



Arika Athletic and Harrier Club - Children's Section Information Letter 2017-18 Season

Welcome to the 2017/18 athletics season. This newsletter is designed to help with any questions that you may have about various events that happen throughout the season. If you require more information about an event or anything to do with the club, please do not hesitate to contact a committee member.

Monday Club nights

The first club night for the season will be the 16th October 2017 at the Caledonian Athletic Track at Logan Park, from 6.00-7.30pm. The following programmes are offered that have been developed and endorsed by Athletics NZ. : The *Get Set Go* programme for 4-6 year olds will be from 6.00 -6.45pm, The "Get-Set-Go" programme for Grades 7-10 from 6.00-7.00 pm which will have both track and field events each training night. Grades 10-14 year training will be from 6.30 - 7.30pm.

Please be there at least 5-10 minutes before the start times, to help the evenings run efficiently.

Grade 10-14 children who own spikes need to bring these each Monday Club night so that more effective sprint and hurdle training is possible. Please **do not** bring valuables to Monday Club nights or to Saturday competition. This includes jewellery, mobile phones, and electronics such as MP3 players. If there is inclement weather on a training night, we will move to the Logan Park High School Gym.

Competing on Saturdays

Saturday competition begins on the 14th October at the Caledonian Ground. The first Saturday is 'Ribbon Day' which is a great time to introduce new athletes to competitive Saturdays. If you are unsure whether or not you want to compete on Saturdays, the first 3 Saturdays are open to those who want to have a go without committing to the whole season. No uniform or Colgate patch are required but you *will* need a day patch which is free and available from Arika officials in the grandstand. For those athletes who are definitely competing on Saturdays, always remember your full club uniform (shorts and singlet with Colgate patch), and warm pants. Please remember to be at the Caledonian ground **by 8.45am** for a warm-up.

Ariki Uniforms

Singlets will be issued on the registration nights and if necessary after Monday practice nights to children who have registered to compete at the Saturday morning interclub competition. ("Competitive" athletes). All competitive athletes are required to wear correct Ariki uniform: that is, the correct Ariki T-Shirt (for older children, a competition singlet may be available), green shorts or green or black bike pants, and the Ariki competition jacket. Shorts must not go below the knee.

Patches

This year there are 2 patches or numbers that are required at the Saturday interclub competition.

1) As per previous years, the Colgate age grade patches are to be sewn or pinned onto the top left hand side of the T-Shirt or singlet and can be washed in a washing machine. Please do **not** use any adhesive or Velcro to attach patches.

2) This year a new large patch with the child's specific race number also has to be worn in every event, pinned to the front of the tee-shirt. Note that these race numbers are intended to last for 2 seasons so best to pin them on.

We do not bring spare Colgate patches or race number patches to the Caledonian Ground on Saturdays so it is **very** important that you bring your patch every Saturday. On very cold days, clothing may be worn under the Ariki top, but it must be plain only, either black, white or bottle green. Please remember that while we want every child to be proud to wear our Ariki uniforms, the uniforms belong to Ariki and it would be appreciated if they were returned clean and unmarked at the end of the season.

Ariki Hoodies

Good quality Ariki sweatshirts with your child's name on the back can be ordered online on the Ariki website at a cost of \$70.00 each. These have proven to be very popular.

Saturday Morning Interclub Competition - Discus Roster

Otago Children's athletics allocate each club an event to be responsible for and Ariki has been given the discus. Each family of a child registered for the Saturday interclub competition will be sent a roster and will be expected to do duty 4-5 times throughout the season. Parents on duty will need to be at the Caledonian at 8.30 to assist in setting up the event. The tasks are

straightforward - marking and measuring the throws and retrieving the discus. There will be an experienced chief official to run the event, and help parents with any questions. We will be provide demonstrations of what is required at the first two club training nights from 6.00 - 6.20pm.

If you are unable to attend on your rostered duty, it is your responsibility to find a replacement - it doesn't have to be a parent of an Ariki child, and no prior experience is necessary. Please be courteous to your fellow discus crew members by making sure either yourself or a replacement is available

Parents are reminded that all children must be actively supervised by a responsible caregiver whilst at the Caledonian Ground, for the entire meeting. This is a requirement imposed by Otago Children's and cannot be fulfilled by club officials.

Saturday Competition Information Booklet

This year, the booklet setting out the rules, and records for each event for the Saturday interclub will be online at the Otago Children's Website.

Grade 12 and 13 athletes

Athletes in grades 12 and 13 are eligible to be chosen in the Otago team to compete in the Interprovincial meeting held at Easter each year. This year the competition will be held in Masterton. Selection for this team is based on performances during the season, commitment to the sport of athletics and also attitude. As this is a team's event athletes chosen must compete in both track and field events and also do a relay, therefore competing regularly and trying all events most Saturdays is imperative. We will have a meeting with parents and athletes early in the season to explain this event in more detail.

Discipline and Sportsmanship

Discipline is everybody's responsibility. If you are an adult watching and see any behaviour occurring that is not appropriate, please notify the official in charge of the event. Of course, any dangerous behaviour should be stopped immediately by anybody that is watching, whether you are an official, helper or spectator. Ariki has a behavior code for grade 10-14 children: a first occurrence of deliberately disruptive, abusive or dangerous behaviour will be handled with a warning and a cool-down period, on a second occurrence parents will be contacted, and a third instance will result in a loss of club membership.

Information Board

Every Monday night a board will be displayed containing the latest newsletter and information about upcoming events. There are a good number of events throughout the season in addition to the regular Saturday morning competition. Newsletters are emailed regularly to those that have provided an email address, and will be posted on the website. A copy of the newsletter will be displayed on the information board for those that do not have email access. If you don't receive any emails and you have provided your email address, please contact Sian, our president so the database can be amended. We also have a Facebook page where we will be posting information, photos and news, check us out at 'Ariki Children's Athletics'.

Finally, to all children, good luck with your competition and have an enjoyable season !

The Ariki Committee

Sian Adamson - sian@beaute.co.nz

Katrina Horne - katrinahorne90@yahoo.com

Hoani Langsbury - hoani.langsbury@xtra.co.nz

Russell Lund - russell@lunds.co.nz

Kevin Shaw - kev.shaw35@gmail.com

Lucy Summers - Lucy@familycare.org.nz