



EASTERN ATHLETICS

UPDATE FOR THE 20/21 SEASON



It's nearly Club Champs time

It's been wonderful welcoming so many new families to Eastern Athletics, and it's good to see everyone back after the Christmas break. A special welcome to our new 3 year old age group - there's lot of smiles from our littlest athletes, and the juniors have been improving in their run, jump and throw sessions.

Seniors have enjoyed some expert coaching, improving skills and helping prepare keener athletes for the competitions and meets around the country.

Senior Club Champs start next week, Tuesday 9 February, and run for six weeks at Club nights. Junior Club Champs are on Tuesday 23 February (athletes registered before 31 Dec 2020 are eligible for Champs, but all are welcome to join in).

Senior Champs recognizes that athletes will likely miss at least one night due to school camps - there are no schedule changes, and it's the best 7 of 9 events that count towards overall awards.

Have a fantastic rest of the season!

New members still welcome!

Registrations are still open, and we welcome new members.

The fee is reduced for the season remainder to \$70 for juniors and \$100 for seniors.

To join, just come along to Club night (no online registrations now please), and remember to bring cash including \$30 for the Club singlet.

Club Uniform required for Champs

Reminder that correct uniform of Club singlet and athlete's own black shorts *must* be worn to be eligible for Club champs.





KEY CLUB DATES

First Club Night 2021	Tues 26 Jan
Senior Club Champs	from 9 Feb
Junior Club Champs	Tues 23 Feb
Last Club Night 2021	Tues 23 March
Prizegiving	Sun 9 May

THANK YOU TO OUR SUPPORTERS

Eastern Athletics relies on sponsors and supporters to help us cover season costs such as equipment, coaching, ribbons and prize giving. Your Committee members are volunteers, and we absolutely couldn't do it without the amazing contribution of parents. Thanks everyone!



Rodger Brickland
Lawnmowing

021 739 094 for a free quote



This season the Club was very grateful to receive an Orakei Local Board Grant to contribute to coaching costs.

Can your business help Eastern Athletics?

We need sponsorship to support the Club and provide for new equipment, expert coaching and helping our young athletes succeed and enjoy the fun and challenge of athletics.

To discuss sponsorship, please contact the Committee at easternathletics@gmail.com.

Eastern Athletics meets Tuesday evenings at
Glover Park, 32 Glover Road, St Heliers

Juniors 3-6yrs 4.45pm-5.45pm

Seniors 7-14yrs 6pm-7.30pm

Please be on time, remember water and sunblock, and use the Covid tracer app.

Follow us on [Facebook](#) for Club updates & cancellations



Colgate Games success

Congratulations to Eastern athletes for taking part in the recent Colgate Games. This is a fantastic event (held in both North and South Islands) for ages 7-14 and Eastern recorded some outstanding results:

- ❖ Esme Reid winning 2 golds and a silver in 11G
- ❖ Sienna Moyle breaking Club records for 12G and taking golds for the 100m and 200m sprint doubles
- ❖ Emma Bews-Hair winning silver in 13G long jump
- ❖ Amy Towers taking bronze in the 11G 800m

Plus there were finals spots and personal bests for many of the Eastern team - well done all!



PARENTS MAKE THE DIFFERENCE

A reminder that we need all parents to stay at Club nights please, and to help at every event. We know it can be a bit daunting, so here are some handy tips that are also very important for the safety of our young athletes.

JUNIORS

- **Mini-hurdles** – 2-3 parents each side to pick up the hurdles, plus 2-3 at each end to help the kids head back in the right direction, and in their lines ready to take another turn
- **Obstacle course** – a parent at each mat to help with the forward-rolls and keep an eye out for safety, parents along the course helping with the equipment and encouraging the children to hop on the moon hoppers, slalom round the cones, and step into each space in the ladder rope
- **Sprints** – help keep the kids in their lines, or be at the finish and get them heading back to the start
- **Jumping** – raking the sand, keeping everyone lined up and moving through their jumps
- **Throws** – every line needs a 'line helper', keeping space for the thrower and the kids ready to go, plus help the thrower. We also need 2-3 parents to pick up the equipment and return to the thrower
- **Egg & spoon and relays** – parents with each line helping keep the event moving through, and not having the children crowd up too much.

SENIORS

- **Discus and shot-put** – we must have 2-3 parents in the field picking up the discus and shotputs, this is really important for safety
- **Long-jump** – grab a rake or help with measuring
- **High-jump** – 1 parent each side of the high jump to lift the bar back on or move it up
- **Running events** – keeping the athletes lined up, quiet for the start, and not crowding the start line

If you're on duty, check in with a Committee member who'll assign you a specific task such as handing out ribbons, or helping with an Age Group.

2021 EVENTS

Auckland Track & Field
Champs, U14+
6-7 Feb, Mt Smart

Auckland Children's
Pentathlon Champs
13 Feb, Mt Smart

Pakuranga Club Ribbon Day
14 Feb, Lloyd Elsmore

Auckland Children's Track &
Field Champs
19-21 Feb, Mt Smart

Counties Manukau Children's
Track & Field Champs
27 Feb, Massey Park

Auckland Children's Top 10
Champs
13 March, Lloyd Elsmore

See the Athletics Auckland
[website](#) for details and follow
the Club on [Facebook](#)

