



# Lake City Kids

Where athletics is FUN!  
20 October 2012



## Welcome!

Especially to all the new parents who have joined. We look forward to helping your child become more coordinated and skilled in athletics, which will also help them in their other winter sports.

Still time to register each Tues at 5pm.  
Your Summer Programme is attached.

## URGENT More Helpers

Thank you so much to the parents who have already stepped forward last week! Due to unprecedented numbers at athletics this year, we urgently need more of you parents helping. Especially at **registration, discus, high jump, timing & recording, and ribbon day jobs**. Choose one of the jobs on the attached Volunteers form, and email me what you can help with - QUICK! Remember we are all just parents volunteering, so help us help your child too.

## Disruptive Behavior

If your child is playing up, DO NOT ignore it. We only have a small window of time to coach your children the skill, and if one or two are disruptive, the rest of the group miss out and can't hear instructions. TAKE CHARGE of your child if they are not listening. We are coaches, not nannies.

## Age-group Chaperones

We also need **two** parents from each age group (those who follow their kids around), to act as Chaperones for their child's group each week please. Our coaches have given of their time to train as coaches and teach your children athletics. But they need YOUR help to ensure the kids are listening and staying in focus.

This means you need to help ensure no bad behavior goes on behind our coaches backs, keep the kids in tidy lines, listen for the horn, know where to head to next, keep the group together in transition, cross the track when free, and pick up any clothing left on the ground etc. Thank you for your assistance.

## Coaching HUB this Thurs 5:30pm

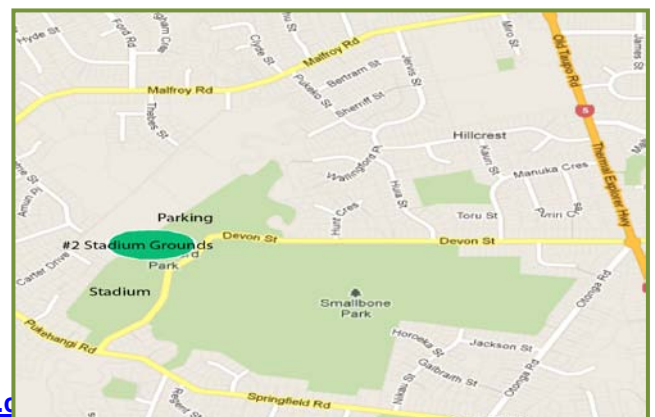
If your child wants to up-skill to attend Ribbon Days or comps, come to the next 5 Thursdays where we will have top coach Barrie Jennings from Hamilton teaching L2 skills: Cost \$25 for all 5. Age 12+, but competitive 10/11yrs accepted too.

- Thu 25 Oct: Running drills and Marches, block starts, relay changing at speed
- Thu 1 Nov: Power position for shot and discus, glide and spin, intro to javelin
- Thu 8 Nov: Long Jump & triple jump, pop up drills, TJ timing and bounding
- Thu 15 Nov: High Jump, importance of a great scissor then transition to flop
- Thu 22 Nov: Hurdles, drills and running over hurdles for speed, Javelin 5 strides, technical modelling, exercises to improve throwing.

## Lake City Ribbon Day this Sat 27 Oct

**ALL** children are invited, not just the fast ones! This is called 'social competition' and is lots of fun. **Saturday 27th Oct, 10am-3pm, Stadium #2 Grounds, Devon St, Rotorua**

- Lots of events including walks and vortex throwing for 10yrs+ and hurdles for 11yrs+.
- Special obstacle course just for those still without ribbons by 2pm - a guaranteed ribbon!
- Tiny Tots events are 10am-12noon only, mix of run, jump and throw events.
- No entry fee needed, but you **MUST** pay your membership and your child must be wearing correct club uniform with age badge sewn on.
- **ALL** families NOT rostered on to help, **MUST bring a plate** for our hardworking officials please, or baking for the shop.
- Postponement to Sunday 28th if rained off. Cancellation/change hotline 3492994, 5924.



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## How to go to other Ribbon Days

Pay your Lake City club membership; get your child's uniform and age patch. Have a couple practices at club night. Listen to the coaching points and practise. Check out the Summer Programme for where the Ribbon Days are. Rock up to the next one by 10am. Take lunch, drinks, gazebo, sunscreen, your uniform. Let your child enter as many events as they wish (free). Collect your ribbons! If your child wants to get better, attend some of our extra coaching sessions

## Uniforms

We've already sold out of many sizes already, so another batch has been ordered, along with a number of tracksuit sets. Next lot will be another 3 weeks, so if you are coming to Ribbon Day, check if we have your size first. If not, wear a plain white tee shirt with your black shorts, pin the age patch on, and come see Rolf Porter for special dispensation for our Ribbon Day. Thank you for your patience.

## Hot Sausages each Tuesday

Remember to bring some coins for the hot sausages each Tues - they are \$1.50 each. Great to keep the Tiny Tots tummys from grumbling while you wait for the older kids to finish! Proceeds go towards the Ribbon Day and the older ones selected to Inter-provincials.

## Athletics Booklets

LOTS of meaty information about athletics for parents, and a fabulous way to keep track of your child's progress over the years, no matter what age. Booklets are \$5 each, available at track.

## Molly meets Usain Bolt

Did you know we have our own sprint star right here at Lake City Athletic Club?

<http://www.rotorudailynews.co.nz/news/molly-florence-beats-usain-bolt-out-of-blocks/1574923/>

<http://www.rotorudailynews.co.nz/news/rotorua-teen-gets-training-session-with-usain-bolt/1571007/>

<http://www.rotorudailynews.co.nz/news/young-sprinter-on-fast-track/1386530/>

<http://www.rotorudailynews.co.nz/news/record-breaker-has-eye-on-rio/1301172/>

## 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](mailto:swimrotoruaadmin@gmail.com). Sessions available every weekday at reasonable rates.

## RATS Aquathons start November 19<sup>th</sup>

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 Year's holidays details in weekly emails. On the in-between Mondays, there will be an open water swim training session with like-minded RATS.

## Lost Property

We are already accumulating a lot of items left behind, including a CELL PHONE. If you can let us know what brand and identifying marks it has, we'll see if it's yours. Lost property box is just inside the shed at the front corner - please check for your stuff.

Kerris Browne & Rina Joy

Childrens Manager & Newsletter Secretary

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