

PTocH Junior Club Newsletter

October 2024

What a great start to the season! We have enjoyed meeting so many new families and welcoming members back for another year. The enthusiasm of the kids and the willingness of parents to lend a hand has been great to see. Keep asking questions — no such thing as a silly question and we are very happy to receive suggestions of how we can make clubnights even more successful. Remember to register once you have had your free trial—just head to the Registration page on the website.

Sarah and Natalie



22 Oct Club Night (5.30 start)

- **3** (*'*
- 26 Oct Interclub 2nd grading day
- 29 Oct Club Night (5.10 start)
- 8 Nov Colgate Entries close
- 12 Nov Points Nights start

Contact Details

jcc@papanuitochathletics.org.nz Sarah 027 687 2423 <u>Information</u>

Papanui Toc H Facebook

In the event of bad weather we will post cancellations on the Papanui Toc H Facebook page by 4pm.









Well done to all the athletes who achieved personal bests at the first Saturday competition.

Special congratulations to Lily Dunne who broke the club Girls 13 400m record running 59.62. A key milestone to run one lap in under 60 secs



Standard entries close Fri 8 Nov Late entries close Mon 11 Nov Relays close Mon 18 Nov

Don't forget to pre-order your event t-shirt before they close Mon 14 Oct

Visit athletics.org.nz for registration and more information



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Club Nights

The success of the club night is determined by how many keen and enthusiastic parent helpers we have. Many have no experience with the sport when they start but all enjoy being involved, learning tips to pass on to their kids and getting the chance to have a close up view of their kids participating. The more parents we have helping, the easier it is for everyone and we can provide more for the kids. We will need to have all of our throwing circles and long jump pits in action each week given the attendance numbers. So don't be shy–come and lend a hand.

Tuesday Club Nights—you can choose from:

Event Manager be based at an event for the evening and help with coaching the kids

Event Assistant help the Event Manager

Age Group Manager lead a group of children around their events and record results

The younger groups need a parent for each age ie. 7 yrs, 8 yrs, 9 yrs, etc

On <u>29 October</u> we will start the middle distance races at 5.10 for those who are keen. This will also be our first night for recording times and distances. Results will be available to view via the club website. We are using a new management system this year so please be patient as we embed the new processes.

On 12 November Points Nights start. Points are awarded to the top 5 placegetters in each age group event and are collated at the end of the season to determine the season winners. The more events you have a go at the more points you will accumulate

Saturday Interclub

Everyone who has registered with the club can come and give two Saturday Interclubs a go. At Nga Puna Wai. These events provide a great opportunity to meet athletes from other clubs and compete on a bigger stage against more kids. Races are graded so you run against kids of similar ability. At PTOC our focus is for kids to have fun and to try and better their own personal performances (PB).

If you would like to try this out contact us on jcc@papanuitoch.org.nz and will issue you a temporary number and give you info about the morning.

We are responsible for running one of the Discus events and each family needs o provide an adult to contribute to the roster for about an hour most weeks. We are able to be flexible with the roster and work around other commitments you may have on a Saturday morning.