



# Lake City Kids

Where athletics is FUN!  
5<sup>th</sup> Nov 2012



## What an awesome Lake City Ribbon Day!

Thank you soooo much to all you **awesome parents** who gave your day helping with the events, even though your own children were competing too!! Don't get too spoiled though, other ribbon days often don't have the food & drinks delivered LOL.

"Just wanted to let you know the times that I was down on the grounds today, I thought you did an awesome job and the comments I overheard were also wonderful. I remember you telling me that this was only your second one Kerris, well you need to give yourself a HUGE pat on the back. Well organised, fun. Perfect. Heather"

Hey Kerris

Was a great day and really really appreciated the constant watering and feeding that we got - really appreciated that!!

Regards, Jacqui

WELL DONE GUYS!!!

What an excellent day. You guys did a great job organising the whole day. God bless Ashley Stubbing

Hi Kerris,

Mum just wanted me to say thank you for the great track meet, you did really well! She had a great day and hope the feedback was really positive :)

Molly for Rosie Florence



## Colgate Games, entries close this week!!

These are like a children's Olympics, but where **any** child 7-14yrs can go, not just the 'athletes'. It's in Inglewood, Taranaki on Jan 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> 2013. Parents usually treat this as their family holiday break as well, and enjoy several days there. Children choose up to 4 events, and they may also be asked to take part in a team relay. Forms are attached; these need to be returned **THIS WEEK Tues 6<sup>th</sup> or Weds 7<sup>th</sup> Nov** to Donnene or Kerris. Email Donnene on [donnenemark@extra.co.nz](mailto:donnenemark@extra.co.nz) or phone 3483686, 027 2205092. I have spare forms at the gearshed.

## Walks Coaching

Our Children's Race Walking Champs are held with the Relay Champs in December, so now is the time to be learning to walk correctly and to get good coaching. Kerris Browne will be providing basic walk instruction on Tues and Weds at club nights.

## Junior Walks Coaching in Auckland!

The 2<sup>nd</sup> of the four Junior Coaching clinics will be held this Sunday at approximately 9:30, following the back to Back pairs event. This is open to all RWA members and non members and **particularly junior walkers** from all around Auckland or anywhere in New Zealand if you wish to come up here, and especially those of you who may be looking at competing at the Secondary School Champs in Dunedin in December. Noted below is the timetable for the coming weeks and the rest of the Junior Coaching clinics.

The clinics will cover ...

- types of training
- how often to train and for how long,
- the value of getting a good balance though school work, playing other sports and doing race walking. The clinics will again be run by Walking Coaches Mike Parker and myself and will last for no longer than 30 to 45 minutes at a time.

### Other dates:

18/11/12

RACE WALK

Douglas Track and Trusts Stadium, Waitakere Track

RWA Club 5000m Championships

Junior Coaching

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

[Rina.joy67@gmail.com](mailto:Rina.joy67@gmail.com), [swingmills@extra.co.nz](mailto:swingmills@extra.co.nz)

2/12/12

## RACE WALK

Pakuranga Track, Lloyd Elmore Park, Pakuranga  
Winged Foot Trophy 3000m

### Junior Coaching

If anyone has any questions, please contact David Sim directly - his email address is [DKSim@xtra.co](mailto:DKSim@xtra.co)

## Coaching HUB Thurs 5:30pm

For any age 10yrs+ and adult. For up-skilling for competition etc, come to the next 3 Thursdays where we will have top coach Barrie Jennings from Hamilton teaching L2 skills: Cost \$25.

Age 12+, but competitive 10/11yrs accepted too.

- ~~Thu 25 Oct: Running drills and Marches, block starts, relay changing at speed DONE~~
- ~~Thu 1 Nov: Power position for shot and discus, glide and spin, intro to javelin~~
- Thu 8 Nov: Long Jump & triple jump, pop up drills, TJ timing and bounding
- Thu 15 Nov: High Jump, importance of a great scissor then transition to flop
- Thu 22 Nov: Hurdles, drills and running over hurdles for speed, Javelin 5 strides, technical modelling, exercises to improve throwing.

## Updated Summer Programme Attached

Find out what the other arms of the club offer your family - there's something for everyone ;-))

## Uniforms

**Are now in!** Those who have already paid, please come and get yours first at the gearshed tomorrow.

## Hot Sausages each Tuesday

We will be bringing more sausages this week, so no one misses out!  
Remember to bring some coins for the hot sausages each Tues - they are \$1.50 each. Great to keep the Tiny Tots tummys from grumbling while you wait for the older kids to finish! Proceeds go towards the Ribbon Day and the older ones selected to Inter-provincials.

## Athletics Booklets

LOTS of meaty information about athletics for parents, and a fabulous way to keep track of your child's progress over the years, no matter what age. Booklets are \$5 each, available at track.

## Lost Property

Lost property box is just inside the shed at the front corner - please check for your stuff.

Kerris Browne

Childrens Manager

[swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)

3480790, 021 753691

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

[Rina.joy67@gmail.com](mailto:Rina.joy67@gmail.com), [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz)