



Pakuranga Athletic Club

Junior Track and Field 2020/21 Season • Newsletter Sixteen (24 January '21)

1. Is Athletics On If It Rains?

Well done to everyone who turned up to club night on Wednesday despite the changeable weather. A special shout-out to the Tiny Tots and '5s and 6s' who stayed on, even when the rain got quite heavy – and were still keen to do the fun run in the rain. We love your enthusiasm!

We are very fortunate to have an all-weather track. This means that athletics can still go ahead even if it rains. The committee take athlete health and safety seriously so will modify the club night programme where necessary – for example, there was no high jump for juniors last Wednesday. Club nights will generally only be cancelled in heavy rain, very strong winds or lightning.

The committee's policy is that a decision will be made at 2 pm on Wednesday afternoon as to whether club night will go ahead. If we decide to cancel due to weather, all registered members will be contacted via email and we will also post on our Facebook page. If you don't receive a message, you should **assume that club night is on**. Emails and Facebook messages sent to the club from 2.30 pm onwards asking if athletics is on are unlikely to be answered as the committee are at the track setting up.

Fingers crossed that last Wednesday was our one and only wet club night for 2021!

2. Got A Friend?

We have had at least ten new families join us over the Christmas break – welcome everyone!

Registrations for Junior Track and Field remain open throughout the season. If you know of someone who has recently moved into the area, or maybe have a friend or neighbour who enjoyed school athletics last term, please encourage them to come along to our next club night. All new families are entitled to two free 'trial' nights before registering online. Note, however, that registration fees remain the same, irrespective of when in the season a member joins; there are no 'half season' rates available.

3. What's On This Wednesday?

Tiny Tots

Tiny Tots had a great time on Wednesday working together as one group. This week we will go back to our age groups and will continue with the same programme – practising our balancing by 'walking the plank', learning about striking (there were definitely some budding hockey and golf stars last Wednesday!) and an introduction to long jump (be prepared for sand in your shorts!). And beware of the 'Blob' (our parachute) which this week is out to gobble up the children!

'5s and 6s'

Our focus on discus got underway last week with rubber chickens being flung all over the field. This week we will do the same but with rubber rings. Next week we'll move on to the real thing. Prepare to get a bit wet with the 'Sponge Bob Relay' – and Run the Gauntlet if you dare (watch out for those flying bean bag balls). Races will be 200m – and 60m if there is time.

Parents – some of our activity leaders and grade managers are still on holiday and won't be available this Wednesday. We would appreciate your help in leading the groups around the activities and helping out where necessary. You don't need to know anything about athletics to assist – full instructions are provided in the folders and at the stations.

Juniors



The Auckland Junior Pentathlon Championship will be held on Saturday the 13th of February (at Mt Smart). This is a great event, and one that Pakuranga athletes excel at as we have some awesome all-rounders. We would love to see lots of Pakuranga athletes taking part on the 13th. As a practice – and to show those not familiar with the pentathlon how it works and much fun it is - we are holding our own Junior Track and Field Pentathlon on Wednesday evening. Athletes aged 7-9 years will compete in 100m, long jump and discus; 10-14 year olds will compete in 200m, 800m, long jump, discus and shotput. The points earned by each athlete across the three/five events are combined to find an overall pentathlon winner for each age grade. There will be prizes for the winner and runner up in each grade.

You obviously earn the most points (and have the most fun) if you compete in all three/five events, but if you only want to compete in some of the events, that's fine too – still come along! The programme will be as follows:

Block	7 Girls, 7 Boys, 8 Girls	8 Boys, 9 Girls, 9 Boys	10 Girls/Boys	11 Girls/Boys	12 Girls/Boys	13+ Girls/Boys
1	Long jump	Discus	200m	200m	200m	200m
2	100m	100m	Long jump	Long jump	Discus then shotput	Discus then shotput
3	Discus	Long jump	800m	800m	800m	800m
4	Prize giving		Discus then shotput	Shotput then discus	Long jump	Long jump
	Prize giving					

It is a busy programme, especially for the 10-14 year olds. Lots of parent help will ensure we can move through the blocks quickly.

Note that points nights will get underway again from Wednesday 3rd of February.

4. Training Opportunities This Week

A. Introduction to Starting Blocks/Blocks Refresher

Last Wednesday evening it was clear that there are a number of 10-14 year olds who are not confident setting up and/or using starting blocks – or have forgotten how to do this over the holidays. This means athletes are not getting the best start in races – and extra time is being spent by the race starter and grade managers showing athletes what to do.



On Monday evening we will be holding a starting blocks session. This session will cover how to set up the blocks and how to use them correctly to get maximum benefit at the start of a race. There will also be time to ask questions. If you usually run in spikes, please bring them along. Parents – if you are not sure if your child is confident using starting blocks, please ask them.

For	Athletes aged 10 years + who are not confident using starting blocks, or anyone who would like a 'refresher'
When	Monday 25 th January – 6.15 to 6.45 pm (ish – depending on numbers)
Where	Meet outside the equipment shed at the track
Cost	Free
Coach	Mike and James Trathen

B. Experienced Throws Squad

We are excited to announce that Doug's throws squad will get underway again from next Sunday – 31st January. This squad is for experienced shotput, discus and javelin throwers, looking to improve their technique for upcoming competitions. Note that this training is not suitable for those new to throwing.

For	Registered athletes who are experienced throwers and intend to compete at outside events in February and March
When	Sunday 31 st January – 1.30 pm start
Where	Meet at the equipment shed
Cost	Free
Coach	Doug Pirini

5. Massey Ribbon Day - Cancelled

Unfortunately the Massey Ribbon Day scheduled for Saturday the 30th of January has been cancelled this year. Fingers crossed that it returns to the calendar in 2021/22.

6. Auckland Senior Track and Field Championship - Entries Closing Soon

A reminder that entries for the Auckland **SENIOR** track and field championship on the 6th and 7th of February close at midnight on Wednesday 27th January. No late entries will be accepted.

This competition includes events for Under 14 and Under 16 year olds – so **athletes in Grade 11 and above are eligible to compete**. The provisional programme can be found here - [Provisional Programme](#). Entries can be done online via this link - <https://aai2021seniortfchamps.eventdesq.com/>

The Auckland JUNIOR Track and Field Championship (for 7-14 year olds) is on the **21st and 22nd of February** (at Mt Smart). We will let you know as soon as entries for this event open.

7. Pakuranga Open Day - Mark It In Your Diary!



Photo of 2020 Pakuranga Open Day, courtesy of Jo Smal

The Pakuranga Open Day is on **Sunday the 14th of February** at the Lloyd Elsmore track. This free event is open to all Junior Track and Field athletes **aged 2-14+ years** throughout Auckland. Start time is 10 am. (As in previous year, the event is most likely to be preceded by the Counties-Manukau 1500m Championship at 9 am – so lots to watch even as you arrive.) There will be six blocks of events for 5-14 year olds, and a range of activities for Tiny Tots throughout the day including races, a treasure hunt and bouncy castles.

Participants don't need to be registered athletes to compete, so family and friends are welcome to come along and join in the fun too. We'll also be inviting our friends from Howick Tiny Tots. This is always a great day out and is the perfect way to introduce athletes to outside events in a friendly and familiar environment. It is also a great 'final hit-out' before Auckland Champs the following weekend and is an important fundraiser for our section through the sale of food and drinks.

At this stage we are on the hunt for **spot prizes** that we can hand out throughout the day. If you have anything that might be suitable (corporate promotional material such as umbrellas or drink bottles, gift vouchers, unwanted Christmas presents ...) please bring them along on club night and hand in at the BBQ.

8. Giving Back To The Section

Our BBQ and tuck shop are open each club night (by the equipment shed). Sausages, cold drinks, lollies, chips and juicies 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 **13/14 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.

9. Sending Best Wishes ...



... to Anjalee, Antonie, Ben, James, Katelyn, Liam, and Shayla from our section who will be representing Counties-Manukau at the U16/U18 Interprovincials competition at Millennium Stadium on Saturday the 30th of January. This competition features many of the top U16 and U18 athletes in the North Island, competing for their provinces. Have a great time away everyone, go hard and have fun. We look forward to publishing your results in next week's newsletter.

10. Key Dates For Your Diary

Saturday 30th January	U16/U18 Interprovincials – Millennium Stadium
Saturday 6th, Sunday 7th February	Auckland Senior Track and Field Championship (11 years +)
Saturday 13th February	Auckland Junior Pentathlon Champs – Mt Smart (7-14 years)
Sunday 14 February	Pakuranga Junior Open Day – Lloyd Elsmore Park (2-14 years) Counties-Manukau 1500m Championship (10-14 years)
Friday 19th, Saturday 20th, Sunday 21st February	Auckland Junior Track and Field Championship – Mt Smart (7-14 years) <i>(1500m races on Friday evening)</i>
Saturday 27th February	Counties-Manukau Junior Track and Field Championship – Papakura (7-14 years)
Wednesday 3rd March	First night of Club Champs (7-14 years)
Saturday 13th March	Top Ten – Lloyd Elsmore Park (7-14 years)
Wednesday 24th March	End-of-season fun night

11. Got A Question? Need to Know More?

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

Junior Track and Field committee

Many thanks to our supporters who have generously contributed to our section this season:

