



## Junior Track and Field Section Registration 2013/2014

The Olympic Harrier Junior Track and Field Club will meet on Mondays from 5.30pm until 6.45pm at Grenada North Park in Grenada North (near Tawa). The season starts on Monday 4 November (dependent on weather and grounds being available). There is an interclub first at Newtown Park (by the zoo) on Sunday 3 November. Our athletics club is based at **Grenada North Park, Jamaica Drive, Grenada North.**

**If you wish to register your child/children for the 2013/2014 athletics season, please complete the following information and either:**

- Bring it to the **registration at Alex Moore Park on Saturday 14 September between 11.30am and 1.30pm**
- Post it to the Olympic Harrier Club, PO Box 13-095, Johnsonville, Wellington to be received before Thurs 12 September
- Email the completed form to registrar@olympicharriers.org.nz and pay by internet banking (see details over page).
- **Uniforms:** we encourage kids to wear the Olympic uniform to club nights (dri-gear t-shirt or singlet and black shorts), but it's not compulsory. However if you are competing at junior interclubs, ribbon days and medal days it must be worn. Past members will be given membership preference. Any queries can be made to Jo Murray 021 976 116 or 232 9409 or by emailing jo@kellysports.co.nz.

Fees are to be paid by cash or cheque (to Olympic Harriers) if paying at registration (no eftpos facilities).

### PARENTS'/CAREGIVERS' CONTACT DETAILS (please complete all sections thank you)

Name/s: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Name of school/s that your child/ren attend/s: \_\_\_\_\_

Member Name <i>First Name then Last Name</i>	Date of Birth <i>Day/Month/Yr</i>	Age <i>@ 31 Dec 13</i>	Male or Female <i>(M or F)</i>	Age Flash <i>(club to complete)</i>

**REGISTRATION FEES ARE:**

- \$70 one athlete family (4 to 14 years)
- \$135 two athlete family (4 to 14 years)
- \$190 three or more athlete family (4 to 14 years)
- \$40 additional coaching with Amanda Goldsmith\*
- \$50 additional coaching with Juan or Alastair\*

**CLUB UNIFORM:**

- Olympic Dri Gear t-shirts @ \$30 each
- Race Singlets @ \$42 each
- Olympic Hoodies also available (PTO for details)

**\*Amanda Goldsmith Training:** @ Grenada North Park. 3.30pm to 4.30 U10s, 4.30pm to 5.30pm 10 and older Mondays (High Jump), Tuesdays (Sprints), Wednesdays (Long Jump), Thursdays (Block Starts & Speed)

**\*Juan/Alastair: Middle Distance Training** for 9 & older @ Tawa College, Tuesdays 4.20-5pm (primary/intermediate) & 4.50-5.30pm (college). Grenada North, Thurs 4-4.40pm (primary/intermediate), 4.20-5pm (college)

\* If you want to mainly train with Amanda or Alastair/Juan but do a session with the other you don't need to pay for two lots of coaching

**PARENT/CAREGIVER TO COMPLETE:**

**Club Fee Total:** \_\_\_\_\_ \$ \_\_\_\_\_

**Uniform Fee Total:** \_\_\_\_\_ \$ \_\_\_\_\_

**Coaching Fee Total (only if choosing these as an option):** \$ \_\_\_\_\_ \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED (CASH OR CHEQUE):** \$ \_\_\_\_\_

Payments by **cheque** should be made out to **'Olympic Harriers'**

Payments by **internet banking** are to the following account: **Bank details:** Olympic Harrier Club Race Account  
**Account Number (Westpac):** 03 0566-0125857-00

Please **include a family name or name of child** you are registering when you make this payment and advise us what date the payment has been made.

## HELP AT CLUB NIGHTS

To operate the club and club nights the children need your help. The more volunteers we have the better it is for the kids, for the club and for those who do offer to help out.

### The events we will be offering this season are:

- 60m, 100m, 200m, 400m sprints plus distance events of 800m and 1500m (800m from 9 up and 1500m from 10 up)
- Circuits including some fun hill training sessions and some relays plus core strength and agility stations
- High Jump (for athletes aged 10 and older – we will schedule some high jump activities for the younger ages)
- Discus, Shot Put, Vortex, Long Jump

### TRAINING FOR PARENTS – VOLUNTEERS

We are running a training session for parents/volunteers on **Sunday 20 October** at Grenada North Park from 3pm to 4.30pm. We will have three qualified coaches (Rod Plimmer for Jumps, Shaka Sola for Throws and our very own Amanda Goldsmith for Track), who will run 2 x 45 minute sessions on Long Jump, High Jump, Discus, Shot Put, Vortex, Sprints, Hurdles and Middle Distance. If you are able to help please indicate which area you're happy to assist with:

Attending the training session on Sunday 20 October from 3pm to 4.30pm at Grenada North Park.	
Assisting with running an event on club nights (please circle the event/s you'd prefer): <i>Sprints, Starts, High Jump, Long Jump, Shot Put, Discus, Vortex, Circuits, Core Strength/Agility, Hill Drills Station, Jumps Station, Relay Station</i>	
Being an age-grade coordinator (please indicate ages in preference of order)	
Helping with the younger age groups (i.e. 5 & 6 year olds). Kelly Sports will be coordinating this age group but we still need parent input. This year we are introducing Athletics NZ's GET SET GO programme. We need parents to move around with this group from station to station assisting with the coaching. Most of the time it's just encouraging the kids to give it a go	
Helping set up on club night at 5.15pm	
Helping with the BBQ that we run on club nights	
Helping with inputting interclub results – part of Olympic's role for Athletics Wellington Juniors	
Helping at the long jump at interclubs – this is Olympic's station we look after at interclubs	
Becoming an Official – Athletics Wellington are encouraging parents/volunteers to become officials <i>Please tick this box if you are interested in receiving information on becoming an official, whether it's in Jumps, Throws, Track or all three! Olympic members are attending JUMPS course on 15 September</i>	
Coaching Courses – Athletics Wellington has a range of coaching courses available. <i>Please tick this box if you are interested in receiving information on coaching courses.</i>	
In other ways (please state):	

**Please note:** For those registering 5 and 6 year olds a condition of accepting their enrolment is that a parent or caregiver is able to stay and help with this group throughout the season.

### Privacy Statement

I consent to the collection of the above details on this form, by the Olympic Harrier Club Inc. for the purpose of club membership, and for OHC to retain, use and disclose members' information to Athletics New Zealand and Athletics Wellington for registration purposes. I acknowledge my right to access and correct this information. This consent is given in accordance with the Privacy Act 1993.

**Either:** Single individual consent: **Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Or:** Family consent: I, \_\_\_\_\_, an adult member of the family included on this form; sign this consent on behalf of all the family members **Date:** \_\_\_\_\_

### UNIFORM PURCHASE FORM

**I would like to purchase the following Olympic Uniform (please include size & list quantity):**

**NAME** (please write your name here):

OLYMPIC GEAR	Size	Quantity	Amount
Olympic Dri Gear T-shirts @ \$30 (sizes 6-8, 8-10, 10-12, XS, S, M)			
Race Singlets @ \$42 (sizes 6, 8, 10, 12, 14)			
Olympic Hoodies Black or Red (sizes 10, 12, 14, 16 <b>OR</b> adults sizes of S, M, L, XL) @ \$55 without name or \$65 with name on back. List name if required.			
Olympic Grey Hoodies (full zip) sizes 8, 10, 12, 14, 16, 18, XS, S, M etc @ \$55 without name or \$65 with name on back. List name if required.			
Olympic Black Centenary Hoodie (full zip) sizes 8, 10, 12, 14, 16, 18, XS, S, M etc @ \$55 without name or \$65 with name on back. List name if required.			
<b>TOTAL</b>			