



Lake City Kids

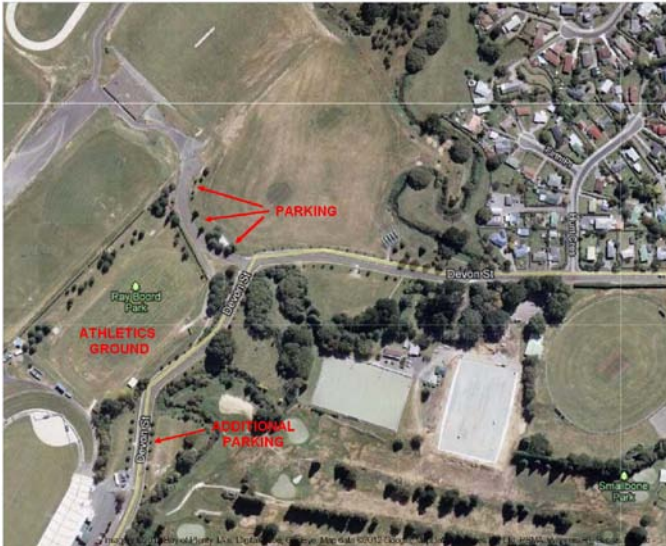
Where athletics is FUN!
14 October 2012



Kids Athletics starts this **TUESDAY 16th**
October at **5:10pm** for all 2-11yr olds.

The adults and 12yrs+ start on Weds at 5:10pm
for a 1-hour coaching practice session. The
following Weds clubnights will commence after the
coaching session at 6:15pm

Our Venue:



OFFICIATING COURSE TOMORROW!

All parents & teen helpers, you need to be at the clubrooms by 10am tomorrow (Sunday).

Level C Track/Jumps/Throws Officiating course this Sunday 14th 10am-3pm at the clubrooms.

This is to teach you all you need to know about officiating, organising, recording, and even just helping out at Ribbon Days and championships.

Don't look like a pleb-on-a-limb when asked to help at your ribbon day this year! Because you WILL be asked shortly.

Venue: Lake City Athletic Club rooms, Neil Hunt Park off Tarawera Rd (behind Outdoorsman). 10am-3pm
This will cover ALL 3 topics, including Track, Jumps and Throws in a one-day compact, intense course for busy-parents-with-other-things-to-do (normally 3 day course). Bring your lunch, notepaper, and all those 'questionable rulings' you've come across...
George Caddie is the best in the business and knows the rule book!

ONE-OFF OFFER: *This course only* - All Lake City parents/members attending will be paid for by the club under the Sport BOP training grant received last year. This runs out at the end of October. For this you will be signed up to the association, get your name badge, and get your own rule book before the offer expires. Find a babysitter for the morning quick!
Kerris Browne (host venue)
swingmills@xtra.co.nz
021 753691.

OUR Ribbon Day

October 27th, right here at our track, 10am
Grades Tiny Tots to 14years (yes 15yrs can too)
This will be the second time in years that Lake City is holding their own ribbon day right here in Rotorua. Last year our event was dumped on by great shower clouds, and we still got 170 competitors! There could be several hundred more children attending this year, and ALL of our Lake City kids should be there.

NOTE: ALL parents are expected to help marshal, so make sure you attend training tomorrow.

Contact Kerris for more info: 021 753691, 3480790.

Successful BOOTCAMP

Did you all see the article and photo in the Daily Post?
<http://www.rotoruaadaily.com/news/children-run-for-fun-at-boot-camp/1578417/>

There might be some more photos in Monday's paper, so keep a lookout! Here's some of my pix:

www.lakecity.co.nz

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



Can your child swim?

Athletics NZ recommend swimming as an excellent complementary sport for your child. They learn the value of training, yet swimming is not hard on young bodies.

Swim Rotorua Swimming Club offers sessions and programmes to suit all level of swimmers, from post learn-to-swim to competitive national level swimmers.

They also offer swimming sessions for triathletes, water polo players and adult swimmers at all levels. If you are interested in improving your swimming skills, or would like to take advantage of the fitness benefits swimming offers, please contact swimrotoruaadmin@gmail.com. Sessions available every weekday at reasonable rates.

RATS Aquathons start on November 19th

First session is an introduction to open water swimming - safe swimming zones, sighting, tricks to the wetsuit...

Where: Blue Lake, Waterski Club

When: 5:30pm registration, 6pm start

What: 750m swim, 5.5km off-road run. We also offer a short swim option which is parallel to the shore (water waist deep) AND a shorter run option also for children.

Cost: Free for RATS members, \$2 for non-members

What else? Races are fortnightly, and we have a break over Xmas/New Years holidays details in weekly emails. On the inbetween Mondays, there will be an open water swim training session with like-minded RATS.

She's good at EVERYTHING!

This is a perfect example of why we want you to keep trying ALL the athletics events, instead of specialising too early:

<http://www.bayofplentytimes.co.nz/news/college-sport-nz-squads-three-different-sports/1566187/>

www.lakecity.co.nz

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