



## 2013/2014 Junior Track and Field Club Calendar

Venue: Grenada North Park  
Jamaica Drive,  
Grenada North

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

### S E P T E M B E R

#### Sat 14: Club Registration Day

Venue: Alex Moore Park,  
Bannister Avenue, Johnsonville  
Time: 11.30am to 1.30pm

### O C T O B E R

#### Sun 20 Volunteer Training

for parents who help or who want to help during the season. We need as many of you as possible! We will have a Track Coach (Amanda Goldsmith), Jumps Coach (Rod Plimmer), and Throws Coach (Shaka Sola) giving us ideas for our club night coaching stations

Venue: Grenada North Park  
Time: 3pm to 4:30pm

*Please email [jo@kellysports.co.nz](mailto:jo@kellysports.co.nz) or text 021976116 if planning to attend.*

#### Sun 20 Get Set Go Course

Ideal for parents of 4, 5 and 6 year olds as we will be incorporating this programme into our club nights this season. Course to be held at Hutt Recreation Ground 10am to 1pm OR 2pm to 5pm on Sunday 20 October. Register your interest with Jo Murray [jo.athleticswellington@xtra.co.nz](mailto:jo.athleticswellington@xtra.co.nz)

### N O V E M B E R

#### Sun 03 1<sup>st</sup> Interclub, Newtown

For: 7 to 15 yr olds inclusive  
Venue: Newtown Park  
Time: 10am to 1.30pm

#### Mon 04 First Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

*Please note: check cancellation number 083295590 or website each club night as there is always the chance the grounds will be closed by the council, even if it's fine.*

#### 11 Colgate Registrations Close

**NOTE: Registrations close for Colgate Games 11 November. NO LATE ENTRIES**

#### 11 Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 17 2<sup>nd</sup> Interclub Paraparaumu

For: 7 to 15 yr olds inclusive  
Venue: Paraparaumu Domain  
Time: 10am to 1.30pm

#### 18 Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 24 GET SET GO Event

For: 4 to 7 yr olds inclusive  
Venue: Newtown Park  
Time: 10am to 12pm  
Cost: \$5 per child  
Enter: [www.athleticshub.co.nz](http://www.athleticshub.co.nz)

#### 25 Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

### D E C E M B E R

#### 01 3<sup>rd</sup> Interclub Newtown HOSTED BY OLYMPIC

For: 7 to 15 yr olds inclusive  
Venue: Newtown Park  
Time: 10am to 1.30pm  
*We need as many of our athletes competing plus parents helping on the BBQ etc since we're hosting!*

#### 02 Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 10 Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 15 4<sup>th</sup> Interclub Masterton

For: 7 to 15 yr olds inclusive  
Venue: Pelorus Trust Athletics Track  
Time: 10.00am to 1.30pm

#### 16 Last Club Night till 2014

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 21 Scottish Night of Miles

Venue: Newtown Park  
Time: From 5pm  
Cost: \$10 per person or per family (this is a donation for ...)

#### 29 Colgate Games warm up

Venue: Newtown Park  
Time: 4pm to 5.30pm time tbc

### J A N U A R Y

#### 5 Colgate Games warm up

Venue: Newtown Park  
Time: 4pm to 5.30pm time tbc

#### 10-12 North Island Colgate Games

Venue: Whangarei (7-14 year olds)

**Please Note: Registrations for Colgate Games close 11 November**

#### 17-19 South Island Colgate Games

Venue: Timaru (7-14 year olds)

#### Fri 24 Capital Classic

**Come & watch NZ's top athletes in action at Newtown Park**

### F E B R U A R Y

#### 03 Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 06 Junior Ribbon Day Paraparaumu

For: 7 to 15 yr olds inclusive  
Venue: Paraparaumu Domain  
Time: 9.30am-2.30pm  
Cost: Gold coin donation

#### 9 Medal Day Lower Hutt

For: 7 to 15 yr olds inclusive  
Venue: Hutt Recreation Ground  
Time: 10am to 1pm  
*Register for 4 events from 9.30am*  
Cost: \$5 per child

#### 10 Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

**Wellington Champs Entries due 10 Feb. If you don't pre enter you can't compete in the Wellington Champs.**

#### 16 5<sup>th</sup> Interclub Newtown

For: 7 to 15 yr olds inclusive  
Venue: Newtown Park  
Time: 10am to 1.30pm

#### 17 Club Night (Club Champs)

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 24 Club Night (Club Champs)

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

### M A R C H

#### 02 6<sup>th</sup> Interclub Newtown

For: 7 to 15 yr olds inclusive  
Venue: Newtown Park  
Time: 10am to 1.30pm

#### 03 Club Night (Reserve Day for Club Champs)

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 09 WELLINGTON CHAMPS

Venue: Newtown Park (Day 1)  
Time: 9.00am start. Start and finish times for athletes will vary depending on events entered.

#### 10 Final Club Night

Venue: Grenada North Park  
Time: 5.30pm to 6.45pm

#### 16 WELLINGTON CHAMPS

Venue: Newtown Park (Day 2)  
Time: 9.00am start. Start and finish times for athletes will vary depending on events entered.

#### 24 OLYMPIC PRIZE GIVING

Venue: St Francis Xavier School,  
Main Road, Tawa  
Time: 6.30pm to 7.30pm

## CLUB COACHING

Subs cover Monday club nights and participation in all interclubs. Interclubs are open to registered club athletes aged from 7 to 15 years of age. There will be additional coaching available for those athletes who are competing at interclubs and the Colgate Games.

### ADDITIONAL COACHING

Amanda Goldsmith has coached for the Olympic Club for many years now. If you'd like to sign up for any or all of her coaching sessions below the cost is \$40.

**Venue:** Grenada North Park

**3.30pm-4.30pm:** For under 10s

**4.30-5.30pm:** For 10 and older

**Mondays – High Jump**

**Tuesdays – Sprints**

**Wednesdays – Long Jump**

**Thursdays – Block starts & speed**

### MIDDLE DISTANCE COACHING

If you are aged 9 and older and would like **specialist running training with Juan McDonald (10 to 13s) Alastair Leslie (13 and older)** on Tuesdays and Thursdays you can sign up for this for an additional \$50.

Trainings will be held as follows:

**Tuesday @ Tawa College:**

**10 to 13 year olds with Juan:**

4.30pm to 5.00pm

**13 years and older Group 1**

4.50pm to 5.30pm (Juan & Alastair)

**13 years and older Group 2**

5.30pm to 6.15pm (Alastair)

**Thurs @ Grenada North**

4.00pm to 4.45pm (Juan and Alastair)

You can tick the additional coaching options on your Junior Track & Field Membership Form.

## INTERCLUBS

The interclubs are listed on this calendar. These are open to ALL athletes aged from 7 through to 15 years of age. They are all held on Sundays from 10am till approx 1.30pm. There is also Ribbon Day on Waitangi Day 6 Feb and Medal Day on either 9 or 23 February. You don't need to register for any of the interclubs. All are free (except \$5 for Medal Day and gold coin for Ribbon Day). Just turn up with your Olympic uniform and your Colgate Age Flash and your Olympic code that you will be given when you

register. Each athlete competing earns individual points and club points. At the end of the season they have an award for the individual in each age group with the most points, and the club with the most points. Olympic won this trophy for the 2<sup>nd</sup> time in a row last year.

We will send a programme out the week prior to each interclub. It's a great family day out. The kids love it. It gives them a chance to make new friends and compete in a friendly environment. Take a picnic and make it a family day out. **Download the interclub programmes from our website [www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)**

## WELLINGTON CHAMPS

Wellington Champs are held at the end of the season at Newtown Park for all athletes aged from 7 through to 14 years of age. This year they are on Sunday 10 and Sunday 17 March. This is the only interclub (apart from Colgate Games) where you have to pre register. Entry forms need to be completed and returned to Jo Murray by the 11<sup>th</sup> of February.

## COLGATE GAMES

The North and South Island Colgate Games are held each year in January. This season they are in Whangarei and Timaru. Some families organise their holidays around one of these events. They're held over 3 days for 7 to 14 year olds. Again, you need to pre register to take part in either of these events. Registrations due mid November. See Jo Murray if interested. You will need to organise your accommodation NOW for this as it's often booked out.

## CANCELLATIONS

- For cancellation of **club nights and interclubs** please phone our cancellation number 083295590 (calls cost 12 cents) or check our website: **[www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)**

## CLUB WEBSITE

**[www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)**

## ATHLETICS WELLINGTON

**[www.athleticswellington.org.nz](http://www.athleticswellington.org.nz)**  
**[www.athleticshub.co.nz](http://www.athleticshub.co.nz)**

## SUBSCRIPTIONS

**(Oct 2013 to March 2014)**

**One athlete family: \$70**

**Two athlete family: \$135**

**Three athlete family: \$190**

## CLUB CONTACTS

**Convenor:** Jo Murray

[jo@kellysports.co.nz](mailto:jo@kellysports.co.nz)

Phone: 232 9409

Mobile: 021 976116

**Club Captain/Coach:**

Juan McDonald

Phone: 232 6063

[captain@olympicharriers.org.nz](mailto:captain@olympicharriers.org.nz)

**Membership:**

Malcolm Standrill

[registrar@olympicharriers.org.nz](mailto:registrar@olympicharriers.org.nz)

**Treasurer:**

Denise Pilcher

[treasurer@olympicharriers.org.nz](mailto:treasurer@olympicharriers.org.nz)

**Communications/Website:**

Michael Waterman

[website@olympicharriers.org.nz](mailto:website@olympicharriers.org.nz)

**Uniforms:**

Sarah Harris and Rama Smith

[greenlimes1@clear.net.nz](mailto:greenlimes1@clear.net.nz)

**Second Hand Uniforms:**

Helen Carr

[jake.helen@clear.net.nz](mailto:jake.helen@clear.net.nz)

## UNIFORM

If you already have an Olympic t-shirt from last season this can be used again. If you would like a race singlet or a Dri Gear t-shirt for the season please see below:

**Olympic Singlets: \$42**

**Olympic Dri Gear Ts: \$30**

**Olympic Hoodie: \$55**

*There will be some second hand uniforms for sale at registration day. If you would like to sell a uniform please Helen Carr ([jake.helen@clear.net.nz](mailto:jake.helen@clear.net.nz))*

## AGE FLASHES

At registration or on the first club night you will receive an 'age flash' that all athletes MUST wear at club nights and interclubs. This has the number of the age group the children are competing in, i.e. 5, 6, 7, 8 etc.

## AGE GRADE QUALIFICATION

Age as at 31 December 2013 for all grades, i.e. if a child turns 10 after the 31<sup>st</sup> of December 2013 they will run in the 9 year group. If they turn 10 before the 31<sup>st</sup> of December 2013 they will run in the 10 age group. **They stay in the same age group the WHOLE season.**