



2015/16 SEASON CLUB NIGHTS AT GLOVER PARK, ST HELIERS

IMPORTANT DATES ENROLMENT

Where: ASB Stadium Kohimarama
When: 15th, 16th and 22nd September
Time: 5.00pm – 6.30pm

Subscriptions this year are:
Senior - \$120.00
Junior - \$90.00

Payment by Cash or Cheque **ONLY**

This sub covers the period from first club night to last club night (20th October 2015 – 16th March 2016) (6 months)

FIRST CLUB NIGHT

The season starts on Tuesday 20th October (weather permitting). Please check the website for any changes.

Especially on the first few nights, please ensure all children have warm clothes to avoid those unpredictable temperature drops in the evening. A T-shirt can be worn under the club uniform singlet.

CLUB WORKING BEE

Sunday 18th October from gam. We would appreciate your assistance to sort out our extended gear shed and place our equipment where it is most accessible.

PRE SEASON TRAINING

If there is a coach/parent interested in forming a training group please contact Rodger on 575 0575 or on Club Night.

OPEN DAYS

On Saturday 24th, 31st October and 7th November there will be Athletics Open Days for Grade 7 – 14 at Mt Smart from 9.00am to 1.00pm. This is a chance to stretch your legs before the competitive season starts.

Results from the open days will also be considered when selecting the Trans Tasman and Interprovincial teams.

TRANS-TASMAN 2016

10 and 11 year olds (as at 1st October 2015) are eligible to trial for the Auckland Trans-Tasman team comprising up to 128 athletes.

Saturday 14th November is the **compulsory** trial day for Trans Tasman Trialists and Interprovincial Trialists Telephone Rodger or Denise on 575 0575 for more information.

The Trans-Tasman Challenge is an annual event hosted in turn by Auckland and New South Wales. This season the New South Wales team travels to Auckland with Challenge Day being held on Sunday 17th January 2016 at Mt Smart Stadium.

12/13 INTER-PROVINCIAL 2016

This event will be held in Dunedin during Easter. Trials will be held in conjunction with Open Days listed in the Auckland Junior Calendar with the compulsory trial on 14 November 2015. Application forms will be available at the registration table on club nights and from the club website.



Eastern Athletic and Harrier Club

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COLGATE 5 STAR AWARD SCHEME

The club is introducing this year the Colgate Star Awards scheme. This is an incentive scheme based on personal improvement with certificates awarded on achieving specified performance levels. A certificate will be awarded at five Levels - 1 Star, 2 Star, 3 Star, 4 Star 5 Star - according to the standards achieved in a specified number of events for each age group. All athletes will be able to attain and be rewarded for achieving 1 or more star levels during the season.

HANDBOOK

The club handbook is currently being updated for printing and will be available at enrolment. The handbook tells you just about everything you need to know about club events and information for the season.



UNIFORMS

All children must wear a club uniform to compete. Using last year's uniform is fine, but the 2015/16 Club number must be sewn on the back and the BLUE age patch must be sewn on the left shoulder of the uniform top.

Our uniform can be purchased at Registration at \$30 a singlet and \$30 for shorts and will also be available on Club nights.

AGE MANAGERS

Parents are required to help coordinate children on club nights, taking them from event to event and recording their results. Please give Dora or Cathryn a call to discuss any help you can offer – or record your interest on the registration form. Please consider whether you can help – even on a shared/partial basis. Please Contact:- Cathryn 0274 423166
Dora 022 6163706

CLUB WEBSITE

www.easternathletics.co.nz

The club website is now well established and is a key means of communication with our members. All club news, results and other information is posted on the website.

The most visited part of the website is the photo pages area. This includes as many images of Eastern Athletes at club, interclub and regional events as possible. If you are at an event and take photos of our club athletes, please make these available to us for the website.

Please visit the website regularly throughout the season.

LAST SEASON HAPPENINGS

Our athletes enjoyed success at a range of Centre, Regional, National and international events.

CLUB RECORDS

8 Club records were broken last season.

Eryn Westlake - 200m, Isla Westlake - 200m, Matthew Eady - 400m and 800m, Samantha Watson - Long Jump and High Jump, Mayah Coleman - Shot Put and Discus. Well done to these athletes. Full details are on our website.

www.easternathletics.co.nz

AUCKLAND CHAMPIONSHIPS

Eastern Athletics Club had a very successful Auckland Champs competition this year. We had 42 athletes competing over the two days with a total of 30 medals. Apart from our medalists we also had 46 athletes make finals for their events.



12/13 INTER-PROVINCIAL 2015



Roshan Baroumandi, Chelsea Oliver, Anna Schwabe, Lucy Burrell, Samantha Watson, Michael Sheed, Bono Napota, Matthew Eady were selected for the Auckland team and they represented Auckland well with nearly all attaining a personal best performance. The national age group competition was held in Hamilton with the Auckland team finishing third.

2015 TRANS TASMAN ATHLETES



This year the Trans Tasman competition was held in Sydney, Australia and Eastern Athletics was represented by five athletes: Tiana Salesa, Petra Buyck, Charlotte Gordon, Ella Russ and Lila Baroumandi. As always the competition was fierce and due to some fantastic performances and home field advantage the Aussies took away the trophy. While our Eastern athletes did not achieve any individual medals they all represented themselves and our club admirably and a great time was had by all.



CLUB CONTACTS:

Seniors:

Cathryn Oliver 0274 423166
and Dora Salesa 022 616 3706

Juniors:

Courtenay O'Brien 021 501700



2015 COLGATE GAMES

This year's North Island Colgate Games were held in Newtown Park in Wellington and Eastern Athletics Club was well represented by 12 athletes ranging in ages from 7 to 12 years of age. The team was as follows:

Charlie Devlin (12), Ephraim Salesa (12), Roshan Baroumandi (12), Petra Buyck (11), Charlotte Gordon (11), Tiana Salesa (11), Sean McPhee (9), Harrison O'Brien (9), Ruby Salesa (9), Vincent Salesa (8), Poppy O'Brien (7)

Wellington turned on a beautiful weekend of hot sunny weather, which contributed to some very long hot days for our team. Fortunately we had our team tent and the support crew came well equipped.

The competition was intense with many talented athletes representing clubs from around NZ and our Eastern athletes can be proud of their efforts. There were some strong performances with our best result coming from Charlie Devlin who gained a bronze medal in the 12 boys' high jump. We also had three other finalists. They were Roshan Baroumandi in the 12 girls' long jump, Charlotte Gordon in the 11 girls' long jump and high jump and Lila Baroumandi in the 10 girls' long jump. Both Tiana and Ephraim Salesa made the semi-finals of the 100m.

Our younger athletes also did particularly well with several pennants being brought home.

All registered athletes are eligible to compete in these events and announcements will be made prior to each event at the muster on club night. In addition, please feel free to ask any committee member for more information about any of these events.

DUTY ROSTER

Our club is run entirely by volunteers and we remind you that it is a condition of enrolment that parents assist with the running of events. We ask that you help at least twice per season for each child you have enrolled.

Parents will be asked at enrolment to nominate their duty nights – please check your diaries and be prepared for this. The club is run entirely for the benefit of our children and it **can't operate without everybody pitching in.**

Once you have your allocations, it is **ESSENTIAL THAT YOU TURN UP**