

# Hill City Dunedin Athletic Club Children's Section

Information for the 2009 - 10 season.

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**Registrations will be on Wednesday 23rd September 5.30pm – 7pm in the Hill City clubrooms Logan Park.**

Opening Night will be on Tuesday 13th October, 6 - 7pm at the Hill City clubrooms at Logan Park. Please do not go onto the Cale.

**There will be a short meeting for all parents at this time.** It is essential that at least 1 parent from each family attends this meeting

Age Groups: Coaching, training and competition is provided for children aged 14 and under. The age for the season is set at the age on 31st December 2009. The age at this date sets the grade for the whole season.

## **FEES:**

Cheques made payable to Hill City Athletics Club

These fees include Club membership, hire fee of Singlet and eligibility to compete at interclub, Colgate Games and to be selected in Otago 12 -13 and 7-11 Teams

1 <sup>st</sup> Child	\$57.00	1 <sup>st</sup> Child Winter 2009 Registered	\$27.00
2 <sup>nd</sup> Child	\$52.00	2 <sup>nd</sup> Child Winter 2009 Registered	\$22.00
3 <sup>rd</sup> and subsequent child	\$47.00	3 <sup>rd</sup> and subsequent child Winter 2009 Registered	\$17.00

A \$42.00 flat fee for all Tuesday only Children.

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.

All fees must be paid at time of registration (or arrangement made for payment)

To compete in the inter-club competitions all athletes need to be registered with Athletics Otago Children's Section and will be issued with a club uniform and Colgate age patch that must be worn during all inter-club competitions. This makes them eligible to compete in Otago Champs, Paape Cup, Colgate Games and possible selection for an Otago representative team.

**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 13/10/09. 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 South and North Island Colgate games, Age group managers for Inter provincials

Uniforms: 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.

Colgate age grade patches must be worn at all Children's Athletic competitions. An athlete registration

number is required to be included on the patch to assist with recording results. Please secure your patch to the left top front of your Hill City singlet. Club singlets are to be returned at the end of the season. If your child wants to wear anything that shows under their singlet it is preferable it is black. (This is essential at the Colgate games).

Coaching and Training: Training and coaching will be held every Tuesday evening from 6 - 7pm at Hill City clubrooms Logan Park. If the weather is bad, listen for cancellations on 97.4 More FM, Classic Hits and Newstalk ZB. Cancellation line number is 471 7555

Competitions though the season include the following:

Opening Saturday is 17th October 9am -12 noon at the Caledonian

Paape Cup: Is a one day event on a Sunday 22nd 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.(Please also note that this is a team points event and while we do our best to enter your children into events you/they think they are best at, sometimes we place them in events that we believe they will score us better points in. Do not abuse the age grade managers or the team manager for any reason)

SBS Mini Multis (mini pentathlon): Is a two day competition for every athlete, individual points are accumulated over eight events. Run on Saturday 14<sup>th</sup> November and 5th December

South Island Colgate Games: Timaru 15<sup>th</sup>, 16<sup>th</sup>, & 17th January . Entries close early/ mid November. This is one competition worth attending. Individual athletes can enter up to 4 events plus we will enter as many teams as possible in club relay teams. (\$4 entry per event); Athletes from any centre in NZ can enter, mostly from the South Island. The North Island Colgate Games are held separately in Auckland 8<sup>th</sup>-10th January.

Otago Championships: This is a weekend competition held at the Caledonian ground on the 27<sup>th</sup> & 28<sup>th</sup> February:

Grades 12 and 13 have an Inter-provincial Team that is selected for the Easter Tournament, this season at Invercargill

Grades 7 - 11 are selected to compete in the 995 meeting on 20<sup>th</sup> March 2009.

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

Coaching Courses: Are held through the year, they are worth while attending.

Information: 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.

Discipline: The purpose of Tuesday evening is to coach athletes. If children misbehave they will be warned in the first instance, if bad behavior persists after a warning the parents/caregiver will be advised accordingly. 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

**Spikes: If anyone has spikes for sale, bring them along to registration, clearly labeled with name and price.**

**Caps and hats: We still have HillCity caps and hats for sale at \$13 each**

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

