



Lake City Kids

Where athletics is FUN!
19th Feb 2012



Mike Corboy Coaching WEDS for 6 weeks!

The kids have been loving it, and have picked up so much already. Mike has also really enjoyed the kids who came to him, and he has offered to continue coaching **every Weds** until the end of Term 1.

Weds 4:30pm: This is for age 10+, all those going to WaiBOP Champs, Interprovincials etc. Will cover Sprints, Hurdles, and Long Jump alternating over the weeks.



Morag Owen Coaching THURS now too

Due to the fact some teens can't make the Sunday 10am sessions, Morag has now agreed to do a session on Thurs avo - woohoo!

Thurs 5-6pm: Session for older teen Sprinters age 13+, those at competitive level who are serious about long term improvement. Morag can prepare you a season schedule to follow.

WaiBOP Middle-Distance Rule:

NO you can't do 400m/800m/1500m together!

Even though it was not spelled out in the rules, it did say WaiBOP and NZCAA Rules apply, which states athletes can only run two distance events. And you can't do more than 3 track or 3 field events (your 4th event must be the other type).

WaiBOP Childrens Champs Sat Mar 10th

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

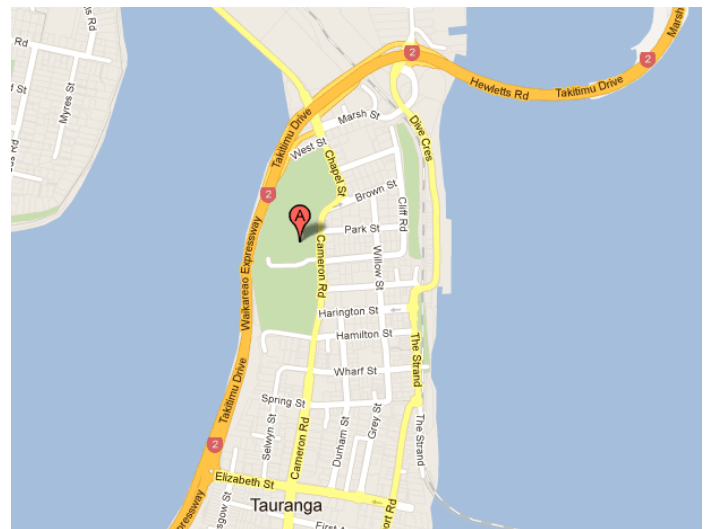
This is similar to Colgates, but only covers the Waikato-Bay of Plenty areas rather than the whole of the North Island. So there will be a **lot more opportunities to get medals!** We have a huge number of Lake City kids who could gain medals - all you kids getting 1st, 2nd, 3rd, and 4th at club nights, plus any other kids that want some experience at a real competition, fill your forms in quick. It's only one day of your busy schedule parents, but it gets your kids so much more motivated. Entry Form is attached.

Entries close Friday 24th Feb.

Bellevue/Greerton Ribbon Day Sat Feb 25th

9:30am Tauranga Domain, Tauranga

Lake City have been allocated to run the Long Jump. Donnene will be there, so the rest of you parents that go, please help her out. Especially those who have done one of the Officials Courses! More info on the programme is attached.



Results of Tues Club Night

Thanks to Maggie Tapiata for typing these up.

SHOTPUT

6 year Boys: 1st - Edward 4.50m, 2nd - Luke H 3.31m, 3rd - Sam S 2.96m

6 year Girls: 1st - Angela 3.10m, 2nd - Freya 2.87m, 3rd - Lillian 2.71m

7 year Boys: 1st - Dean Foster 4.48m, 2nd - Jasper Dowland 4.43m, 3rd Naianga Tapiata 3.55m

7 year Girls: 1st - Sarah Burke 2.93m, 2nd - Tessa 2.25m, 3rd - Ashleigh Kalan 2.18m

8 year Girls: 1st - Promyss Pitman 2.94m, 2nd - Molly Sinclair 2.76m, 3rd Zoe 2.39m

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DISCUS

10 year Boys:

1st - Christopher 17.38m, 2nd - Bjarni 14.45m, 3rd - Angus 13.90m

10 year Girls: 1st – Alyssa 7.94m

100M

8 year Boys: 1st - Liam P 15.90, 2nd - Liam K 16.05, 3rd – Tome 16.59

8 year Girls: 1st - Molly 16.50, 2nd – Hannah 17.34, 3rd - Promise 18.45

200M

9 year Girls: 1st - Te Aomih Paul 16.37, 2nd - Charlotte Unsworth 18.12

9 year Boys: 1st - Jack Jordan 16.47

10 year Boys: 1st - Christopher 34.28, 2nd - Seth 37.06, 3rd – Angus 38.09

11 year Boys: 1st – Brooklyn 32.44, 2nd – Byron 32.66, 3rd – Hamish 41.18

11 year Girls: 1st - Isla Norman-Bell 31.10, 2nd - Terina Fitzpatrick 38.92, 3rd – Olivia Elmiger 41.90

HIGH JUMP

8 year Boys: 1st - Angus Woore & Bjarni Leggett-Hilmarsson 1.04m, 2nd - Oliver Keany 1.02m, 3rd – Lachlan & Alex B .98m

800M

Girls: 1st – Isla Norman-Bell 3:10

Boys: 1st – Byron Haigh 3:02

NI 14-17yr Interprovincial Results

Congratulations to Molly & Callum:

Molly Florence W16

100m GOLD 12.63

200m GOLD 26.51

Long Jump BRONZE 4.40m

Callum Taylor B14-15

Long Jump GOLD 5.94m

200m 5th 24.56

High Jump 4th 1.70m

Notes from Children's WaiBOP meeting.

False start rule: lots of children are false starting at the big events (Colgates). Feeling is that clubs need to start getting a little tougher at clubnights so that the kids understand what is required of them to avoid this happening. Demo some false starts. Pull kids from some races if they false start, then let them have another go in the next race. Get them ready for Waikato champs.

As we have nobody qualified for a chief position at the Champs, I have said just to put the club down for any event that needs help. They are also looking for a club to run the barbecue for the day which we could do instead, however we have to provide the meat, float etc which might be a bit tricky when we are not close

to Hamilton. Also for those who are attending the Waikato Champs and not able to help at an event, they will be asked to bring a plate of food. (The club needs to bring 1x sweet and 2x savoury).

Received a thank you letter from the Putaruru ribbon Day for helping at the High Jump, particular thanks to Jacqui and Boston for taking over for me when I had to leave suddenly.

Donnene

Results of Parents Officials Courses

We have all passed - yaaay!

OFFICIALS TRAINING RESULTS

<u>Name.....</u>	<u>Jumps</u>	<u>Throws</u>	<u>Track</u>
Kurt Rice	71	71	81
Suzanne Ruebe.....	72	81	79
Dennene van Fulpen.....	72	77	76
Leanne Leggett	77	-	-
Astrid Norman	78	-	-
Kerris Browne.....	80	74	85
Maree McCandish.....	81	-	-
Iritana Mossley	83	79	87
Raewyn Lelieveld	86	76	87
Carolyn Muir	-	72	83
Karen Haigh.....	-	72	86
Kate Keane	-	74	87
Carol Burke	-	75	91
Justine Sinclair.....	-	77	88
Jane Brackenbury.....	-	80	86

Next Step: Fill out the Association Membership application forms (2) attached and hand to me with your \$15. You will then get a full rule book and badge.

Raffle Money to Hand In please

Please hand in all Raffle money this week.

Trophies to be handed Back

Last year's winners to hand trophies in please.

URGENT CHILDRENS SECRETARY NEEDED

I now have my hands full with the Marathon Clinic (training 4 days a week), the club Marketing and Coaching & Development, plus I have two kids each doing sports and athletics and swimming, a farm full of animals to feed, a Bed & Breakfast, two Holiday Homes, an export company, and oh yeah, a lonely husband that I see occasionally. So someone PLEASE put your hand up to be secretary and do this weekly Newsletter!! Training/supervision provided. Kerris

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