



CAVERSHAM HARRIER AND ATHLETIC CLUB
CHILDRENS SECTION

Season Information

Welcome to the 2019-20 athletics season!

Practice Nights this year will be held each **Tuesday evening from 6 to 7.30 pm at Corstorphine Park on Middleton Road**. Practice will start with a group warm up and then we will split into groups and move round different events, usually a run, a jump and a throw. The events each evening will be weather dependent. We will arrange the groups once we know the numbers in each age group.

Parent assistance and supervision is required. There must be a supervising adult (parent/guardian) for your child/children. Even if you know nothing about athletics, parent help is always needed for 'child control', for taking kids to the toilet and for picking up implements, raking long-jump pits, timing etc. If those coaching do not need to do these functions they can focus on coaching your kids. This is particularly important with the youngest group who are just learning the events. In addition, the practice area is not fenced and we do not count the kids when they arrive or leave. Each age group of children must be accompanied by some parents as they move round the various events so please spread yourselves around the age groups. If a group arrives at an event without any parents then that event will not go ahead until parents arrive.

Cancellations may occur from time to time due to the weather. We will send an email by 5 pm in the event of a cancellation. Please make sure that we have your email address. Emails are usually sent out on a weekly basis so if you are not receiving any emails from the Caversham Children's address, your email address has not been added to the list. Please talk to Evelyn to arrange for this to be corrected. We will also post cancellation messages on the Caversham Harriers and Athletic Club Facebook Page. If you don't have access to the internet please let us know your phone number so that we can send a text. Sometimes when the weather is not very good we still go ahead. It is up to you whether you bring your children. Depending on numbers the evening may be adapted and possibly shortened so it is imperative that you remain at the park.

Registration payments are due before the 5th of November. Children who have been competing with the Harriers over the winter, and have paid subscriptions, do not need to register again.

For new registrations please go to the following link:

<http://www.cavershamharriers.co.nz/our-club/joining-our-club>

Or from the Caversham Harriers website (www.cavershamharriers.co.nz), under 'Our Club', choose 'joining our club'. The registration portal is below the membership categories.

If your child wishes to compete at the Caledonian on a Saturday, registration will cost \$70 for 7 – 14 year olds and \$45 if they are 6. Ages are at 31st December 2018. Children must be 6 by 31st December to compete at the Caledonian. If your child only wants to come along on a Tuesday then it is \$45 for 7 – 14 and \$15 for 6 and under.

If you have registered children online previously, your email address will now be your login. When you log in all children previously registered with that email address should appear. If you have problems please let us know.

If you have not registered children before, the system seems to work better if the parent registers first (see below) and then exits the membership portal. Then, log in to the membership portal, using your login and password that you have just set up, to register your children.

Parents must register with the club as volunteers. This will not cost anything but does mean we are all fully covered under the Health & Safety at Work Act (2015) if there are any accidents. Parents who are already full members of the club through the Harrier section do not need to register again.

If you do not have access to the internet, please let us know and we can help with that.

Saturday morning competition at the Caledonian Ground, Logan Park begins on the **12th of October** and will run each Saturday (except Labour Weekend), from 9am till noon. If your child wishes to compete and hire a club singlet (see below) please choose this option when registering. Children must be aged 6 by 31st December 2019 to be eligible to compete on a Saturday. A full program for the season will be available soon. However, some key dates are below:

Mini-multis November 9th and 30th

Paape Cup SUNDAY November 17th

South Island Colgate Games, Christchurch, January 17th – 19th 2020

Otago Champs February 15th and 16th 2020

7 – 11 Meet Dunedin March 22nd 2020

12/13 IPs Auckland April 11th and 12th 2020

When you arrive on at the Caledonian on a Saturday please check in with Carol Evans and let her know if your child/children will be available for relays if they are being run that day. Relays are run at the end of the morning. This will make organising teams run more smoothly. **Please arrive by 8.45am at the latest.** This allows the children to have a warm up and organised for a 9.00am start.

Children have two numbers to wear on a Saturday. These will be issued once registration fees are paid. The children will have a Colgate age patch and also a big paper number. Please remember to bring both numbers (and safety pins to attach to the children's running

singlets). If your child has a big paper number from last year or over the winter they should use this number.

Saturday 12th October will be **Ribbon Day**. On that day, numbers are not required, there will be no timing on the track or official measuring at field events but children will receive ribbons for being placed (everyone usually goes home with a ribbon). Also, for that day and for the two Saturdays following it will be possible to get a one day registration and have a go at Saturday competition at the Caledonian. This is ideal for children who haven't been to the Caledonian before to try out Saturday competition before committing the funds. If you wish to have a one day registration please let Evelyn know before the Saturday morning and be at the Caledonian by 8.30 am on the Saturday to allow time to arrange this.

On Saturdays, our club is responsible for running the **high jump** event. A roster for duty at the high jump will be made so that all parents have the opportunity to be a spectator as well. If you know that you cannot make your duty time it is your responsibility to arrange a swap with another parent. If there are any problems please let Evelyn know ASAP.

To compete at the Caledonian, children must wear a Caversham singlet which is available to hire from the club for \$10 a season. If you wish to do this please choose the registration and singlet option when registering your child. You can buy the singlets if you wish for approx. \$45. Children must wear plain black shorts and/or black tights and anything they wear under their singlet must be black or white. While the shorts and tights can have manufacturer's markings on them, such as Nike or Active, they cannot have any advertising markings on them e.g. Warrior's.

We also have black and white Dri-Gear long-sleeve tops which are great for keeping warm and tend to be returned when left at the Caledonian as they have the Caversham Harriers logo on them. These can be purchased for \$43 (up to size 14) or hired from the club for \$15 per season. Children's larger sizes can be bought for around \$56.75. Payments for jumper hire and purchase can be made by internet banking into the club's bank account (Caversham Harriers 03-0903-0383903-000). Please include your child's name and jumper number in the reference fields. Cash payments can be given to Evelyn. If you wish to order a jumper please speak to Evelyn.

Fundraising. The Otago Children's Athletics Committee will be running a BBQ at some events at the Caledonian to raise funds for the interprovincial team (see below) that will compete next Easter. Caversham must provide volunteers to run the BBQ periodically. A roster will be forthcoming soon.

The **Mini-multi's event** is held over two mornings (9th and 30th November). Athletes compete for points in each event. The further they throw or jump, and the faster they run will score them more points. These are added up and medals are awarded for 1st, 2nd and 3rd in each age group. To compete in this event, children need to be fully registered by November 5th.

The **Paape Cup** is an all-day event run by the Caledonian Society. Normal athletic competition occurs but the Paape cup is awarded to the club with the most points at the end of the day. (Please note that this is held on **Sunday**, 17th November).

South Island Colgate Games. This event is held each January with athletes competing against other athletes from other centres around the South Island (as well as some entrants from the North Island). Athletes are able to compete in four to six events over three days. Grades 7-9 compete in small divisions, and pennants and ribbons are awarded. Grades 10-14 compete against all in their age group and medals are awarded for placing in the events. This season the Games will be held in Christchurch from 17th to 19th January 2020. Further information will be available soon.

Otago Champs are held over two days along with senior athletes on 15th and 16th February 2020.

Grade 7-11 Otago team. Dunedin 22nd March 2020. You will be asked later in the season if your child/children are available for the event and then selectors will announce the team, normally at the Otago champs.

Otago Interprovincial Team – Grade 12-13. To be held in Auckland this season at Easter weekend 2020 (competition days April 11th and 12th) . Nomination forms will be distributed before December. This event does cost the athletes money and hence the fundraising BBQs.

Club records are able to be broken at club champs. Events on standard club nights are not generally recorded.

Trophies - There are two trophies that are chosen over the duration of the season:

Most improved: For the most improved athlete from the whole season.

Sportsmanship: The best team member.

There are also trophies awarded to children who compete in the Otago Children's champs: **junior, intermediate** and **senior** top aggregate points scorers', male & female.

Contact Details for the Children's Club

Evelyn Armstrong - 021-176-1138 (children@cavershamharriers.co.nz)

Ken McDonald - 027-894-3722

Carol Evans - 021 900 442 (Carol.Evans@ravensdown.co.nz) – Secretary

More information on the services we provide in the junior and senior club at www.cavershamharriers.co.nz

Caversham Bank Account

Caversham Harriers - 03-0903-0383903-000.