

# Summer Athletics, Olympic Boot Camp & Coaching

L1 Coaching Courses Sun 30<sup>th</sup> Sep & Sun 7<sup>th</sup> Oct, Officiating Sun 14<sup>th</sup> Oct  
Olympic Boot Camp 2<sup>nd</sup> week Oct School Holidays 8<sup>th</sup>-11<sup>th</sup> October 2012  
Children's Athletics Club Nights begin Tues 16<sup>th</sup> Oct 5pm ages 2yrs+  
L2 Competitive Coaching Hub Thurs 25<sup>th</sup> Oct – Thurs 22<sup>nd</sup> Nov



## **FANTASTIC ATHLETICS OPPORTUNITIES COMING TO ROTORUA!**

- *For the first time - Olympic Boot Camp for beginners & competitive kids starting Summer Athletics*
- *Rotorua has also been chosen by Athletics NZ to host a key Coaching Hub, where competitive children are coached in more advanced technical skills over 5 Thursday afternoons.*
- *It is also vital for parents to understand their child's general athletic development, and to be able to guide & manage their learning. So book time to come listen in and learn with your children!*

**Supported by:**

**Alan McDonald**

SportsForce Athletics Dev Officer  
[sportwaikato](http://sportwaikato)



**Barrie Jennings**

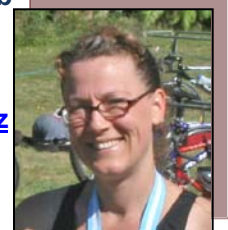
BOP CoachForce Officer



**Enquiries, Bookings & Forms:**

**Kerris Browne**

Lake City Athletic Club  
Ph 3480863 day  
Ph 3480790 evenings  
Cell 021 753691  
[swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)  
396 Clayton Rd,  
Rotorua



# School Holiday Olympic Boot Camp 7-15yrs

**Children & Teens 7-15yrs+ \$30 per child per day.** A taste of Olympic athletics for beginners, plus top coaches from around the BOP/Waikato delivering the next step up for kids who have already shown some sporting abilities or wish to attend Ribbon Days/Competitions this year. Beginners are most welcome, but all children must have a genuine desire to partake and have fun. Fantastic pre-season camp so kids are technically ready for the very first season Ribbon Day on 27<sup>th</sup> October (right here at Lake City). Your Boot Camp Sessions: three daily - 9am-10:30, 11-12:30, 1:30-3pm. These will include the disciplines allowed by Athletics NZ depending on your child's age Eg Walks, Sprints, Middle Distance, Hurdles, High Jump, Long Jump, Triple Jump, Discus, Javelin, Shotput, Hammer, Plyometrics & Core Strength, Sport Psychology & Motivation. **You MUST book and pay for your child(ren) in advance, as there are limited spaces.** Application Forms available online or via email from Kerris - [swingmills@extra.co.nz](mailto:swingmills@extra.co.nz). APPLICATIONS CLOSE FRIDAY 5<sup>TH</sup> OCT.

**Oct 8<sup>th</sup>-11<sup>th</sup>, 9am-3pm daily at Devon St #2 Stadium Track**

## Summer Athletics Club Nights 2yrs-Adults

**Athletics for ALL abilities, ages 2yrs+ to adult.** Costs per Lake City Athletic Club Membership. Get fit socially, have fun, learn athletics from scratch or improve your existing abilities.

**2-11yrs - Tuesdays 5:15pm beginning 16<sup>th</sup> Oct**

**12yrs to adult - Wednesdays 6pm beginning 17<sup>th</sup> Oct**

## Level 2 Coaching Hub - Competitive

**L2 Coaching Hub [est] \$30 for 5 weeks.** For Intermediate/Competitive athletes to expand their skills, AND for parents/helpers/coaches wanting to learn/achieve Level 2 coaching qualifications. Co-ordinated by Alan McDonald of Athletics Waikato-Bay of Plenty and supported by ANZ. Qualified coaches will attend the Rotorua Lake City Athletic Track. Course open to all surrounding BOP club athletes. Parents, follow the coaches and learn drills to help your children at home.

**[EST] Thurs 25<sup>th</sup> Oct to Thurs 22<sup>ND</sup> Nov, 5:30-7pm [watch this space]**

## Coaching & Officiating Courses

*Costs for Lake City parent helpers may be covered by the 2011 Club/Sport BOP Grant*

**Parent's Basic Run-Jump-Throw Level 1 \$30** (learn to coach basic athletics). \*All parents of children joining Summer Athletics MUST attend one of these sessions & assist at Club Nights.

**Sunday 30<sup>th</sup> Sep 10am-2pm OR Sunday 7<sup>th</sup> Oct 10am-2pm**

**Level C Track, Jumps, & Throws Officiating Courses \$20 each.** Learn how to officiate and record at events correctly. \*All parents helping at the Lake City Ribbon Day must complete this course.

**Sunday 14<sup>th</sup> Oct: Track 10-11:30am, Jumps 11:30-1pm, Throws 1:30-3pm**

**Registrations: By mail/email or in person Sep 29<sup>th</sup> & Oct 6<sup>th</sup> 10am-12noon, Clubrooms, Neil Hunt Park, Tarawera Rd. \*Coaching Sessions, Boot Camp & Athletics will be held at #2 Stadium Grounds. Officiating course at Clubrooms.**

# 2012 Olympic Boot Camp Application

8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> Oct 2012. 8:45am-3pm daily  
 #2 Stadium Grounds, Devon St, Rotorua



PO Box 2136, Rotorua.  
[www.lakecity.co.nz](http://www.lakecity.co.nz)

**Boot Camp is for children & teens 7-15yrs.** Beginners are most welcome, as you will get a taste of Olympic athletics in a non-competitive environment. Great for those with a **genuine interest in giving athletics a go or improving their athletics skill.** Competitive children will be coached by Level 2 qualified coaches.

**NOTE:** For younger children and general fitness fun, Summer club-night children's athletics for all abilities 2yrs+ starts on Tues 16<sup>th</sup> October at 5:15pm. You will need to fill out the Lake City Athletic Club **Membership Form.**

Bootcamp \$30 p/day:  
 Cash or Cheque only

**All 4 days \$100. More than one child for all 4 days is \$90 each.**  
**No discounts for partial days/sessions.**  
**No Refunds for cancellations within 48 hours of first day.**

Tell us more about your children:	(Tick one)	Child 1		Child 2		Child 3	
		Yes	No	Yes	No	Yes	No
Beginner / new to athletics, but keen to give it a go							
Has shown some ability or interest in school athletics							
Represented their school in athletics or cross country							
Plays a winter team sport							
Also plays another Summer sport (besides athletics)							
Attended Lake City Athletic Club summer athletics previously							
Competed at Ribbon Days previously							
Planning on attending Ribbon Days/other competitions this year							
Any special medical, behavioural or custodial issues (list below)							

Special Details: \_\_\_\_\_

\_\_\_\_\_

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## Conditions:

**Your Boot Camp Sessions:** - Your child will attend three sessions each day – 9am-10:30, 11-12:30, 1:30-3pm. These will include lots of fun coordination games as well as the disciplines allowed by Athletics NZ depending on their age Eg Walks, Sprints, Middle Distance, Hurdles, High Jump, Long Jump, Triple Jump, Discus, Javelin, Shotput, Hammer, Plyometrics & Core Strength, Sport Psychology & Motivation.

**Bad Weather** – In light rain we will still continue at the grounds (tents are provided). In the case of severe bad weather, please check the website or hotline for further information / re-arranged class venue. A backup facility will be arranged for some classes but not all. The balance of classes will only be refunded the pro-rata portion of their fees that has not already been allocated to course costs.

**Behaviour** – This Course is for children who are genuinely interested in bettering their athletics skills, and who are keen, attentive, and actively participating in all sessions. Our Coaches have given of their valuable time and travelled a good distance for us. Therefore any child displaying repeated negativity or disruptive or bad behaviour will be sent home with nil refund of course fees.

Lake City Athletic Club, [www.lakecity.co.nz](http://www.lakecity.co.nz), PO Box 2136, Rotorua

## REGISTRATON FORM

	Child 1	Child 2	Child 3
First Name			
Surname			
Date of Birth			
(circle)	Male/Female      AGE	Male/Female      AGE	Male/Female      AGE
Days of attendance (circle all)	Mon Tues Weds Thurs	Mon Tues Weds Thurs	Mon Tues Weds Thurs
<b>FAMILY ADDRESS</b>			
<b>Town/City</b>			
<b>Phone Numbers (all) incl emergency</b>			
<b>Email Address(es)</b>			
<b>Parent/Guardian Names</b>			
<b>OFFICE USE ONLY PAYMENT DETAILS</b>			

I apply for my above children to join the Lake City Athletic Club **Olympic Boot Camp**, and agree to abide by the Conditions stated. I understand that Lake City Athletic Club will take appropriate measures for the safety of all participants, but I agree to hold them harmless in case of any accident or injury to my child.

- I agree, in compliance with the Privacy Act 1993, that my children's photos/details may be used for marketing purposes for the club (eg Boot Camp photos on Cub Facebook or Website).
- I agree that basic first aid can be administered to my children and/or they can be transported to medical facilities if required. All treatment will be at my cost.

**Signed by Parent/Guardian:-**..... **Date:-**.....

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**To Bring:**

- Running shorts and tee, sneakers, spikes if you already wear/have them.
- Drink bottle – MUST HAVE YOUR NAME ON IT!
- Big packed lunch, including HEALTHY options for morning tea and lunch. Absolutely no sweets, fizzy drinks or unhealthy items.
- Track suit or long pants, and jacket for when you are inactive
- Rain jacket if weather looks like it may rain
- A brilliant attitude
- PS: Once the Training Booklet is issued, your child MUST bring it back with them each day!

**Contact Person:** Kerris Browne, Email [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz), Ph evenings 07 3480790, Work 07 3480863, Cell 021 753691. Postal address for completed forms/cheques: 396 Clayton Rd, Rotorua. Boot Camp pickup/dropoff is #2 Stadium Grounds, Devon St.