

UNIVERSITY OF CANTERBURY JUNIOR ATHLETICS

NEWSLETTER SEPTEMBER 2015

Welcome to the beginning of a new athletic season! The recent track and field World Champs held in Beijing was just fantastic to watch! Most athletes competing in the track and field events will have started their careers competing as children in competitions similar to our Wednesday club evenings and the Saturday interclub competitions. It is interesting to hear how a number of these top athletes swap events over time as they mature and develop their broad skill base. The benefit of competing in as many running, jumping and throwing events as a young athlete provides a solid base of skill development for ever! These events showcase the purest form of athleticism inside an arena which creates an atmosphere that is hard to match. Track and field events often provide the building blocks for other sports and the basics of run, jump and throw are the foundations that this club dedicates itself to in order to develop the skills of our athletes.

During the past few weeks we have endeavoured to phone every family who was involved last summer to gather feedback on the club. The pleasing thing about these calls was the overwhelming positive feedback on our Wednesday Club night with families appreciating the fun atmosphere and the opportunity to improve skills and gain fitness. We also received feedback that we could promote interclub more and alter our coaching for interclub athletes. We will be implementing some positive changes this year as a direct result of this feedback. Coaching will provide technical advice to athletes and also help them to learn the concepts behind general conditioning, preparing for competition and event recovery.

The Saturday interclub events for the coming season will again be held at Rawhiti Domain in New Brighton with a couple of trips during the season to Timaru to compete on the all-weather track at Aorangi Stadium. We would love more of our Wednesday athletes to give this a go! You can come along to Rawhiti for a look without committing. Our club will again be putting on buses for the Timaru trips, a fun way to travel and bond with your clubmates!

Some highlights of the coming season will be the Colgate Games to be held in Nelson between the 15th and 17th of January 2016 and the Canterbury Champs that will be held in Timaru on 12-13th March 2016.

The club is heavily reliant on the help of parent volunteers; we appreciate your ongoing support here. On top of general help, if you have any special skills we can utilise please let us know.

The principles of having fun and making new friends, training hard and working to improve personal bests are the building blocks of the club's success and will once again be the focus for the 2015/2016 season.

I look forward to seeing you all again in October and don't forget to get online to register for the 2015/2016 season, and get your friends to give it a go too!

Mark Forward
Club President

REGISTRATION INFORMATION

This year we have a new system for registration - it will be all done via our Club website.

1. Go to the UC website and head to the registration page. <http://www.ucathletics.org.nz/>
2. The **username** for all who were registered last year is uni(child's surname)(initial)
3. eg Emily Jackson's username would be **unijacksone**
4. The password is **unijuniors**
5. If this doesn't work for you just push the 'forgotten password' button.
6. You will get an email with your password.

Key Dates for Registrations

Existing Members: - must be registered by **Wednesday 30th September 2015**.

New Members: **Must attend** the registration day at Westburn School

Wednesday 14th October 2014 **4.00pm - 5pm**

- Further correspondence regarding start times and other important information will be sent to all members via e-mail at the early in October 2014.
- For those who have indicated they are interested in competing in Interclub, a separate email will be sent providing more details on squad training and other relevant information.

• **MEMBERSHIP FEES**

-
- **Club only members** **\$80.00 per child - same for 2nd and 3rd child**
- This includes:
 - our Club Membership Fee
 - the Athletics NZ levy that all club members (over 7yrs at as at 31/12/14) and
 - the Athletics Canterbury Levy.
-
-
- **InterClub only members** **\$45.00 first child/ \$25 per each subsequent child**
- The link to register for this will be sent once your club registration has been completed.
- **Squad Training** is only available for those who have chosen to join the **InterClub** competition.
- It is designed to give the athletes more specific and advanced coaching in all disciplines.
- It includes additional fitness and conditioning training and information on nutrition and goal setting.

- The Squad Training registration form will be sent out separately to those who have indicated on the registration form that are keen to join Interclub.

Key Dates for the Summer Season

October

Wednesday 14th

Club Nights commence

Saturday 17th

Interclub competition

December

Wednesday 9th

Last Club Night before Xmas

Saturday 19th

Last Interclub before Xmas

January 2015

Friday to Sunday 15th - 17th

Colgate Games, Nelson

Wednesday 27th

Club Nights resume

Saturday 30th

Interclub competition resumes

February

Sunday 28th

Club Champs Day at Westburn

March

Wednesday 2nd

Last Club Night for Season

Wednesday 9th

Training for athletes going Canterbury Champs

Sat 12th and 13th

Canterbury Children's Champs- Timaru

Colgate Games - These games are open to all athletes that belong to an Athletics Club - *you do not have to be registered for Interclub Athletics to attend this Meet.*

For more information please visit the NZ Children's Website : <http://nzchildrensathletics.co.nz>

This year the South Island Games are held in Nelson - which is quite possibly the nicest centre to hold the Games with the proximity to the beaches and great holiday destinations.

We suggest if you are considering attending the Games to look for accommodation soon as it is a busy time of the year in Nelson anyway.

Canterbury Champs - also for those considering the season ending Champs in Timaru again we suggest that you start looking for accommodation as it will get booked up fast.

CLUB NIGHTS

Day and Time: Wednesdays from 5.15pm to 6.45pm at Westburn School

Objectives: The club night aims to encourage participation by 4 to 14 year old children in structured athletic activities in a supportive and friendly atmosphere. Athletes learn new skills and at the same time stay healthy, have fun and make lots of new friends!! The Club's focus is to foster a positive attitude to fitness, help achieve sporting potential and provide a fun and friendly environment for the whole family.

Groups The children are grouped according to their age and gender from U7 to 14 years old. Each group will have a team leader that will provide them with coaching and encouragement through the season.

The Minis group is for all children Under 7 years old, this group used modified equipment and coaching techniques, specifically Run, Jump, Throw. Some events are modified to suit their stage of development however they compete in most events on competition nights.

Format for the season The format for the season will remain the same as in previous years where one week is a coaching night and the alternative is a competition night. On competition night every athlete's times and distances are recorded and a record of their personal bests are kept and always on display on the notice boards. Our emphasis on these nights is for the children to strive to achieve personal bests.

Calendar for First Half of the Season

14 th October	Opening night and first club coaching night
21 nd October	Coaching night
28 th October	1 st Competition night
4 th November	Coaching night
11 th November	2 nd Competition night
18 th November	Coaching night
25 th November	3 rd Competition night
2 nd December	Coaching night
9 th December	4 th Competition night and Xmas fun night

COACHING NIGHTS - How you can help

The coaching nights the children are provided with coaching in each of the events, usually one throw, one jump and one track based session each week. These nights are very important as they provide the opportunity for the children to practise the events in a non-competitive situation and get to build up their skills and technique as the season progresses.

On these nights we use a mix of

- some of our parents who have an interest or experience in athletics coaching,
- our older teenage club athletes and
- outside athletic coaches.

As with any sport the strength of our club is the willingness of the community (including parents and past junior athletes) to get involved and we often hear that people do not think they are experienced enough to help out on club night coaching. What most people forget is firstly you are working with children who have had little or no coaching for events before and we are involved in a foundation sport using basic athletic skills which all children possess such as running and jumping!

Also we tend to find that many of our club members are from parents who themselves were athletes in their day (we currently have three parents that still hold Canterbury Children's records from a few years ago!) and so have had many hours of training and have a much larger knowledge base that they realise.

So we encourage you to consider being involved in our club night coaching programme and we have many resources, including cue cards and coaching tips available to use. We will also be offering a session for each event on a Sunday early in the season to help so - please give it some thought as the greater the pool of coaches we have available the better!

Canterbury Athletics also runs a variety of athletics coaching courses during the season and we will let you know about these as they come up.

PARENT HELP on COMPETITION NIGHTS

Parent help is essential for running successful Club Nights and we aim to involve all club families in our club night roster. There are many different areas you can get involved and we are happy to accommodate if you have a particular interest or preference. Some of the areas are:

Organisation

Set up of equipment
Packing away of equipment
Organising the roster

Events for competition nights - for each event there is a junior and senior event
 (Chiefs will normally be overseeing the event and record results)

<u>Event</u>	<u>Roles</u>	<u>No required</u>
Long Jump	Chief, Raker, Measurer and Spiker	4
High Jump	Chief, and two Measurers	3
Discus	Chief, Measurer, Spiker and Retriever	4
Shot Put	Chief, Measurer, Spiker and Retriever	4

Track

Starter	1
Starters Assistant and Marshal	2
Finish Line Chief	1
Recorder	1
Timers	4
Judges	4

On the first club night we will be holding a meeting for all parents and will talk about these roles further and ask all families to indicate what area they would like to involved in. From this we will make up the roster for the first half of the season competition nights and distribute this.



Interclub Competition

This is held on Saturday mornings at Rawhiti Domain from 9am to 1pm. You can do four different events (generally two field events and two track events) each morning as well as joining in a relay. You compete against other athletes of the same age.

For more information please visit the Canterbury Childrens Website
<http://www.athleticscanterbury.org.nz/Sections/Childrens-Athletics>

You are welcome to attend any two Meet before joining so we encourage all our Club athletes to "Give it a Go" at some stage during the season. We will be aiming to create a car pool for a couple of Saturdays for any children interested in coming along and having a look - more information to follow:



It is a great way to keep fit and improve speed and strength and you can also use it as great offseason conditioning for winter sports. Competing in the Interclub allows children to try more events that we offer on club nights and improve a whole lot more as you normally compete in at least two track events each week.

There are usually three grades in each Age Group so you will be competing against athletes of the same ability.

- There is no requirement to compete every weekend
- You can attend two meetings before deciding to join for the season.
- It is a great way to improve your times and distances and meet and make new friends from other clubs.
- There are over ten athletics clubs than have athletes competing in the Interclub competition and there is a great cross section of ages and abilities.
- You could be selected to represent Canterbury in one of several Representative teams chosen at the end of the season to compete against other centres around NZ.

Committee for the 2015/16 Summer Season

President	Mark Forward	mark_forward@westpac.co.nz
Secretary	Tania Jackson	tania@jacksons.kiwi.nz
Treasurer	Steffany Davis	steffanyb@extra.co.nz
Interclub Managers	MartinScott	maree_scott@extra.co.nz
Club Nights	Steffany Davis	steffanyb@extra.co.nz
IT Manager	Dave Jackson	david.jackson@rippedorange.co.nz
Committee	Tim Chiswell Hamish Resteaux Shaun Farrell	timngail@chiswell.net.nz jacqui.restieaux@gmail.com redrocket800@gmail.com

For information regarding registrations or any other queries you may have please contact one of the committee members.

We look forward to seeing you all again soon!!



RUN-JUMP-THROW