



Wellington Harriers Athletics Club
Wellington Children's Athletics Section

<http://wca.wellington.net.nz>

Newsletter 1 – 11 October 2008

Welcome

After a frustrating winter season for many sports codes, I'm sure athletes and parents will both be looking forward to soaking up the warm summer rays at athletics this season.

Whether you are a returning athlete/parent or a new/prospective member, welcome!

There is plenty of information available to you about the club and the activities this season. The easiest way for us to ensure that you are kept up to date is via email so please make sure we have your correct details and you won't miss out. We also start each club day session off with notices, which again will recap the important upcoming events etc. Alternatively you can always find the latest information available at our Children's section website (see address above).

At our registration days we have the following information available for you:

- Registration forms – Please complete the registration form and hand in with your payment (cash or cheque please) at our registration table. Athletes aged 5 upwards will be provided with an age flash which is required to be worn on the club singlet at interclubs/championship events.
- Club Handbook – this contains a lot of useful information including some background about our Club and an overview of the types of events that are held throughout the season
- Wellington Junior Interclub Calendar – a schedule of which events are held at each of the interclub meetings

Copies of all of the above are also available on our website.

Please help yourself to this information, and of course if you have any questions at all, members of the committee are available to answer them.

Newtown Park Track

The all-weather track at Newtown Park is in need of an upgrade and the timing for repairs is to allow adequate preparation for National events to be held in March/April 2009. Temporary fixes are currently being undertaken, but more major work is planned over the Christmas break. Please bear with us as we work around limited lane availability etc. The inside field is also in the process of new grass coming through, which has been hampered by a wet winter that has stretched into Spring. If the track and/or field are not available for use on a club day, you will find us located at the top field at Newtown Park.

Running of the Club

We require additional committee members to assist with a variety of duties. Please talk to any of the current committee if you are interested in contributing to the success and the future of our club. We will also regularly ask parents to assist on club day with activities so that you become familiar with how events are run. This is particularly important not only for our club day to be run successfully for our athletes, but we also require parents to assist at Interclub events, so we need our club's parents to be as upskilled as possible.

Club Days/Training

Club Days run each Saturday between 11.30am and 1pm. If the weather is particularly unpleasant we will finish early, or in the event of an early cancellation, these will be posted on Newstalk ZB's cancellation service.

On club days after the group warm up, we break the athletes into age bands to make the group sizes manageable for our coaches/assistants and to ensure that all athletes get adequate guidance and assistance. Parent support and assistance is greatly appreciated so come forward and offer – and if you have no experience – no worries as our coaches will show you what to do!. We rotate events on a half hourly basis, so each week the athletes gain knowledge/practical experience on at least 3 events. During the season we will record individual's times/distances to provide a profile of their personal achievements.

On club days, we ask athletes to please wear their club tshirts of singlets - the singlets can be worn with a tshirt underneath if its not too warm. Please ensure you have a sunhat, sunblock and a drink available.

For athletes aged over 12 years, we offer additional training and coaching on Tuesday's and Thursday's at Newtown Park 4-5pm during which a variety of track and field drills and coaching are covered. Some of our older athletes prefer to attend these sessions instead of/in addition to our club days. If you are interested in attending/finding out more, please speak with Peter Rendall, or any of the committee.

Club Night

We are going to trial running an additional club night during the week for our junior athletes at the same time as the senior club's night. At this stage we will be offering this additional night to athletes aged 10-14yrs only and we are seeking support from parents of any athletes that are considering attending to assist with coaching. For further details please contact Peter Rendall.

Inclusion of younger aged athletes at a later stage will be dependent on volunteer coaches being available, and consideration for safety (e.g. senior athletes may be using Javelins etc). Again, if you are able to assist please let a member of the committee know. We'll keep you updated.

Key Upcoming Dates

(please note club days are from 11.30am – 1pm at Newtown Park):

Saturday 11 th October	Club Open & Registration Day
Saturday 18 th October	Club Open & Registration Day
Saturday 25 th October	Club Days each week (check handbook and website/email newsletters regularly for updates)
Saturday 8 th November	North Island Colgate Games entry forms required to be handed in Manawatu are holding an interclub event which our

junior athletes are invited to compete in. Start time and further details will be shared as soon as available.

Saturday 15th November South Island Colgate Games entry forms required to be handed in

Sunday 16th November 10am Interclub 1 – hosted by Wairarapa Carrington Park, Carterton (not 9th November as may be in some handbooks that were printed prior to the change)

Please refer handbook/website for rest of season calendar

Interclubs

As noted above, the first interclub for this season is to be held in **Carterton on Sunday 16 November**. The venue is Carrington Park. There is a map on our website. It will be great to have as many of our club members participate as possible – be sure to pack a picnic and make a day of it! Look out for our club flag as the main meeting point.

Remember, you must wear club uniform (the blue Wellington singlet) with either blue or black shorts, and you must have your age flash pinned to your top.

The Wellington Children's Club are responsible for Track events (along with 2 other clubs as this is a large task). Duties will include marshalling athletes ready for events, recording results, timekeeping etc. Please take the opportunity on club days to learn these skills so that you are able to help at Interclubs which ensures the events run more smoothly.

Our club will be hosting our own interclub on Sunday 30th November. At this stage, due to the track condition, we have scheduled this event to take place at the Hutt Rec. We will be calling on parents of members to assist with the running on the day. Duties may include assisting with the track duties (as mentioned above), announcing, assisting with a BBQ/food stall or collecting results etc.

We do ask that if you are requested to assist on the day that you try where possible to accommodate the request. If you are unable to do so, it impacts on someone else, so please think of the wider club community. If we all do a little, no one has to do a lot.

Colgate Games

North Island Games are held in Wanganui on 9-11 January 2009
South Island Games are held in Invercargill on 16-18 January 2009

It may feel too early to be even thinking about Christmas/New Year, but the Colgate Games held in both the North and South Islands a week apart need entry forms sent in soon! These forms will be available on the registration desk next week, and we'll also make copies available on our website.

Entries and payment need to be with the committee for North Island Games on 8th November and for South Island Games on/before 15 November 2008. The Colgate Games are open to any athlete aged 7-14 years of age as at 31 December 2008.

For further details/programme please see: www.athletics.org.nz

We need your help! Coaches/Officials

This year we are looking for some parents to step up a level and consider being trained more thoroughly by our current coaches, and if you wish to formalize that training with a coaches course, these will be available as well. Please talk to Geoff Henry, Jim Samson or Peter Rendall at club days about this.

Officials are also an important part of athletics in ensuring that events are run safely and fairly, and accurately record the athletes results. There are a number of key events being held in Wellington this season, mostly for senior athletes (including the National Track & Field Championships in March and the North Island Secondary School Championships in April), but there are also juniors events and our interclubs through the season at which our club is expected to provide parents to a rostered task of which some should be qualified officials.

On club days we will train parents on a range of tasks related to supporting officials at events, and for those of you who may be interested in also taking this a step further and becoming a certified official, please speak to Geoff Henry, Peter Rendall or myself. If you are available to provide further assistance to the club – be it as a coach, official or committee member, we would love to have your input. Talk to one of the committee about how you can be more involved, and ensure our athletes have the greatest opportunities available to them – which can only be provided by the involvement of committed individuals!

General information

In addition to announcements on club day etc, if you require club information, please refer to: <http://wca.wellington.net.nz/>

For cancellations of regional interclubs, and other local information, please also refer to: www.athletics.org.nz/well and click on the junior section.

Kind regards
Louise McDonald, Manager
On behalf of the Committee
Wellington Harriers Athletics
Children's Section