



## NEWSLETTER OCTOBER 2011

The Mount Maunganui Athletic Club Incorporated welcomes all new and past members to the 2011/2012 season and we trust you will enjoy the activities we aim to provide you with throughout the coming season. The aim of this newsletter is to inform you of all the activities available to you throughout the season and hopefully help you to be aware of what you can participate in other than just Club Nights.

There is no official committee in place to run the Club this season. However we have a core group of parents who have offered to get the season up and running and help with the handover of running of the Club - a huge thank you to all of you.

Parent help is needed each night in track and field events in order for them to run smoothly. A big thank you to parents who volunteer to help out during the season.

### SUBSCRIPTIONS

It is important to be aware that children who are not financial members are unable to accumulate points towards trophies awarded at our season prize giving or be allowed to represent the Club at Ribbon Days, Jennings Cup or Area and Waikato Champs etc.

Subscriptions are as follows:

GRADE	ATHLETICS NZ LEVY	CLUB	TOTAL
Mini Club	-	\$10	\$10
5 – 14 years	\$16	\$19	\$35
Family	\$16 per child over 5yrs	Balance	\$80

**All athletes registered to a club are in turn registered to the Waikato / BOP Athletics Association and also Athletics New Zealand.**

## CLUB NIGHTS

Club Nights are held **Mondays at Mount College** from 5.15pm with a 5.30pm start time. In the event of inclement weather please logon to our website [www.mountathletics.org.nz](http://www.mountathletics.org.nz). There will be **no** postponement night.

The other inclement weather facility set up is: **SPORTCHECK** on your mobile phone. Text: **RUNNING** and send to **3080** from your mobile phone. If Club Night is cancelled you will receive a txt message, cost 50 cents.

Details of the programme are explained more fully under the Points System.

## CLUB UNIFORM

The Club uniform is an orange top with the Club logo and bottle green shorts. The club sells shorts, tee shirts and singlets (order accepted with payment); green shorts are also available from Robertson's Menswear. The age flash you are given upon registration is to be **SEWN** on the front of the top at chest level. The athlete's name is then **WRITTEN** on the age flash clearly. **FULL CLUB UNIFORM** is to be worn at Ribbon Days and any event where you are representing the Club.

## GRADES

Athlete's age grade is determined by their age as at 31 December 2011. If your child has a birthday between now and 31 December they should be competing in the older age group. Their grade is established for the entire season. Athletes must compete in their own age grade with the exception of relays where they may run up a grade, but never down.

## POINTS, PRIZES AND TROPHIES

Athletes must be financial to qualify for certificates and trophies, which are awarded over the entire season in various areas. Mini Club participants are awarded Star Certificates. Cups awarded at the end of season will include an overall Boy or Girl Athlete for each Age Group from 5 – 14 years. Other Cups will also be awarded these may include:

Ribbon Days                      Most Improved                      Sportsmanship  
Aggregate Points (for the athlete attaining the most points over the season at Club Nights)

## ‘COLGATE’ JUNIOR 5 STAR AWARDS

### CHILDREN’S PERFORMANCE LEVELS ATTAINMENT SCHEME

This is an incentive scheme based on personal improvement with certificates awarded on achieving specified performance levels.

Every young athlete will have the opportunity to win an achievement certificate. The certificate will be awarded at five Levels – 1Star, 2 Star, 3 Star, 4 Star 5 Star. – according to the standards achieved in a specified number of events for each age group (See Tables) The levels scheme, in terms of running a meeting, is simply a recording exercise and is a by- product of normal Club Nights.

**The overall aim** of the scheme is to encourage children to take part in a wide range of events and to spread recognition for achievement over all Club Members – not just winners or the better athletes. The scheme does not aim to produce champions, **but rather to provide incentives and develop skills and enjoyment in all events.** Children develop physically and mentally at very different rates and ages and it is hoped that the scheme, by encouraging participation in a wide range of events, will not only enable more children to enjoy more events at their level of achievement. It is hoped it will also maintain their interest in athletics into the senior section of the Club, when they can gradually begin to concentrate on their ‘favourite’ or ‘best’ events as their developing physique and ability dictates.

This for children aged 7 years and above.

## CLUB CHAMPIONSHIP POINTS SYSTEM 2011-2012 SEASON

Individual Age Group Championship Awards for male and female athletes in the current season will be on a points based system. Each age group will compete in the allocated events as per Ribbon Day Events.

$1^{st} = 5 \text{ pts}$ ,  $2^{nd} = 4 \text{ pts}$ ,  $3^{rd} = 3 \text{ pts}$ ,  $4^{th} = 2 \text{ pts}$ ,  $5^{th} = 1 \text{ pt}$

### CHAMPIONSHIP DATES: (Dates to be confirmed)

**Please note: If it is wet the events scheduled on that date will be CANCELLED.**

#### 2-4 year olds- Mini Club

*Participants will be acknowledged with the following:*

- *Incentive certificates: for any of the following qualities, Excellence, Effort, Having fun and Support.*
- *Stickers, stamps for effort.*
- *End of year participation certificates based on 80% attendance in the current season.*

#### 5-6 year olds:

**2 EVENTS: 1 x 60m Run 1 x 80m Run**

*Depending on numbers athletes will participate in a standards based event.*

#### 7-8 year olds:

## 6 EVENTS

**Running Events: 60m, 100m, and 200m**

**Depending on numbers, heats will be held and the fastest 8 will race a final for a placing and points.**

**Field Events: Long Jump, Shot put, Discus**

**Depending on numbers, all athletes will get 2-3 attempts. At this level all attempts will be officially measured. The top 5 athletes will have one more attempt at each event and their best of all attempts will be entered for a placing and points.**

## 9-14 year olds:

**7 EVENTS for 9 year olds**

**9 EVENTS for 10-14 year olds**

**Running Events: 60m (9 year olds only), 100m, 200m**

**400m, 800m, 1500m (these 3 distances are for 10-14 year olds only)**

**Depending on numbers, heats will be held and the fastest 8 will race a final for a placing and points**

**Field Events: High Jump, Long Jump, Shot put, Discus**

**Depending on numbers, all athletes will get 2-3 measured attempts. The top 5 athletes will have one more attempt at each event and their best of all attempts will be entered for a placing and points**

**NOTE 1:** Depending on numbers competition and measuring of events at this year group may need to continue into following weeks

**NOTE 2:** For maximum points participants are encouraged to enter ALL events offered. Attendance at all scheduled championship dates is encouraged

**NOTE 3:** During club nights, races may be timed and called out as athletes cross the finish line. Participants are encouraged to improve on these times.

The club has just received this information from the Waikato Bay of Plenty Athletics Association:

**IMPORTANT NOTICE: WITH EFFECT FROM 1ST OCTOBER 2009 FALSE STARTS WILL NO LONGER BE ALLOWED**

CHAMPIONSHIP DATES WILL BE SUCCESSFUL IF PARENTS ARE PREPARED TO HELP MEASURE AND RECORD EVENTS AS PER THE INSTRUCTIONS OF THE COORDINATORS.

**WE THANK YOU IN ADVANCE FOR YOUR HELP AND COOPERATION. THIS IS YOUR CLUB; HELP US MAKE IT THE BEST FAMILY CLUB IN THE BAY.**

## **RIBBON DAY**

What is a Ribbon Day? For all who are new to the Club a Ribbon Day is a full day of competition held on a Saturday and hosted by different clubs throughout the Waikato/Bay of Plenty region. These are open days for all financial members from the 30 or so clubs in our area. Children are awarded ribbons for First, Second, Third and at times Fourth placings in Track, Field and Relay events. You will have noticed we have a Cup awarded to the athlete either boy or girl attaining the most points from placings at Ribbon Days, so it is hoped you support the Ribbon Days and car pooling is encouraged.

A full list of Ribbon Days is provided on the last page of this newsletter. Mini Club to 14 year olds are catered for at Ribbon Days, but as mentioned previously athletes must be financial members of the Club and must compete in full Club uniform, with the exception of the Mini Club who are not obliged to have a Club uniform.

These events are run in heats only so children have a very good chance of obtaining places and thus receiving ribbons.

## **JENNINGS CUP**

This is an annual event restricted to Western BOP clubs. It is an event run on a handicap basis worked out by how many athletes each club has registered and how many are competing on the day. This event is for athletes 5-14 years with four athletes able to be entered in each event, thus club teams are selected on merit and availability. The club attaining the most points receives the Jennings Cup, which this Club has won a number of times in the past. Ribbons are also awarded on this day for First, Second, Third and Fourth placed athletes as well as points going to the club. The Jennings Cup this season is to be at Tauranga Domain on November 19.

## **AREA AND WAIKATO CHAMPIONSHIPS**

These championships are open to 7 – 14 year olds. In order to compete in the Waikato Championships athletes must first compete in their respective area qualifying championships, and be placed in the first 8 in the finals of each event.

Both events are a one-day event. The events are run with heats and finals. Athletes receive certificates for gaining a place in the first four at Area Champs and the right to compete at the Waikato Champs. Athletes receive certificates and Gold, Silver and Bronze medals for the first three placings in the finals at Waikato Champs.

Athletes may enter a maximum of four events – there is an entry fee for each event entered.

**ATHLETES WHO QUALIFY THROUGH THE AREA CHAMPS ARE EXPECTED TO ATTEND THE FINALS DAY.**

## **COLGATE GAMES**

This season the North Island Colgate Games, which is open to athletes 7-14 years inclusive will be held at Tauranga Domain, Tauranga on Friday 6<sup>th</sup>, Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> January 2012.

The South Island Colgate Games will be held in Dunedin on Friday 13<sup>th</sup>, Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> January 2012.

Athletes 7-9 compete in heats for these games and are awarded pennants for First, Second and Third placings. Athletes 10-14 compete in heats, semis and finals and are awarded Finalist ribbons for making the finals and Gold, Silver and Bronze medals for finals placing of First, Second & Third.

The Colgate Games to the children are like their own Olympics. Great competition, great experience, great opportunity to compete against athletes from all over New Zealand. No qualification standards are required.

Any enquiries, contact one of the committee members and they will obtain more details for you.

## **GRADE 12 AND 13 INTERPROVINCIALS**

This season's Interprovincial Meeting will be held at TET Stadium, Jubilee Park, Inglewood on Easter Saturday and Sunday, 7<sup>th</sup> and 8<sup>th</sup> April 2012.

Their club must nominate any athletes wishing to be considered for selection to this team.

Selectors will monitor performances throughout the season at Ribbon Days, Colgate Games, Area Champs and Waikato-Bay of Plenty Children's Champs. Athletes selected must be proficient in four events, with a 3/1 or 2/2 track and field combination plus a relay. Competition is based on a decathlon type scoring system, with athletes gaining points for their team.

## **GRADE 14, UNDER 16 AND UNDER 18 INTERPROVINCIALS**

This season's Interprovincial Meeting will be held at Porritt Stadium, Hamilton on Sunday 29<sup>th</sup> January 2012. This is a one-day meeting, based on the same format as the Grade 12 and 13 Interprovincials.

Athletes will be selected on performances throughout the season, and must be proficient in three events, with a 2/1 track and field combination plus a medley relay.

## FUNDRAISING

Any ideas on fundraising for the Club would be gratefully accepted. We need to raise funds for the following: Sports equipment, Athletes making Interprovincial teams. It is hoped you will support any fund raising efforts we as a Club make.

## GENERAL

We have a committed committee this season but there are more of you out there who have plenty to offer the Club, so don't be shy, step forward, make this Club run better than it has been before. We need plenty of support to run our club nights proficiently so we will be looking for some willing parents to help out in all areas of the Club. We are always open to suggestions from our members on how we can improve the running of the club; so let's have your ideas! Training in officiating and course days is available to help parents learn the basics.

We are suggesting all Club Members register on the website to receive regular club updates.

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

One other issue is safety please can we encourage the children to NOT play on the scrum machines that belong to Mt College we have already had one injury to a Mini Club member on registration night.

Talking of the Mini Club it is now COMPULSORY for all parents to help. You will be contacted by the organizer and rostered on. Remember the nights are better if the parents muck in and get the children's equipment out and organized so they can have fun.

## RIBBON / COMPETITION DATES TO REMEMBER

<b>2011</b>	<b>Host Club</b>	<b>Venue</b>	
Nov 5	Tokoroa	Strathmore Park	
Nov 12	Fairfield	Porritt Stadium	
Nov 19	Jennings Cup	Tauranga Domain	
Nov 26	Cambridge	Cambridge	
Dec 3	WBOP Relay Champs	Porritt Stadium	*
Dec 10	Kawerau	Prideaux Park	
Dec 17	Rotorua	Rotorua	
<b>2012</b>			
Jan 1	Tauranga Twilight	Tauranga Domain	
Jan 6-8	North Island Colgate Games	Tauranga Domain	*
Jan 11-15	South Island Colgate Games	Nelson	*
Jan 29	Grade 14, U16 & U18 Inter-Provincials	Palmeston	*
Feb 11	Putaruru	Glenshea Park	
Feb 18	Te Aroha	Herries Park	
Feb 25	Greerton/Bellevue	Tauranga	
Mar 3	Paeroa	Paeroa Domain	
Mar 10	WBOP Children's Champs	Porritt Stadium	*
Mar 17	WBOP Secondary School Champs	Porritt Stadium	*
Mar 31	North Island Secondary School Track & Field Champs	Tauranga	*
Apr 7-8	Grade 12 & 13 Inter-Provincials	Auckland	*
These days are not Ribbon Days but competitions some of our athletes are involved in.			*