

Hill City Athletic Club Children's Section

Information for the 2009/10 athletics season

Joining Up

To find out about the hill-city summer childrens athletics, come to the club night on Tuesdays at 6pm at the Hill City clubrooms. You can register, and receive your club uniform then.

Coaching and Training

Training and coaching is held for children aged 14 and under every Tuesday evening from 6 - 7pm at Hill City clubrooms Logan Park. It is fun, and parents are expected to help with the evenings events.

If the weather is bad, listen for cancellations on 97.4 More FM, Classic Hits and Newstalk ZB. Cancellation line number is 471-7555. Cancellations will also be sent out by email on the parent email list.

Competitions

Interclub track-and-field competition is held on most Saturdays (9am-midday) at the Caledonian over the summer season. Attendance at interclub compentions is voluntary, however points are awarded for placing in interclub events and trophies awarded at the end of the season. Competition times and dates are published in the Otago Daily Times Sports Draw Section under `Athletics' in Thursday's paper. Look for Hill City Children's Section or Otago Children's.

The club provides singlet tops to athletes involved in inter-club competitions, athletes are required to wear their own black shorts to complete the club uniform. If your child wants to wear anything that shows under their singlet it must be either plain black, or plain white. (This is strictly enforced at the Colgate games).

The age for the season is set at the age on 31st December 2009. Age on this day determines the athletes grade for the whole season.

Competitions through the season include:

- **Paape Cup:** Is a one day event on a Sunday 22rd November 10 am to 4pm, run in conjunction with the Otago Caledonian Society. A maximum of 4 individual events plus relay, numbers are restricted, the club selects events that athletes compete in.

Please note that because numbers are limited some children may not be able to compete.

- **SBS Mini Multi's (mini pentathlon):** Is a two day competition for every athlete, individual points are accumulated over eight events. Run on Saturday 14th November and 5th December.
- **South Island Colgate Games:** Timaru 15,16,17th January. Entries close early/ mid November. Individual athletes can enter up to 4 events plus we will enter as many teams as possible in club relay teams.
- **Otago Championships:** This is a weekend competition held at the Caledonian ground on the 27th and 28th Feb 2010.

Contacts

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Fees

Children's Athletics Fees include club membership, hire of a club singlet and eligibility to compete at interclub competitions, the Colgate Games and to be selected in Otago representative teams. All fees must be paid at time of registration (or arrangement made for payment)

		Winter
		Reg.
1st child	\$57.00	\$27.00
2nd Child	\$52.00	\$22.00
3rd and subsequent child	\$47.00	\$17.00
Tuesday-only (no competition)	\$42.00	n/a

Cheques should be made payable to **Hill City Athletics Club**. No refunds will be given after the third week of the season.

If you are unsure about joining, generally the first 2 weeks of Saturday morning competition can be tried on a 1 day registration at no charge. Plus we will allow you to come to the first 2 training nights free before having to decide.

Parent Help

Without parent help we cannot function. Hill City is duty club at the shot put each Saturday and competition day and a number of helpers are required, a roster will be drawn up, you are expected to be available or to have organised a replacement. Help is also expected of all parents on Tuesday evening training nights. An outline of some of the roles are set out below for further information. Explanation will be given at the parents meeting on the opening night. At this meeting these roles will be filled.

Tuesday Night: Supervisors for all age groups (at least 2 each age group), supervisors will assist coaches, Co-ordinator plus 6 coaches for run jump throw for 8s and under.

Coaches for blocks, sprints, middle distance, relays, hurdles, walk, long jump, high jump, discus, shot put and administration. (nb some of these roles already have volunteers in place but are mentioned here to indicate the level of support we require)

Saturday mornings: Shot-put judges (plus rostered assistants) finish line assistants, help with hurdles (as required), and age group managers.

Other positions: Organising committee (the more the merrier), team managers (Colgate games), Age group managers for interprovincials.

Otago Representative Teams

Grades 12 and 13 have an inter-provincial team that is selected for the Colgate Interprovincials, this season at Invercargill in early April.

Grades 7 - 11 are selected to compete in an Southland-Otago-Canterbury Triangular meeting on 20th March 2010.

To enable the club to acquit itself effectively it is important that as many as possible of our registered athletes compete in the Saturday competitions at the Caledonian ground. This enables the club to field relay teams and improves club spirit.

Coaching Courses

If you are interested in improving your skills as a coach, courses are held through the year, they are extremely worthwhile.

Discipline

The purpose of Tuesday evening is to provide a friendly environment for coaching and training. It can be very difficult for the parents who are coaching and helping to deal with misbehaviour in children who are not their own.

If children misbehave they will be warned, if bad behavior persists after a warning the parents/caregiver will be advised, and will be expected to help -- usually by assisting with the activities involving their child -- until the problem is resolved.

The discipline steps are:

1. Warning
2. Parents/caregiver advised
3. Suspension from training for one week
4. Asked to leave the club- no refunds

Please also note that at no time on Tuesday evenings and Saturdays are we to be considered a baby sitting service. The health and wellbeing of your children while at athletics is your responsibility. If you are unable to supervise your children you must arrange adequate supervision.