



EASTERN ATHLETICS

WELCOME TO THE 2019/20 SEASON!



Welcome everyone to the 2019/20 athletics season.

Every Tuesday night in summer, Eastern Athletics is a happy, fun place for your children aged 4-14 to come and learn the basics of athletics. There's even a \$2 sausage sizzle to make sure they get fed too!

Please forward this newsletter on to other parents who may be keen for their children to also enjoy athletics, or encourage your kids to invite a friend along to join in the fun and learning.

New in 2019

This year we're offering free introductory coaching sessions for parents and carers. This will help you get your kids to the next level and give you more confidence as a parent helper on Club nights. Follow us on Facebook for more details.

First Club Night is Tuesday 29 October (weather permitting).

Registrations are now open online

Easternathletics.co.nz

Or come along to registration night

- Wednesday 18 September
- 5.30-6.30pm
- Foyer, Barfoot & Thompson Stadium
Kohimarama Rd

(Cash or cheque only - no EFTPOS)



KEY DATES

Registration Evening	Wed 18 Sept
Club Working Bee	Sun 20 Oct
First Club Night	Tues 29 Oct
Free Coach the Parents	Tues 12 Nov
Free Coach the Parents	Tues 26 Nov
Last Club Night 2019	Tues 17 Dec
First Club Night 2020	Tues 28 Jan
Last Club Night 2020	Tues 24 March

IMPORTANT INFO FOR 2019/20

Registration

If you register online, please pick up your Club number and age patch at the Working Bee or on the first Club night. We need you to complete and return the online enrolment form and bring your payment receipt with you please. Registration fees are unchanged, based on age as at 31 December 2019:

- \$90 for juniors, 4-6 years
- \$130 for seniors, 7-14 years

Uniform

- \$25 for juniors – singlet (wear own shorts)
- \$40 for seniors – singlet & shorts

Club uniform must be worn.

Club nights

- Juniors 4-6 years, 4.45pm-5.45pm
- Seniors 7-14 years, 6.00pm-7.30pm

Club nights provide fun, fitness and new skills in traditional athletics, both track and field. Learn from experienced coaches, enjoy taking part, and improve on personal bests through the season. Sausage sizzle is on every Club night!

Eastern Athletics meets at
Glover Park
32 Glover Road
St Heliers

Follow us on Facebook for
Club updates & cancellations

Experienced Coaches

We're lucky to have experienced coaches to help build track & field skills:

- Jonno Moyle, Club Coach and former NZ Commonwealth Games Longjumper
- Brent Newdick, NZ Commonwealth Games Decathlete
- Neil Bartlett, Athletics Auckland Coaching Facilitator

Plus we have a team of trained teen coaches to work with your children at Club nights.



We need you!

Parent help is an important part of a volunteer-run Club. Please support your young athletes by:

- ✓ Being an age group leader
- ✓ Helping with sausage sizzle
- ✓ Joining the Club working bee
- ✓ Attending the free parents coaching session
- ✓ Taking a role on Club night
- ✓ Learning to be an Athletics Official

Remember, parents are asked to stay for Club nights. Thank you for your support!



COACHING SESSIONS FOR PARENTS

LEARN THE BASICS

This year the Club is offering free coaching sessions to give parents and carers an introduction to track and field.

You'll learn basic coaching cues, the rules of the event and important safety requirements.

The aim is to give you more confidence as a parent helper.

**6pm Tues 12th & Tues 26th November
with Neil Bartlett, Auckland Athletics**



2019/20 EVENTS

Once again, there are some great competitive and participation opportunities:

North Island Colgate Games are in Taranaki
10-12 Jan 2020

Auckland Athletics Champs, Mt Smart Stadium
1-2 Feb & 8-9 Feb 2020

