



PToch Junior Club Newsletter

October 2018

Ready, Set, Go The athletics season is here so check out your running shoes, warm up your muscles and get ready for action. We have a fun-filled program organised for the Open Nights so we look forward to seeing plenty of familiar faces and welcoming our new members to the club. We will have plenty of people on hand to answer questions and provide advice.

Erana and Sarah



Parent Helpers Needed

Childrens Athletics is successful due to the help of keen, enthusiastic parents. Many have no experience with the sport when they start but all enjoy being involved, learning tips to pass on to their kids and getting the chance to have a close up view of their kids participating. The more parents we have helping, the easier it is for everyone and we can provide more for the kids.

Tuesday Club Nights—you can choose from:

- Event Manager be based at an event for the evening and help with coaching the kids
- Event Assistant help run an event with the Manager
- Age Group Manager lead a group of children around their events and record results
- Age Group Assistant provide an extra pair of hands for the group at their events

Please let us know which of these roles you are available for

‘Just Give It a Go’

Important Dates

- 2 Oct Club Open Night 5.30 pm
- 9 Oct Club Open Night, 5.30 pm
- 16 Oct Club Night starts, 5.10pm
- 20 Oct Saturday Interclub starts

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Club Uniform

Club Uniform does not need to be worn on Tuesday nights. Most kids wear shorts, T-shirts and running shoes. Spiked running shoes can be worn by children in Grade 10 and above.

On Saturdays children need to wear the club singlet and either royal blue or plain black shorts.

Singlets, club T-shirts and Hoodies are available to purchase through the club website. Second-hand gear will be available to buy on club nights





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Nga Puna Wai

The new track and facilities will be ready for the 20th October. The complex is accessed by Augustine Drive, off Halswell Road.

We plan to set up the club base at the North end of the ground, near the High Jump pits (bottom right in picture below)

Please come and see us when you arrive and sign in. We will have age group patches and registration numbers to give to you.



Saturday Interclub roster

We are responsible for running the High Jump event. Thanks to the parents who came to the training session for this. Every family who has a child registered for Interclub will need to provide an adult to assist at the HJ on 4 Saturdays throughout the season. We will have a roster available at club nights if you wish to choose which dates to do – otherwise we will allocate days to you.

Thursday Coaching

This is available to athletes competing in the 10 years and above age groups. There is an additional charge for this which can be purchased through the Club online shop via the website.

