



Lake City Kids

Where athletics is FUN!
20 October 2012



What an awesome Lake City Ribbon Day!

Thank you soooo much to all you **awesome parents** who gave their day helping with the events, even though their own children were competing too!! Don't get too spoiled though, other ribbon days often don't have the food & drinks delivered LOL.

"Just wanted to let you know the times that I was down on the grounds today, I thought you did an awesome job and the comments I overheard were also wonderful. I remember you telling me that this was only your second one Kerris, well you need to give yourself a HUGE pat on the back. Well organised, fun. Perfect. Heather"

Hey Kerris

Was a great day and really really appreciated the constant watering and feeding that we got - really appreciated that!!

Regards, Jacqui

WELL DONE GUYS!!!

What an excellent day. You guys did a great job organising the whole day. God bless Ashley Stubbing

Hi Kerris,

Mum just wanted me to say thank you for the great track meet, you did really well! She had a great day and hope the feedback was really positive :)

Molly for Rosie Florence



Colgate Games, entries close next week!!

These are like a children's Olympics, but where any child 7-14yrs can go, not just the 'athletes'. It's in Inglewood, Taranaki on Jan 4th, 5th, and 6th 2013. Parents usually treat this as their family holiday break as well, and enjoy several days there. Children choose up to 4 events, and they may also be asked to take part in a team relay. Forms are attached; these need to be returned NEXT WEEK **Tues 6th or Weds 7th Nov** to Donnene or Kerris. Email Donnene on donnenemark@xtra.co.nz or phone 3483686, 027 2205092.

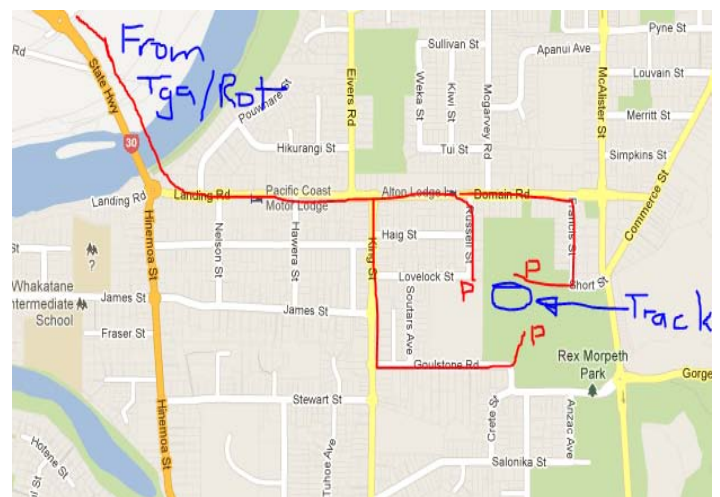
Trout Fly starts this Thurs

Don't have to be members - Meet at the clubrooms, Neil Hunt Park at 5:45pm, \$5 for adults, \$3 for kids, gets you a walk/run of 3 or 5km, a drink from the bar, and BBQ sausages. More details in your Programme attached.

Whakatane Ribbon Day this Sat

10am at the track, Short St, Whakatane.

No charge, you must be a Lake City club member though, and have your child's age patch on their shirt. If you don't have a singlet yet, just pin it to a white tee and go register with the Ribbon Day referee for dispensation. Take lunch, drinks, gazebo, sunscreen. 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 at Lake City each week.



www.lakecity.co.nz

Rina.joy67@gmail.com, swingmills@xtra.co.nz

Walks Coaching

Our Children's Race Walking Champs are held with the Relay Champs in December, so now is the time to be learning to walk correctly and to get good coaching. Kerris Browne will be providing basic walk instruction on Tues and Weds at club nights.

Junior Walks Coaching in Auckland!

The 2nd of the four Junior Coaching clinics will be held this Sunday at approximately 9:30, following the back to Back pairs event. This is open to all RWA members and non members and particularly junior walkers from all around Auckland or anywhere in New Zealand if you wish to come up here, and especially those of you who may be looking at competing at the Secondary School Champs in Dunedin in December. Noted below is the timetable for the coming weeks and the rest of the Junior Coaching clinics.

The clinics will cover ...

- types of training
- how often to train and for how long,
- the value of getting a good balance though school work, playing other sports and doing race walking. The clinics will again be run by Walking Coaches Mike Parker and myself and will last for no longer than 30 to 45 minutes at a time.

Other dates:

18/11/12

RACE WALK

Douglas Track and Trusts Stadium, Waitakere Track

RWA Club 5000m Championships

[Junior Coaching](#)

2/12/12

RACE WALK

Pakuranga Track, Lloyd Elsmore Park, Pakuranga Winged Foot Trophy 3000m

[Junior Coaching](#)

If anyone has any questions, please contact David Sim directly - his email address is DKSim@xtra.co

Coaching HUB Thurs 5:30pm

For any age 10yrs+ and adult. For up-skilling for competition etc, come to the next 4 Thursdays where we will have top coach Barrie Jennings from Hamilton teaching L2 skills: Cost \$25.

Age 12+, but competitive 10/11yrs accepted too.

- ~~Thu 25 Oct: Running drills and Marches, block starts, relay changing at speed DONE~~
- 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.

Updated Summer Programme Attached

Find out what the other arms of the club offer your family - there's something for everyone ;-))

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 2 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 go see the Ribbon Day referee for special dispensation. 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 tummy's 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.

Lost Property

Lost property box is just inside the shed at the front corner - please check for your stuff.

Kerris Brown

Childrens Manager

swingmills@xtra.co.nz

3480790, 021 753691

www.lakecity.co.nz

Rina.joy67@gmail.com, swingmills@xtra.co.nz