



# Lake City Kids

Where athletics is FUN!



## Record 1<sup>st</sup> Night Turnout

Absolutely FABULOUS turnout last week, thanks to all you wonderful parents, grandparents and of course kids. Some great athletics action, and new coaches with new drills, so lots more to look forward to.



## YES Parent Training in the WET!!

Tues 5-7pm (and YES kids still do club night)

Make sure you and your kids have rain jackets (even plastic rubbish bags with neck holes will work). Parent Coach Training AND kid's club night will go ahead even if its mild rain, so please DO STILL SHOW UP. We will only cancel if it's a stormy deluge and does not look like giving up!

**CANCELLATION HOTLINE 3492994, DIAL 5924**

## BBQ Every Week \$1.50

We had a lot of hungry kids last year, so now we are running a Sausage Sizzle every Tues club night for the little kids. Parents, please follow your roster in the Booklet, and take the chilly bin home with you the week before its your turn. There is money in the bum-bag to get supplies for your week.

## Tokoroa Ribbon Day this weekend

SAT 5<sup>th</sup> Nov, Strathmore Park, 10am

Ribbon Days are for ALL kids tiny tots to 15yrs, not just the 'good' ones. It's fun for the whole family, they have sausage sizzles, and almost everyone gets a ribbon.

*\* It would be nice for a parent to record all the Lake City winners, and another parent to take pictures if possible, and forward to me for next newsletter.*

And if your kids enjoy the Ribbon Day, join them up for the Colgate Games as well!

## Colgate Games Entries close next week!

Jan 6-8, Tga Domain, Cameron Rd, Tga

Colgate Games are also open entry (you don't have to be of a certain standard to enter). You choose 4 events, and each event is only \$5. At the very least, all those kids getting 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> at different club night events should definitely be entering!! There are lots more kids who will get better with a bit of extra coaching too. Entry form and info attached.

## Coaching for Colgates & other Events

If your child is going to Colgates, you should be making use of our Development Squad coaching;

**Morag Owen, Weds 4:30-6pm (track grounds)**

Sprints, Relays, Long Jump. Age 12+

**Murray Cheater, Thurs 4:30-6pm (track grounds)**

Shotput, Discus, Javelin, Age 7+

**Mark Edmonds, Mon & Weds 3:30-4:30pm**

**(Smallbone Park)**

General Fitness & Middle Distance, Any age.

*\*Sorry we do not have a high jump coach at present, as Clare has had to pull out. I will let you know when/if I am able to find another coach.*



[www.lakecity.co.nz](http://www.lakecity.co.nz)

swingmills@xtra.co.nz, ph 021 753691 day, 3480790 evenings

## Running Singlets are coming

The new singlets are being packed this week, so should be here in 7-10 days. I will email the minute they hit my hands! I have asked Tokoroa club to be lenient for the kids attending Ribbon Day this weekend. Just make sure your Age Patch is firmly pinned on a white tee shirt using 4 safety pins!



## Athletics Programme Booklet

If you don't have one yet, come get one or download the attached file (print in booklet form). The whole season is written up for you, including the BBQ roster!  
*\* Small change. Week A - 11yr olds go to hurdles with 10yr olds, instead of Long Jump first up.*



## New Club Night Events

We have three new club night events this year, the 1200m race walk for 10 & 11yr olds (week B), the 70m hurdles for the 11 yrs olds (week D), and the 1500m for 10 & 11yr olds (week D). We will have a special race walk coach to show us the walk event.

## WAIBOP Childrens Relay Champs

Dec 3<sup>rd</sup>, Porritt Stadium, Hamilton, 9:30am

Grades 7-14years

The entry details will be out shortly, but you need to start thinking about this now - another great event to get some experience for the kids prior Colgates.

## OUR Ribbon Day

Dec 17<sup>th</sup>, right here at our track

Grades 7-14years

This will be the first time in years that Lake City is holding their own ribbon day right here in Rotorua. There could be several hundred children attending, and ALL of our Lake City kids should be there.

**NOTE: ALL parents are expected to help marshall.**

Thanks to Willi Werner for the fabulous photos!

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