



# Lake City Kids

Where athletics is FUN!



## Tuesday Club Nights:

Hi everyone, great to see the fantastic turn out on club nights and hope you are enjoying yourselves.

Each week we **do require assistance from parents**. At the beginning of the night, please one parent step up to take the Event Roster and guide your child's age group to their events. We also need parents to assist the Coaches (under instruction) to run exercises related to that activity. This keeps the kids focused and occupied while waiting for their turn, so they do not become bored or inactive. You will be trained to assist. We appreciate you want to watch your children, so even help for one event per evening would be greatly appreciated.

## Skills Coach:



If you are prepared to stay with a specific Coach/Event for the season, we would love to hear from you, as every bit of help does make our night run smoother, and keeps the kids engaged. We are still looking for season Coaches for the Skills, Left/Right and Vortex Throwing Events, so if you have some basic athletics skills or are simply interested in learning, we can show you exactly what to do! It's very basic really. Contact Kenzie 3455916 or Kerris 021 753691 for further info, or rock up to the Skills Events and see Kerris on Tues nights. Kerris and Chris will be moving to the Marathon Clinic in the New Year, so this is your opportunity to learn this event NOW!

## Your Kids Coaches:



- Discus - Dan Beazley
- Shot Put - Damian Tahana
- Long Jump - Alice Tahana
- High Jump - Nic Vickers, Chelsea Parr & Harlem

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Harris

**Track/Sprints** - Gavin Voss, Lindsay Foster,

Leanne Leggett, Kieran Gainsford

**Skills** - (temp) Kerris, Chris & Rinus.

**Tiny Tots** - Rosie & Molly Florence, Samantha Sinclair

**Kids Convenor** - Kenzie Parr with Gavin Voss & Lindsay Foster

**Lake City Kids Newsletter** - Kerris Browne

**CANCELLATION HOTLINE** - 3492994, 5924

## Ribbon Days:



Ribbon Days are for any kids, not just the 'good' ones, as they try to give ribbons to as many as possible. You just rock up by 10am and put your name down for the events you like, no entry fee needed. Tiny Tots to Age 14. Mum and Dad, grab the kids and have a picnic at the next Ribbon Day. But your child **MUST** wear their age patch **AND** the black Lake City Logo sash sewn on to their white top. If you don't have one of these, ring Kenzie on 3455916.

Sat 4<sup>th</sup> Dec - Relay Champs Tauranga Domain (pre-registration only, not a Ribbon Day)

Sat 11<sup>th</sup> Dec - Ribbon Day Prideaux Park, Kawerau

Sat 1<sup>st</sup> Jan - Twilight Meeting, Tauranga Domain

## Holiday Break



Our **LAST NIGHT** is Tuesday 14<sup>th</sup> Dec.

We've asked Santa very nicely to attend, so lets be extra specially behaved so he comes!

Watch this Newsletter for **first night back in early Feb**. Summer season usually ends end of Mar.

## Kerris' Keepsake-Kids



*Be the best you can be for YOU.*

It's not about coming first or beating other kids. It's about coming back and beating your **OWN** times. [Ask Mum or Dad to help keep your records]

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

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