



# 2015/16 Junior Track and Field Club Calendar

Venue: Grenada North Park  
Jamaica Drive,  
Grenada North

[www.olympicjuniors.nz](http://www.olympicjuniors.nz)  
[www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)

## S E P T E M B E R

Registrations online via

[www.olympicjuniors.nz](http://www.olympicjuniors.nz)

See Registration tab for **online link**.

You can pay the credit card or pay:

*Olympic Harriers*

*Account Number (Westpac):*

*03 0566-0125857-00*

### Sun 20 Registration Day

2pm to 4pm @ Alex Moore Park (upstairs in Olympic Harrier Clubrooms),  
Bannister Ave, Johnsonville OR enter online

## O C T O B E R

See pre season coaching options at under

[www.olympicjuniors.nz](http://www.olympicjuniors.nz)

## N O V E M B E R

### Sun 01 Get Set Go Festival

For: Under 7s

Venue: Newtown Park

Time: 10am to 12pm Cost: \$10

Book at [www.athleticshub.co.nz](http://www.athleticshub.co.nz).

*Includes free Get Set Go t-shirt for first 200 to register*

### Mon 02 First Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

*Please note: cancellation via Olympic Junior Athletics Facebook Page and website [www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)*

### 10 Colgate Registrations Close

The North Island Colgate Games are being held in Palmerston North 8 to 10 Jan & South Island Colgate Games in Nelson from 15 to 17 January.

**NOTE: Registrations close 17 November. NO LATE ENTRIES**

### 08 1<sup>st</sup> Interclub

For: 7 to 15 yr olds inclusive

Venue: Newtown Park

Time: 10am to 1.30pm

### 09 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 16 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 22 2<sup>rd</sup> Interclub Masterton

For: 7 to 15 yr olds inclusive

Venue: Pelorus Trust Athletics Track

Time: 10am to 1.30pm

### 23 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 29 3<sup>rd</sup> Interclub Newtown

*HOSTED BY OLYMPIC*

For: 7 to 15 yr olds inclusive

Venue: Newtown Park

Time: 10am to 1.30pm

*We need as many of our athletes competing plus parents helping on the BBQ etc since we're hosting!*

### 30 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

## D E C E M B E R

### 07 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 13 4<sup>th</sup> Interclub Newtown

For: 7 to 15 yr olds inclusive

Time: 10.00am to 1.30pm

### 14 Last Club Night till 2016

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 19 Scottish Night of Miles

Venue: Newtown Park

Time: From 5pm

Cost: \$10 per person or per family (this is a donation for a charity)

*This Scottish Night of Miles programme will include extra events for those competing at Colgates.*

### 27 Colgate Games warm up

Venue: Newtown Park

Time: 4pm to 5.30pm time

## J A N U A R Y

### 02 Colgate Games warm up

Venue: Newtown Park

Time: 4pm to 5.30pm time

### 08-10 North Island Colgate Games

Venue: Palm North (7-14 year olds)

**Please Note: Registrations for Colgate Games close 17 November**

### 15-17 South Island Colgate Games

Venue: Nelson (7-14 year olds)

### Fri 22 Capital Classic

**Come & watch NZ's top athletes in action at Newtown Park**

### 31 Medal Day Lower Hutt

For: 7 to 15 yr olds inclusive

Venue: Hutt Recreation Ground

Time: Rego from 9am. Starts 10am

*Register for up to 4 events from 9am*

Cost: \$2 per event per child (4 events maximum)

## F E B R U A R Y

### 01 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 07 Junior Ribbon Day Paraparaumu

For: 7 to 15 yr olds inclusive

Venue: Paraparaumu Domain

Time: 9.30am-3.30pm

Cost: Gold coin donation

### 08 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

**Wellington Champs Online Entries open 11 Feb. If you don't pre enter you can't compete in the Wellington Champs.**

### \*\*14 5<sup>th</sup> Interclub Newtown

For: 7 to 15 yr olds inclusive

Venue: Newtown Park

Time: 10am to 1.30pm

**Club Champs Events (events to be determined – club champs to be held as part of junior interclubs in 2016)**

### 15 Club Night: IAAF Kids Athletics Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 22 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### \*\*28 6<sup>th</sup> Interclub Newtown

For: 7 to 15 yr olds inclusive

Venue: Newtown Park

Time: 10am to 1.30pm

**Club Champs Events (events to be determined – club champs to be held as part of junior interclubs in 2016)**

### 29 Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

## M A R C H

### 07 Final Club Night

Venue: Grenada North Park

Time: 5.30pm to 6.45pm

### 13 & 20 WELLINGTON CHAMPS

Venue: Newtown Park

Day 1: 13 March & Day 2: 20 March

Time: 9.00am start. Start and finish times for athletes will vary depending on events entered.

## A P R I L

### 04 OLYMPIC PRIZE GIVING

Venue: St Francis Xavier School,  
Main Road, Tawa

Time: 6.30pm to 7.30pm

## CLUB COACHING

Subs cover Monday club nights and participation in all interclubs. Interclubs are open to registered club athletes aged from 7 to 15 years of age. There is additional coaching

available for those who are interested. Further info below. The cost is \$50 per athlete if you would like to do any of these coaching sessions.

### ADDITIONAL COACHING

#### **SPRINTS, LONG JUMP, HIGH JUMP, SHOT PUT, DISCUS**

Amanda Goldsmith has coached for the Olympic Club for many years now. If you'd like to sign up for any or all of her coaching sessions below the cost is \$50 for the full season. Training options five days of the week plus a gym option on Sunday (\$5). Fiona McGlinchey is overseeing the throws coaching this season. To find out what trainings are available on each day go to [www.olympicjuniors.nz](http://www.olympicjuniors.nz) Or email Fiona at [fuzzy.fi@actrix.gen.nz](mailto:fuzzy.fi@actrix.gen.nz)

If you are planning to attend Amanda's or Fiona's trainings please text or phone Fiona McGlinchey on 027 2404534 to register.

#### **MIDDLE DISTANCE COACHING**

Juan McDonald oversees our Middle Distance Coaching for primary, intermediate and college age kids. These trainings are aimed at those who are keen on keeping fit for other sports and/or for those keen on training for distances 800m and above.

John Cope, Nick Julian, Chris Speakman and Steve Walker are our other coaches in this area. There are training options on Mondays to Thursdays at Grenada North Park in Tawa, Alex Moore Park in Johnsonville, Raroa intermediate and Tanera Park, Brooklyn. Further details available at [www.olympicjuniors.nz](http://www.olympicjuniors.nz). You can sign up for this for an additional \$50 for the season. Pay by internet banking and email Jo Murray to register at [coaching@olympicharriers.org.nz](mailto:coaching@olympicharriers.org.nz)

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#### **RUNNERS STRENGTH TRAINING**

We are also offering Runners Strength Training sessions with Mark Anderson. These are currently on Mondays at our Alex Moore Park clubrooms, Bannister Ave from 4.45pm to 5.30pm at a cost of \$25 for a 6-week block. At the moment you can join part way through. As more sign up we will open further sessions. For further info email Jo at [coaching@olympicharriers.org.nz](mailto:coaching@olympicharriers.org.nz)

#### **ADDITIONAL WORKSHOPS**

This season we are also offering a range of workshops/presentations over the season. These will be run by Mark Harris, an IAAF Level 1 and 2 qualified presenter and Sharon Gold, Johnsonville Physiotherapy. These will include:

Planning/Goal Setting, Injury Prevention, Nutrition. Other workshops will be confirmed during the season.

### INTERCLUBS

The interclubs are listed on this calendar. These are open to ALL athletes aged from 7 through to 15 years of age. You must have registered AND paid to take part and to get results. They are all held on Sundays from 10am till approx 1.30pm. There is also Ribbon Day on Sunday 7 Feb and Medal Day on 31 January. You don't need to register for any of the interclubs. All are free (except \$2 per event for Medal Day and gold coin for Ribbon Day). Just turn up with your Olympic uniform and your Colgate Age Flash and your Olympic code that you will be given when you register. Each athlete competing earns individual points and club points. At the end of the season they have an award for the individual in each age group with the most points, and the club with the most points. Olympic won this trophy for the 4<sup>th</sup> time in a row this year.

We will send a programme out the week prior to each interclub. It's a great family day out. The kids love it. It gives them a chance to make new friends and compete in a friendly environment. Take a picnic and make it a family day out.

### WELLINGTON CHAMPS

Wellington Champs are held at the end of the season at Newtown Park for all athletes aged from 7 through to 14 years of age. This year they are on Sunday 13 and Sunday 20 March. This is the only event (apart from Colgates) where you have to pre register. Programme will be similar to the 2015 Wellington Champs. There will be online entries. Entries will open approx. 11 February through till the end of February. \$5 per event to enter Athletics Wellington Junior Champs.

### COLGATE GAMES

The North and South Island Colgate Games are held each year in January. This season they are in Palmerston North (8 to 10 January) and Nelson (15 to 17 January). Some families organise their holidays around one of these events. They're held over 3 days for 7 to 14 year olds. Again, you need to pre register to take part in either of these events. Registrations due 17 November. See Jo Murray if interested. You will need to organise your accommodation NOW for this as it's often booked out. It will be great to see a good number of Olympic athletes competing at the Wellington event. Majority of those going will attend the North Island Colgates.

### CANCELLATIONS

- For cancellation of club nights and interclubs check out our website [www.olympicharriers.org.nz](http://www.olympicharriers.org.nz) or LIKE our Facebook Page **Olympic Junior Athletics**

### CLUB WEBSITES

[www.olympicjuniors.nz](http://www.olympicjuniors.nz)  
[www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)

### CLUB FACEBOOK

**Olympic Junior Athletics**

### ATHLETICS WELLINGTON

[www.athleticswellington.org.nz](http://www.athleticswellington.org.nz)  
[www.athleticshub.co.nz](http://www.athleticshub.co.nz)

### SUBSCRIPTIONS

*(Oct 2015 to March 2016)*

**Under 7s Get Set Go: \$70**

**7 to 14 year olds: \$70**

15 to 19 year olds: \$95\* (\*if not already 2015 harrier club members)

**Additional Coaching (7 & older):**

\$50 per athlete (see coaching options at juniors website)

**Registrations online via**

[www.olympicjuniors.nz](http://www.olympicjuniors.nz)

See **Registration Tab** for online link.

You can pay the credit card or pay:

*Olympic Harriers 03 0566-0125857-00*

### CLUB CONTACTS

**Convenor & Coaching Coordinator:**

Jo Murray: 021 976116

[coaching@olympicharriers.org.nz](mailto:coaching@olympicharriers.org.nz)

**Club Captain/Coach:**

Juan McDonald: 027 4376615

[captain@olympicharriers.org.nz](mailto:captain@olympicharriers.org.nz)

**Amanda's Coaching Sessions:**

Fiona McGlinchey: 027 2404534

**Uniforms:**

Nikki Thomas:

021 997 295 or 477 3195

[nikki-avon@hotmail.com](mailto:nikki-avon@hotmail.com) or for

**Second Hand Uniforms:**

Helen Carr or 021 662 563

[jake.helen@clear.net.nz](mailto:jake.helen@clear.net.nz)

### UNIFORM

If you already have an Olympic t-shirt from last season this can be used again. If you would like a race singlet or a Dri Gear t-shirt for the season please see below:

**Olympic Singlets: \$45**

**Olympic Crop top: \$60**

**Olympic Dri Gear Ts: \$35**

**Olympic Grey Hoodie (zip) \$58**

**Black Pullover Hoodies: \$58**

**Black Centenary Hoodie (zip): \$58**

If you would like a name printed on the back of the hoodies there is a \$10 charge.

**For online uniform orders (credit card):**

<https://shopdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=10499>

*There will be some second hand uniforms for sale at registration day. If you would like to buy or sell a uniform please contact Helen Carr ([jake.helen@clear.net.nz](mailto:jake.helen@clear.net.nz))*

### AGE FLASHES

You will receive an 'age flash' for the season. These will be available from the BBQ area at our first couple of club nights. Details to be emailed. Please wear your age flashes on club nights and at the junior interclubs.

### AGE GRADE QUALIFICATION

Age as at 31 December 2015 for all grades, i.e. if a child turns 10 after the 31<sup>st</sup> of December 2015 they will run in the 9 year group. If they turn 10 before the 31<sup>st</sup> of December 2015 they will run in the 10 age group. **They stay in the same age group the WHOLE season.**