Athletics Auckland Open Day at Mt Smart Stadium. Well done to everyone who took part - especially Antonie, Finlay, James and Drew who ran the 13 and 14 boys' long jump event by themselves as no other parents came forward.
- Later in the day, some of our 13 and 14 year olds competed in the first Senior Meet of the season.



#### **Grade Manager/Parent Training**

Nine grade managers came along on Saturday afternoon to find out more about how to run each of the events on club nights and at outside events, how to measure and record distances and also to share ideas to make club nights more efficient - and more fun. Despite the freezing wind, it was a really useful session. Thanks to Mike for running this.



#### **Counties-Manukau Interprovincials Training**

Some of our 12-14 year olds attended Counties-Manukau IP training on Sunday morning. These sessions are held every Sunday morning at Massey Park in Papakura for athletes preparing for the IP trial next Saturday.



#### **We Did The Auckland Marathon!**

A massive thank you to Anna, Antonie, Ben (+ three of Ben's friends), Chanel, Damian, Diane, Finlay, Hugo, Isaac, James, Jeroen, Jo, John, Kylee, London, Louisa, Mike, Minami, Nigel, Ray, Stephen, Tai, Tania, Taylor and Vanessa for doing such an amazing job running our Mission Bay drinks station at the Auckland Marathon on Sunday morning. The team had loads of fun and earned \$1,100 for our section – well done everyone, and thank you!

## 2. Registrations

... are now overdue if you are returning family, or if you are a new family who have taken part in the first two club nights. Registrations are done online via our website – [www.pakurangaathletics.nz](http://www.pakurangaathletics.nz). In fairness to those who have registered, on Wednesday afternoon/evening, the committee will be approaching those whose registrations are overdue. Please avoid embarrassment and delays on Wednesday evening by registering your child BY TUESDAY EVENING.

## 3. A '9' Age Patch? But My Child Is Only 8!

Just as clarification for our new families – athletes compete in age groups based on what their age will be on the **31<sup>st</sup> of December 2018**. So if your child has a birthday between now and the 31<sup>st</sup> of December they should be competing in the grade one year older than their current age. For example, a child who is currently 8 but will turn 9 on the 1<sup>st</sup> of December should be competing as an 9 year old (as they will be 9 on the 31<sup>st</sup> of December).

Also note that children do not change age groups throughout the season; they will stay with the age group they are in now, even if they have a birthday in January or February. This is how children's athletics throughout the country is organised and means that all clubs are using the same age grouping for inter-club and national events. It is also much less disruptive as we don't have children constantly moving groups.

If you are unsure whether your child is in the correct grade, check the number on their age patch, ask the grade manager or speak to a committee member on club night.

## 4. Uniforms

**From this Wednesday**, it will be compulsory for all 7-14 year olds to wear correct club uniform when competing on club nights. This includes the club singlet and plain black or navy shorts/leggings. Athletes not wearing correct club uniform will not be eligible for club night points.

From next week (7<sup>th</sup> of November), all Tiny Tots and Big Kids must be wearing the club t-shirt to qualify for club night points.

Singlets (\$35) and t-shirts (\$16) will be for sale at the BBQ on club nights from 4.30 pm. EFTPOS, credit card or cash payments welcome.

*Note that the old-style Pakuranga singlets and t-shirts are still able to be worn this season.*

## 5. Tiny Tots and Big Kids

This week is an (optional) dress-up night for Halloween. Tiny Tots and Big Kids are encouraged to come along in fancy dress (just make sure that they can still run in their costume 😊). All children will have the opportunity to do some (safe) 'trick or treating' as well as our usual races on the track and activities on the field.

This week the 'sticks' will be back for track races for both Tiny Tots and Big Kids. Children are awarded coloured sticks for coming 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> in races. Sticks should be handed in to grade managers so they can be recorded and points earned (please don't take the sticks home!). These points contribute to a points total at the end of the season.

We need help with handing out the sticks at the finish line each club night (ideally four helpers). If you are asked to help out with handing out the sticks, please do so with a smile.



## 6. Junior Club Night Programme

This week will be our first points night of the season. The programme will be as follows:

Block	7 G&B	8 B&G	9 B&G	10 G&B	11 G&B	12 G&B	13/14+ G&B
1	High Jump	Discus	Long Jump	100m	100m	100m	100m
2	60m	60m	60m	High Jump	Discus	Shot Put	Long Jump
3	Shot Put	Long Jump	Discus	2000m	2000m	3000m	3000m
4	400m	400m	400m	Shot Put	Long Jump	High Jump	Discus

### “Beginners’ Guide” Coaching on Club Night

One of the common suggestions made in the end-of-season survey was providing more coaching for new athletes to help them get up to speed more quickly. Having athletes more confident about what they are doing will also speed up club nights.

Therefore, over the next two Wednesdays, all athletes **aged 9 years and older who are new to athletics** will be taking part in “Beginners’ Guide to Athletics” coaching with Doug and Mike, both very experienced athletics coaches. They will complete three blocks of events but the focus will be on learning technique and understanding the ‘rules’ of the event as opposed to just competing. Their programme will be as follows:

Block	New Athletes
1	Shotput
2	Race starts <i>(including using starting blocks for 10 years +)</i>
3	High jump



### Relay Team Selection

Over the next two club nights, times from the 100m and 200m races will be used to inform decisions about the relay teams for the Counties-Manukau Relay Championship (on Sunday the 25<sup>th</sup> of November at Massey Park in Papakura). Only athletes who are registered will have times recorded and therefore can be considered for the relay teams.

### Preparation for Dick Quax Memorial Distance Championship

This week’s middle distance race will be 2000m (for 10 and 11 year olds) or 3000m (for 12 to 14 year olds). These distances have been included to help our middle distance athletes prepare for the Dick Quax Memorial Distance Championship on Saturday the 10<sup>th</sup> of November.

## 7. Training Opportunities This Week

All training sessions are free **BUT ARE AVAILABLE TO CLUB-REGISTERED ATHLETES ONLY**. Please show courtesy to our coaches who are giving up their time to our athletes free of charge, by:

- Arriving on time.
- Making sure your child has everything they need for the session – water bottle, spikes, snack, warm jacket etc.
- Making sure your child knows what coaching session they are attending
- Collecting your child on time at the end of the session. Remember, coaches are offering athletics coaching, not a child-minding service.

**In fairness to the other athletes and the coaches, athletes should only attend sessions suited to their age and ability.**

## Beginners' Guide to Long Jump



This is an introductory session for athletes who are new to long jump or who would like a refresher on basic long jump technique. The session will cover warm-up exercises appropriate to jumps, basic long jump technique, drills and competition etiquette. Grade managers and parents are strongly encouraged to attend this session too.

**Date:** Tuesday 30<sup>th</sup> October

**Who:** Athletes 7-9 years 5 – 5.45 pm

Athletes 10 – 14 years: 5.45 – 6.30 pm

**Coach:** Neil Bartlett

## Experienced Discus and High Jump



Opportunity to do some discus and high jump practice and get some tips on how to improve technique.

*Note that only those who are regular 1.2 m or above jumpers should attend the high jump session.*

**Date:** Tuesday 30<sup>th</sup> October

**Time:** Discus: 5-6 pm

High jump: 6-7 pm

**Who:** Experienced throwers/jumpers

**Coach:** Matthew Aucamp

*Note: Parents of children attending the high jump session must help with setting up and packing down the high jump mats.*

## Junior Throws Group



Our Junior Throws Group continues this week with the focus on **shotput**. The Throws Group caters for both beginner/younger athletes (5.30 – 6.15 pm) and older, more experienced juniors (6.15 – 7 pm).

**Date:** Friday 2<sup>nd</sup> November

**Who:** Beginner/younger athletes: 5.30 – 6.15 pm

Older/more experienced athletes: 6.15 – 7 pm

**Coach:** Doug Pirini

## 8. Wednesday Nights Not Enough?

### Ron Keat Open Day – Sunday 4<sup>th</sup> November

Ron Keat Day (Papakura Athletic Club's Open Day), is on Sunday 4<sup>th</sup> of November, starting at 10 am. The event is at Massey Park, Ron Keat Drive in Papakura. The day caters for 1-14 year olds. Massey Park has great facilities including stadium seating and an all-weather track like ours. (There is also a playground and swimming pool right next door).

Open Days are for all athletes, irrespective of experience or ability. They are a great family day out and athletes can choose which events they wish to compete in. Ribbons are awarded for places in each event and many clubs try to organise events so that all athletes leave with at least one ribbon. Open Days are free for all registered athletes. You don't need to register in advance – just turn up on the day and join in the fun. Athletes should wear their club uniform and their age patch. Bring loose change to purchase snacks. Members of our committee will be at the Open Day – look out for the Pakuranga banner. Committee members will be on hand to answer questions and help you get to your events.

Check out Papakura Athletic Club's Facebook page for more information.



# RON KEAT RIBBON DAY PROGRAMME

## SUNDAY 4TH NOVEMBER 10.00AM START

**FREE EVENT, OPEN TO ALL REGISTERED ATHLETES AGES 1-14 YEARS  
EACH BLOCK APPROX 30 MINUTES**

	BLOCK 1 10:00 AM	BLOCK 2 10:30	BLOCK 3 11:00	BLOCK 4 11:30	BLOCK 5 12:00	BLOCK 6 12:30	BLOCK 7 1:00	BLOCK 8 1:30	BLOCK 9 2:00
Age 10+	1500m	100m		200M		400m		60m	Club Relay
Age 6-9			200m		300m		60m		Club Relay
Age 6				Long Jump		Shot Put		Discus	
Age 7				Discus		Long Jump		Shot put	
Age 8				Shot put		Discus		Long Jump	
Age 9	High Jump		Shot Put		Long Jump		Discus		
Age 10	Discus		High Jump		Shot Put		Long Jump		
Age 11	Long Jump		Discus		High jump		Shot Put		
Age 12-14	Shot Put (PV end)		Long Jump		Discus		High Jump		

GRADES	RACE	10:00 - 11:00am
1-2 yrs	20m	Tiny Tots 1-5 yrs on grass inner field
3 yrs	30m	Tiny Tots 1-5 yrs on grass inner field
4-5 yrs	40m	Tiny Tots 1-5 yrs on grass inner field

- Athletes please make sure to wear your club singlets and age patch number.
- Get your team together and think of a Club chant that represents your club.

MASSEY PARK, RON KEAT DRIVE, PAPA KURA

## Monday Night 5Ks

The 2018-19 Pakuranga Athletic Club Monday Night 5K is underway. 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.

## 9. Very Best of Luck ...

... to our 10 and 11 year old athletes attending the Trans-Tasman trials and 12-13 year olds attending the Interprovincial Trials on Saturday the 3<sup>rd</sup> of November at Mt Smart. This will be a long day with 9 blocks of events. Remember that Trans-Tasman trial application forms need to be in and the trial fee paid by 8.30 am on Saturday morning. All athletes must compete in full club uniform with their Colgate age patch sewn on the front of the club singlet. Shoes must be worn in all events (Note: For the Trans-Tasman trial, spiked shoes can be worn in laned events only; standard flats must be worn in 800m and 1500m). Good luck – we know you will do your club proud. Hopefully we will be able to publish results of the trial in next week's newsletter.

More information about the Trans-Tasman Challenge – and the trial form – can be found on our website.

## 10. Giving Back To The Section

### BBQ and Tuck Shop

Our BBQ and tuck shop are open each club night (by the equipment shed). Sausages, cold drinks, lollies, chips and juices are for sale each club night. Please support this as all funds raised go towards the purchase of additional equipment for our section. EFTPOS is available.

This week we would like 2-3 parents from **11 Boys** to volunteer to run the BBQ and tuck shop from 5.45 pm. 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 out, please do so with a smile.



## 11. Key Dates For Your Diary

<b>Saturday 3<sup>rd</sup> November</b>	Trans-Tasman and IP Trial – Mt Smart Stadium (10-13 years)
<b>Sunday 4<sup>th</sup> November</b>	Papakura Ribbon Day – Massey Park, Papakura (1-14 years)
<b>Saturday 10<sup>th</sup> November</b>	Dick Quax Memorial Distance Championship – Pakuranga (10 years +)
<b>Saturday 17<sup>th</sup> November</b>	Papatoetoe Ribbon Day – Omana Park, Papatoetoe (2-14 years)
<b>Sunday 25<sup>th</sup> November</b>	Counties-Manukau Relay Championship – Massey Park, Papakura (7-14 years)
<b>Saturday 1<sup>st</sup> December</b>	Manurewa Ribbon Day – Jellicoe Park, Manurewa (2-14 years)
<b>Saturday 8<sup>th</sup> December</b>	Athletics Auckland Relay Championship – Mt Smart (7-14 years)
<b>Saturday 15<sup>th</sup> December</b>	Athletics Auckland Junior Pentathlon Championship – Mt Smart (7-14 years)
<b>Wednesday 19<sup>th</sup> December</b>	Final club night for 2018 ( <i>Back again on 23<sup>rd</sup> January</i> )
<b>Friday 4<sup>th</sup> – Sunday 6<sup>th</sup> January</b>	North Island Colgate Games – Hamilton (7-14 years)
<b>Friday 11<sup>th</sup> – Sunday 13<sup>th</sup> January</b>	South Island Colgate Games – Dunedin (7-14 years)

## 12. Got A Question? Need To Know More?

If you have any questions about the 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*

Please support the following organisations who support our Junior Track and Field section.

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