



# Summer Running Club

*Junior Track & Field*

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*2011 Registration Pack*



## Welcome to the Sumner Running Club.

This booklet is designed to give you a bit of a guideline about how we operate and what your children can expect to get out of their time with us. If any of your questions aren't answered here please contact our Junior Club Captain, Todd Webley, or our coaching co-ordinator Lockie Campbell.

Our aim is to provide a safe, friendly environment for your child to develop their athletic potential. We have a philosophy that rests on individual improvement and diversity of experience. This means we make the focus participation in all disciplines, and improvement of individual "personal bests" whether that is at novice or national level.

The lifelong benefits which come from involvement in athletics can start here and we hope your children enjoy the challenges and achievements they will encounter.



## Junior Track & Field Committee

Please feel free to contact one of your committee members if you have any questions, queries, suggestions, or offers of help.

<b>Junior Club Captain</b>	Todd Webley	<a href="mailto:lemdot@xtra.co.nz">lemdot@xtra.co.nz</a>
<b>Registrations</b>	Cate Jones	<a href="mailto:e.c.jones@vodafone.net.nz">e.c.jones@vodafone.net.nz</a>
<b>Gear &amp; Equipment</b>	Todd Webley	<a href="mailto:lemdot@xtra.co.nz">lemdot@xtra.co.nz</a>
<b>Coaching</b>	Lockie Campbell	<a href="mailto:julio@es.co.nz">julio@es.co.nz</a>
<b>Results</b>	Ann Wells	<a href="mailto:chris.annwells@xtra.co.nz">chris.annwells@xtra.co.nz</a>
<b>Competition Entries</b>	Cathy Ireland	<a href="mailto:c.ireland@bdi.co.nz">c.ireland@bdi.co.nz</a>
<b>Uniform</b>	Cathy Ireland	<a href="mailto:c.ireland@bdi.co.nz">c.ireland@bdi.co.nz</a>

While this information has been put together for children's athletics, we have strong senior and masters groups. If you are interested in competing in track and field as a senior or master please contact Lockie.

Club contacts, notices, links to useful sites and other general information can be found on our website:

[www.sumnerrunningclub.org.nz](http://www.sumnerrunningclub.org.nz)

# Registration Options

There are two options available to you when you register your children: **1. enrol them as registered members of the club;** or **2. enrol them for the weekly Club night.** We encourage athletes to enrol as registered members so that they can compete on Saturdays but realise this is not always a possibility. The conditions of each option follows; once you identify which option you want to take up please fill in the registration form and tick the appropriate box.

**Age Grades:** The children will train and compete in age grades based on their age as at 31 December 2011. While we welcome all school age children we ask that parents accompany any child 6 or under to their activity.

## Option 1: Registered Club Athlete

Your child is a registered member of the Sumner Running Club and of the Canterbury Children's Athletics Association. Registration entitles them to compete on Saturday mornings at Rawhiti Domain, Aorangi Stadium in Timaru, at the Canterbury Championships, and at both the South Island and North Island Colgate Games. Canterbury Championships and Colgate Games have additional entry fees. Registered athletes who compete on Saturdays will also be eligible for Canterbury age group selection.

**Training:** Training occurs twice a week on Tuesday and Thursday nights, from 5:00 - 6:30pm at Ferrymead Park. Older athletes are likely to be on a specific training programme for their specialist events which will involve a greater number of training days.

A Run-Jump-Throw programme will operate for the younger athletes (age 6 and under)

and will be of shorter duration (5:00-5:45pm) and will require parents to be there to assist the coach. This programme was

developed by Athletics NZ and covers all track and field

events. It is a great introduction to the techniques

required and allows children of all abilities to develop

the necessary skills for later competition. Elements of

the programme will be used throughout the grades. A

new ANZ initiative known as athletics "Fundamentals"

will also be part of our coaching programme.

Training will begin on 4<sup>th</sup> October 2011 and run through to the end of the schools' athletic season which is usually the South Island Secondary Schools Championships in April 2012.



## Saturday Competition:

In most instances this will take place at Rawhiti Domain, New Brighton between 9:00am - 12:30pm. About every 4<sup>th</sup> week the competition will be held at Aorangi Stadium in Timaru on an all-weather surface.

The programme runs in age grades (7-14) and provides an opportunity to compete in 4 events which alternate on a weekly basis. Our expectation is that the athletes compete in 4 events each weekend. This is important for the athletes all round development and their chances of selection for Canterbury teams in the later part of the season.

A season programme will be available for purchase at the first few Saturday morning competition days and a copy will be posted on the Canterbury Athletics website under the Children's tab. There is a link to this site from our club website.

Results are generally up by Monday evening and will be posted at <http://www.athletics.org.nz/Events>

The club has a long jump duty to perform each week and the parents of the Saturday athletes will be expected to help with that duty on a rotation basis. A roster will be sent out early in the season.



Athletes age 15 and over compete in the afternoon and need to see Lockie for further details.

Club athletes are required to wear Sumner Running Club uniform when competing (see below). Running spikes can be worn by runners 10 and over.

## Uniform

The club colours are navy blue with a sky blue trim, and the club uniform must be worn by athletes when competing on Saturday. The singlet can be purchased from the club and is compulsory for registered athletes. Club tracksuits and t-shirts are also available for purchase. All items will be available at training sessions during the first few weeks. See Cathy Ireland who is in charge of uniforms.

There will also be opportunity for the sale and swap of 2<sup>nd</sup> hand gear. If you have any uniform items or running spikes which your child has grown out of and you wish to sell or swap please label them with your contact details and price, and bring them along to a training session.

**Cost of Registration: \$95.00**

## Option 2: Club Night Enrolment

If your child requires athletic competition and coaching but is unable to compete on Saturday then they can attend the Club Nights on Thursday evenings. The format for these evenings will range from coaching sessions to competition nights, to a mixture of both. Parents will be rostered on to help with Competition events.



Achievement levels will be recognised at the end of season with Run-Jump-Throw attainment levels or Athletic New Zealand 5 Star achievement awards. Performances on competition nights will go towards this grading.

### Training:

Club nights take place on Thursday evenings between 5:00 – 6:30pm at Ferrymead Park. A programme of events will be posted on the notice board at the beginning of each session.

Club Nights will run 6<sup>th</sup> Oct, then term 4 of 2011 and term 1 of 2012.

### Parent Help

Parent helpers are needed to run the programme successfully. A roster will be sent out to all parents early in the season detailing when you will be needed. Please make this a priority for that evening as the enjoyment of the group will depend on having enough officials to run the events.

If you cannot attend your night please arrange a swap with another parent and let the registrations secretary know.

### Conduct

The aim of the training session is to improve the children's athletic ability in a fun, safe environment. This means that children must be able to follow instructions and be willing to participate enthusiastically in all the activities.

All instructions regarding the equipment must be carefully followed and all gear must be treated with respect. Please make sure your children understand these simple requirements.

**Cost of Enrolment:** \$80.00

# Training Gear

Your child must come with the appropriate gear:

suitable running shoes	running spikes if they have them
shorts	drink bottle
t-shirt or singlet	cap or beanie
warm-up top/tracksuit	
and any other clothing appropriate to the conditions on the day	

When the easterly gets up it can be quite chilly so they should always have some warm clothing to put on at the end of the session.



We prefer shoes to be worn while training or competing (for their protection more than anything else).

Our training area is the grass field surrounding the running track. Children are not to leave this area unless accompanied by their coach.

Training sessions will begin with a 10 minute warm-up, followed by competition, or on Tuesdays, skills based activity blocks dedicated to a specific discipline. Should time allow the athletes will come together at the end for a group activity. There will be a rotation of disciplines each week and a board outlining the activities for each group will be on display at the start of the session. Your children should check this board when they arrive.

## Athlete Specific Programmes

For our older junior athletes (usually secondary school age) we can provide individual monthly training programmes. At this age the athlete is starting to identify which disciplines they prefer and wish to develop to a higher level. We will assign them a coach who will work with them to design an appropriate training schedule for their chosen discipline/s.

The athlete must commit to a more frequent training regime and be self-disciplined enough to be able to train on their own outside of the Tuesday and Thursday sessions.

There is an additional coaching fee of \$10 per month for these individual programmes.

A list of our current coaches will be available on our website.

[www.sumnerrunningclub.org.nz](http://www.sumnerrunningclub.org.nz)

# Coaching & Committee

This is your club and its success relies a lot on the voluntary contributions of the parents. A sub-committee has been established this year to run the junior track & field section and we are keen to welcome interested members onto this committee.

We are also in need of coaches and officials. This is not as difficult or as scary a job as you may think. There is plenty of support at club and regional level for coaching and officiating, as well as the reward of helping these young athletes develop their athletic ability.

## What we offer:

- ✓ a structured and organised programme for you to follow
- ✓ payment of course fees for you to attend Athletics Canterbury training seminars
- ✓ **free registration for one of your children**
- ✓ the support and encouragement of your fellow coaches
- ✓ a chance to participate in your child's athletic development and a better understanding of the skills they are trying to master

## What you need:

- ✓ a friendly manner
- ✓ a commitment to be at training sessions
- ✓ a willingness to develop your coaching skills

If this sounds like you please contact Lockie ([see page 2](#))

All our coaches are volunteers and put a lot of time and effort into the programme and the coaching of your children. Their experience has been backed up by numerous coaching programmes provided by Athletics New Zealand or their regional bodies. Your support of them on training nights and on Saturdays is appreciated.

# Major Competitions this Season

## 2012

North Island Colgate Games	6-8 <sup>th</sup> Jan	Tauranga
South Island Colgate Games	13-15 <sup>th</sup> Jan	Nelson
Grade 14/15 Interprovincial Teams Meet	22 Jan	Timaru
Canterbury Children's Champs	10-11 Mar	Timaru
Canterbury Secondary Schools Champs	17 Mar	TBA
Grade 7-13 Interprovincial Teams Meet	18 Mar	Nelson
SI Secondary Schools Champs	31 <sup>st</sup> Mar-1 <sup>st</sup> Apr	Nelson
NZCAA Grade 12-13 Interprovincial Meet	7-8 <sup>th</sup> Apr	Auckland

### Colgate Games

The Colgate Games held over the summer holidays are great events which bring together athletes from all over the country but with the main attendance being those from the respective island. Many families combine it with their holiday plans and enjoy the chance to explore new areas as well as meet up for a fun athletic event. While there is some outstanding talent on display at these meetings, they are not designed purely for the elite athlete – don't be put off by the North Island/South Island titles – there is a range of ability at these meets and they are well worth attending.

Registration for them occurs early (by 13<sup>th</sup> November) so you need to start thinking about this now. This year Cathy Ireland is co-ordinating entries so contact her if you are interested.

### Interprovincial Teams

As with most sports there are opportunities for your children to gain representative honours. Selection for Canterbury teams is based on performances at Saturday Inter-club meetings as well as results from any of the previously listed competitions. As these are team events chances of selection are greatly enhanced if the athlete has a number of strong disciplines, which is one reason we encourage all athletes to compete in their 4 events each Saturday.