

ATHLETICS NELSON JUNIOR TRACK & FIELD

2015/ 2016 SEASON

Welcome to any new children and parents. For those athletes continuing with their sport, welcome back.

CLUB COMMITTEE

Club Captain:	Nicola Newson	548-5200	nic-rich@ihug.co.nz
Coaching coordinator	Nicola Newson	(see above)	
Coach	Lee Corlett	548-6440	leesport@xtra.co.nz
Secretary & Treasurer	Penny Dawson	539-1136	crazycrackers@xtra.co.nz
Interclub coordinator	Karen Morris	545-2489	karendorry@gmail.com
Singlets and spikes	Jo Wemyss	546-6307	wemyss@clear.net.nz
Results/ PB's	Amanda Young		
Committee	Dene Gornall		
	Jade Gibbins		

Mission Statement

To learn fundamental run, jump and throw skills encouraging all athletes to reach their potential in a fun and fair way.

2015/2016 SEASON:

This year sees our Run, Jump, Throw program moved back into club nights on Thursdays.

This season we will be offering 2 different programmes:

1. Run, Jump, Throw for children aged 5 & 6 (age as at 31st Dec 2015)

Run Jump Throw is the foundation programme of the Athletics New Zealand Coach Education Programme. Run Jump Throw was developed as part of the Kiwisport education programme. It is based on the philosophy that skills are the key to participation. At club nights we have an emphasis is on skill development.

VENUE: SAXTON ATHLETICS TRACK
TIME: THURSDAY NIGHTS 5.30-6.10pm

2. Club nights for 7-15 Year Olds (age as at 31st Dec 2015)

VENUE: SAXTON ATHLETICS TRACK
TIME: THURSDAY NIGHTS 5.30-6.45/7pm

EVENTS:

Our programme runs in a 5 weekly cycle of athletics disciplines. On Club nights a combination of three disciplines will be rotated for 7-15 year olds. There will be a mix of coaching nights and competition nights.

7, 8 and 9 year old children compete in the field events of Long Jump, Shot Put and Discus, and in the track events of 60m, 100m, and 200m.

10 to 15 year old children add the High Jump, 400m, 800m and 1500m to their programme. 12 - 15 year old athletes can compete in the hurdles and race-walk at interclub meets.

Under nine year olds MUST have a parent or caregiver present at club nights for safety reasons.

Athletes will need to provide their own food, sunscreen, protective clothing and refreshments when competing at club or interclub meetings.

REGISTRATION

Subscriptions are \$70.00 for 1 child or \$180.00 for 3 or more from the same family.

Subs for children under 7 years not competing at the Colgate Games are \$50.

Registration can be done online or on a paper registration form.

Send forms to: Penny Dawson, 780 Cable Bay Road, Nelson 7071.

- Payment can be made by cheque, internet banking or cash.
- One registration form per family.
- An additional levy of \$25 per family will be added if parents or caregivers are not able to help on club night.

The age grade is taken as at 31 December 2015.

SportStart is a grants scheme administered by the Tasman Regional Sports Trust. SportStart provides assistance where financial hardship is a barrier to participation. Grants are available for 5 - 15 year olds with a maximum of \$30 per child. Children are entitled to a maximum of two SportStart applications per year (eg: one winter and one summer code). Please see the club secretary for a form.

PARENTAL HELP

Parents or caregivers will be rostered to assist with the running of the programme each Thursday night. Please be prepared to volunteer approximately six times over the season. Or you can choose to pay a higher subscription (\$25 per family) instead of being on the roster. Children under nine years must have a parent or caregiver present every club night.

We will hold some sessions to teach parents how to run track and field events. We also require parents to help if your child competes in an inter-club for 2 hours that day.

CANCELLATIONS

Cancellations will be advised via email or on our website. We hope that with the all-weather track that athletics will only be cancelled in heavy rain.

CLUB UNIFORM

The club uniform is a blue Athletics Nelson singlet and plain black shorts. A plain white or black t-shirt is acceptable under the singlet. The black shorts are to be sports shorts, not boardies or long baggy shorts. The uniform must be worn at interclubs but is not compulsory for club nights. A small number of singlets are available for loan for an interclub for those children doing an interclub for the first time.

An age grade patch will be issued once registration is paid. This is to be attached to the singlet and it is **essential** that it is worn at all Interclub events and Club nights.

Athletes aged 10 years and older may wear running shoes with track spikes. Between events these shoes must be removed and carried in a suitable way to avoid other children being spiked. This has been a problem in the past causing painful injuries. Spikes must be 7mm cones/pyramids or Xmas trees.

There is always a demand for second-hand singlets and spikes. Please contact Jo Wemyss if you have some for sale.

STAR AWARDS

The individual achievement and improvement of each child is recognized using a national 5 Star Award System - from Level 1 (achieving) to Level 5 (exceptional). Levels of achievement are set for each discipline based on age (starting at age 7years) and gender. Interclub and club night results will be regularly posted on our website.

INTERCLUB COMPETITION

Interclub competition is a fantastic way for children to develop new friendships and foster team spirit while improving personal bests. Athletes of any ability can enter interclubs. Athletes enter up to 4 events which are a mix of track and field.

All Interclub meets are held on a Sunday and generally begin at 10.00am and are finished by 4.00pm. The Russell Cup, Winstone Cup and Hester Shield are Interclub Meetings attended by Richmond, Motueka, Nelson, Takaka and Marlborough Clubs. Each club is required to run one event for the day. Parents will be rostered for a 2-hour duty.

Tasman Championships are held over 2 days with athletes competing in up to 8 events. A champion is chosen for each age group based on results.

CLUB CHAMPIONSHIPS

A club champion for each age grade for boys and girls will be awarded. Points will be awarded for attendance at club night sessions and inter-clubs and by adding up the 'star levels' achieved.

COLGATE GAMES

These games are open to any registered athlete of any ability aged 7 – 14 years and are for 4 track and field events of their choice. Team participation is encouraged and any relay teams will be organized by the Club Managers. For more information see: www.colgategames.co.nz/index.html. They are open to athletes from all clubs.

The closing date for entries is mid November. No late entries are accepted. Entry forms for these events are available on club nights or www.athletics.org.nz. Please ensure that you fill out the correct entry form. Athletes registered for the South Island cannot transfer entries to the North Island or visa versa.

BEHAVIOUR

The club takes no responsibility for any accidents or injuries sustained. Parents are responsible for their own children at all times. We do not run a child-minding service. We do not take a roll call each Thursday, so if children were to leave the park, or be dropped off but not turn up, we would have no idea of their whereabouts. We do not supervise children once they have left Saxton Field at the conclusion of a meeting. On any Club night be prepared for your child to leave early, especially if it rains.

We expect FAIR PLAY BY OUR ATHLETES AND PARENTS. Repeated misbehavior will result in a child being suspended from athletics. We encourage participation by athletes of all abilities and focus on achieving personal bests.

ALL-WEATHER TRACK RULES

Bare feet, socks or lightweight running flats can be worn on the track. Spikes can be worn by those 10 and over. Spikes must be 7mm or under and must be cones, pyramids or Christmas trees. Pins and needles are not allowed. The Shoe Clinic stock the correct spikes. (Athletics Nelson members get a 10% discount.)

- ▶ The track is a road. When entering the track, always look both ways. Do the same when entering the infield or jumps areas.
- ▶ No running, jogging, or walking in lane one or two, unless you are racing.
- ▶ Warm up on the infield only.
- ▶ No standing around on the track. Go to the infield.
- ▶ Don't leave any gear on the track. Put it in on the infield.
- ▶ No food or drink is to be brought into the track and field venue. Water is fine. Soft drinks and energy drinks are harmful to the track.

REMINDER

- ▶ Athletes attend and participate at their own risk.
- ▶ Ensure your child has adequate warm clothing, which is clearly named.
- ▶ Confirm your arrangements with your own child in the event of a sudden change of weather conditions.
- ▶ First event will start at 5:30pm sharp each week.
- ▶ WE CAN'T OPERATE WITHOUT YOUR HELP.