



# Lake City Kids

Where athletics is FUN!  
13<sup>th</sup> Feb 2012



## FREE Kids Coaching Clinic THIS WEEK!

I have managed to do a deal with Mike Corboy, a top Bay coach from Opotiki. An article about him; <http://www.coachmag.org.nz/2010/01/14/2009-volunteer-coach-of-the-year-awards/>

He will be providing FREE sprints and hurdles coaching for those kids planning to attend ribbon days or competing at the WaiBop Champs or simply wanting to improve for next year's Colgates. Parents and Parent Helpers should also attend, to pick up training drill ideas for Tues Club Nights. This is a not-to-be-missed opportunity!



### Monday 13th

4:30 - 5:15 sprinting techniques for 6-8yr olds  
5:15 - 6:00 sprinting techniques for 9-11yr olds

### Tuesday 14th

4:30 - 5:00 intro coaching for hurdles 9-11yr olds  
5:00 - 5:15 set up 4 flights of 70m hurdles on back straight by gear shed, teach our 5 helpers to do this correctly  
5:15 - 5:35 take 10 & 11yrs through actual hurdle runs (as part of club night programme A). Teach helpers to time/record the runs correctly.

5:35 - 5:55 take 9yrs & helpers through basic hurdles drills/skills on smaller hurdles in middle of field (so helpers can apply to all younger age groups).

### Weds 15th

4:30 - 5:15 sprinting techniques/drills for 12yrs+  
5:15 - 6:00 hurdles techniques/drills for 12yrs+ (don't want to work them too hard as seniors club champs is next at 6:15pm)

### Thurs 16th

Depending on what the 12yrs+ group wants more of... Following 4 x Wednesdays will primarily be the 12yrs+ ages, but there may be a few 9-11yr olds at competitive level who may attend too.

## Results of last Tues Club Night

Are attached (file bit big to put here). Thanks to Leanne for typing these up.

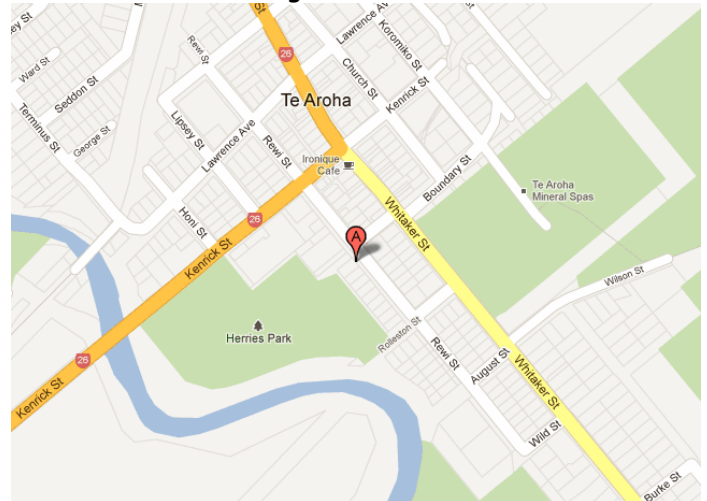
## Raffle Money to Hand In please

The Colgates Raffles close this Friday 17<sup>th</sup> Feb so must be sold by then. I still have 4 booklets to sell, please come and collect from Jacqui. This is fundraising badly needed for the selected Interprovincial 12/13yr olds, and we have 3 from Lake City being nominated. You then have until the week after to hand in all the money to Jacqui please.

## Te Aroha Ribbon Day Sat Feb 18<sup>th</sup>

10am Herries Park, Rewi St, Te Aroha

Great practice for ALL club kids, no matter how slow you are. No joining fee, just rock up and enter whatever you want. Listen out for the 'Ribbon' event, which they only run 3 at a time so EVERYONE gets a ribbon in that event - great confidence booster!



## WaiBOP Childrens Champs Sat Mar 10<sup>th</sup>

9:30am, Porritt Stadium, Hamilton. 7-14yrs

This is similar to Colgates, but only covers the Waikato-Bay of Plenty areas rather than the whole of the North Island. So there will be a **lot more opportunities to get medals!** We have a huge number of Lake City kids who could gain medals, so mark it in your calendar now! Entry Form is attached, plus Leanne will hand out at track. **Entries close Friday 24<sup>th</sup> Feb.** Let's see an even bigger field than the Colgates team!

## Club Champs - Need Trophies Back

Last year's winners to hand trophies in please.

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

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