



# EASTERN ATHLETICS

SUMMER UPDATE FOR THE 2019/20 SEASON



## What a great start to the 2019/20 athletics season!

Running, jumping, throwing and learning - it all happens Tuesday nights at Glover Park. It's been a fantastic start to the season, with only one rain cancellation so far. Welcome to the many new athletes in all age groups who have joined Eastern, especially to the 4 year olds starting out in athletics.

Congratulations to the Eastern athletes selected for the 2020 Trans-Tasman Challenge team, and good luck to those wearing Eastern colours for Colgate Games and Auckland Champs in the New Year.

### Christmas Break

Our last Club Night for 2019 is Tuesday 17 December, and we restart on Tuesday 28 January.

Remember to follow us on Facebook for updates, rain cancellations and other Club info. Meantime, have a safe and happy holiday season ☺.

## Registrations are still open

[Easternathletics.co.nz](http://Easternathletics.co.nz)

### Bring a friend along to try it out!

New faces are always welcome, and athletes joining prior to 31 December 2019 are eligible for Club Champs,

Register online, and remember to bring cash to the Club Night for uniforms.





## KEY DATES

Last Club Night 2019	Tues 17 Dec
NI Colgate Games	10-12 Jan
SI Colgate Games	17-19 Jan
First Club Night 2020	Tues 28 Jan
Auckland Champs	1-2 & 8-9 Feb
Junior Club Champs	25 Feb & 3 March
Last Club Night 2020	Tues 24 March
Prizegiving & AGM	Sat 11 April

## PLEASE HELP US TO HELP YOUR KIDS

To keep Club Nights running smoothly and to give our young athletes the best chance to enjoy and learn, please help us by:

- ✓ **Being on time** - please aim to arrive 5-10 minutes *before* the start times of Juniors 4.45pm and Seniors 6pm. By starting promptly we can get through the programme.
- ✓ **Having your athletes in correct uniform** - Juniors must wear Club singlet with age patch & Club number (no age patch for 4s), and Seniors must wear Club singlet *and* Club shorts. Shorts are available for \$15 and are compulsory for Seniors.
- ✓ **Offering to help out** - please stay with your children throughout the evening, and offer to help at events. This will keep events running to time. If you're not sure what to do, just ask - look for a Club Committee member in the blue shirts, or ask one of the coaches or teenage helpers.
- ✓ At the end of the sessions, helping to **bring all gear into the shed**.
- ✓ **Remembering your Duty nights**. If you need to change, just adjust your night on the Duty roster board.

**CAN YOU HELP?** We need more Age Group Managers, particularly for our Seniors (7+ boys and girls). Email us at [easternathletics@gmail.com](mailto:easternathletics@gmail.com), send us a [Facebook](#) message or talk to a Committee member at the next Club Night. It's an easy role that makes a big difference.

### Experienced Coaches

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

- Jono Moyle, Club Coach and former NZ Commonwealth Games Long jumper
- Brent Newdick, NZ Commonwealth Games and Olympic Games Decathlete
- Visiting coaches through the season, including Athletics NZ throws coach and the former coach to Dame Valerie Adams, Kirsten Hellier.



## Well done!

Congratulations to Eastern athletes Jackie, Amy, Esme, Natalie, Millie and Sienna (not pictured) who have been selected for the 2020 Trans-Tasman Challenge team.

The Trans-Tasman Challenge is for 10 & 11 year olds, and has been running for 40 years. 2020 is the last ever Challenge, so we wish the girls the very best of luck on 19 January in Auckland.



## CLUB NIGHT FORMAT

We're trialing new formats for both Juniors and Seniors at Club Nights - taking on board feedback from athletes and parents.

The goal of Club nights pre-Christmas is to introduce basic coaching principles and record marks and times for all events so the kids (and parents) can track their own progress throughout the season. This will enable them to see how much they actually improve.

We'll continue adapting the format as the season progresses to build on the opportunities to participate, learn and compete for all athletes.



## EVENTS

There are lots of great competitive and participation opportunities for athletes of all ages during the 2019/20 season:

North Island Colgate Games  
Taranaki 10-12 Jan 2020 - any entries should already be in; they *must* close 30 November

Auckland Athletics Champs,  
Mt Smart Stadium  
1-2 Feb & 8-9 Feb 2020 - entry is online via Athletics  
Auckland, entries close 19 Jan

Pakuranga Children's Ribbon Day, Lloyd Elsmore Park, 16 Feb 2020

