



Lake City Kids

Where athletics is FUN!



Christmas Break:



Next week the 14th will be our last one for the season. Watch out for Santa!

First night back will be **WEDNESDAY 9th Feb** at 5pm, as the Council is using the grounds on Tues.

Parent Helpers:



It is FANTASTIC to see so many parents stepping up and helping out. Thank you so much, and please keep doing it!

We haven't had any volunteers for the Skills & Left/Right areas yet. So parents will be required to help Rinus run those exercises in the New Year, as Kerris is moving to the Marathon Clinic.



Left/Rights - Listening, co-ordination, and reaction game for the older kids. The kids line up in the middle. When 'Left' or 'Right' is called out, they run to the appropriate end. Last one to the end is pulled out, until only 1 child is left.

Skills - Teaches the littlies basic co-ordination, jumping skills, landing on 2 feet preparing for long jump etc. You can mix up these exercises to suit.

Shuttle Relays - Great short sprinting work for the littlies. Start with 2 kids at each end of each lane. One starts with the baton, runs to the far end and hands it to the next child waiting. Very fast exercise so you may want to vary this baton-passing game when they get tired.

There's also a **Track Layout** attached.

Ribbon Days:

If you've got your Christmas shopping done, take your kids for a great day out this Saturday. The Kawerau event starts at 10am and will be a fantastic experience for all kids. We also need a couple parent helpers on the long jumps.

Sat 11th Dec - Ribbon Day Prideaux Park, Kawerau
Sat 1st Jan - Twilight Meeting, Tauranga Domain

Colgate Games:

We are very pleased to have over 15 families taking their kids to the Colgate Games in January. Many of them are also having a few days off to enjoy a family holiday at Splash Planet as well!

Take a look at this link to perhaps consider taking part in the 2012 games (entries have closed now for 2011 games).

<http://www.athletics.org.nz/Resource.aspx?ID=10428>

IMPORTANT: If you ARE going to this Colgate Games and missed last week's practice, you **MUST** bring your relay/medley children down to the track next Weds 15th at 5pm for baton handover practice. It would be terrible to get disqualified for a poor pass, especially if we are in the lead!



Kerris' Keepsake-Kids



If you can do it, Mum & Dad can do it.

Tell Mum and Dad to bring their shorts and shoes next year on Weds the 9th of Feb, and 'have a go' with the seniors after you kids finish. Won't that be fun to watch!

CANCELLATION HOTLINE – 3492994, 5924

www.lakecity.co.nz

kenziep@clear.net.nz, kbrowne@petersonsawmills.com