



Lake City Kids

Where athletics is FUN!



TE AROHA RIBBON DAY

SAT 19th Feb, Herries Park on Rewi Street

We invite all registered athletes starting at 10am

Enquiries: Club President Ross Brunson (07) 884 8655 or Secretary Julie Sweeney 021 786 238

Featuring:

- Events for juniors & tiny tots (plus relays)
- Ribbons to 1st, 2nd, 3rd and 4th place getters in all age groups
- An efficient program with events on the straight and circular tracks simultaneously

WAIBOP Seniors Track & Field Champs

26th/27th Feb, Tauranga Domain

HURRY! HURRY! Centre Open Champs entries close at Noon on Friday, 18th February.

Be in for the biggest local track and field meeting of the summer season - and all of you who are adult down to grade 13s and grade 14s, we want you to experience a really special weekend here.

WAIBOP Childrens Track & Field Champs

12th Mar, Porritt Stadium, Hamilton

Grades 7-14years

This year Children's Champs is open entry; no pre-qualification required, so come on and enter!

Champs commences at 9.30am at Porritt Stadium.

All entries need to be to Kenzie/Gavin at track by Friday 25 February.



Cheap Club Running Singlets - quick!

Kerris is organizing new club singlets which will be \$45 each. So that means the few old stock we have left still on hand, has now been **slashed to \$20** for the next two weeks!!! First come, first serve with your cash in hand to Kenzie at track night.

Children's Newsletter Helper URGENT!

Kerris now has her hands full running the Marathon Clinic (over 60 members and still growing!), so urgently needs a Parent volunteer who is interested in putting together THIS Childrens Newsletter. Full training supplied, only an hour or two per week in the evening. Simply collating info available. Lots of fun as you can be creative if you want!



FREE Basic Coach Training for Parents:

Yaaay, we now have THREE parents that are keen to do a basic Coach-Helper course paid by Athletics NZ. **We just need 2 more!**

Then I can organize a coach in Rotorua at a time that suits you all. This special coaching session for you (free of charge) will cover the basics of all athletics events. Please contact Kerris on 021 753691 or email swingmills@extra.co.nz.

www.lakecity.co.nz

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

Next Week Night Back:

Will be Tuesdays per normal now at 5pm.

Ribbon Days & Events:

Here's the upcoming events for 2011:

Feb-19 10:00am	Te Aroha, Herries Park on Rewi St.	Ross Brunson 07 8848655, Julie Sweeney 021 786238 ravinskm@hotmail.com
Feb-19 4pm	Porritt Classics including Prim/Int/Sec Sch 1500m mixed RELAYS (6 runners)	Mhyre Oman 027 475 7517
Feb-26 10:am	Frankton/Hinemoa, Porritt Stadium (also Triple Jump Champs Reserve Day)	Jarrold Popplestone 07 855 7655
Feb 26-27	Waikato-BOP Track & Field Senior Champs, Tauranga Domain for Age 13yrs & 14yr. Tony Hunt, 07 8585392	<u>NO LATE ENTRIES,</u> <i>entry form & paymt must arrive in time.</i>
Mar-05	Paeroa, Paeroa Domain	Kelvin Wickliffe 07 862 6154
Mar 12 9:30am	WaiBOP Children's Champs Porritt Stadium	Denise Taylor 07 570 2307. Entry

	- Grades 7-14 yrs	form to Kenzie or Gavin by 25 th Feb!!
Mar-19	WaiBOP Secondary School Champs Porritt Stadium	
Apr 2-3	North Island Secondary School Track and Field Champs, Porritt Stadium	
Apr 23-24	Grades 12 /13 NZ Inter-Provincials Inglewood	Bruce Fleming 07 843 9293



Kerris' Keepsake-Kids

You can jump even if you are short.

High Jump and Long Jump are sports where your ability to spring like a monkey is more important than speed. No matter how tall or short you are, its how much 'spring' you have in your muscles that counts. Start jumping!

CANCELLATION HOTLINE – 3492994, 5924

www.lakecity.co.nz

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