



CAVERSHAM HARRIER AND ATHLETIC CLUB
CHILDRENS SECTION

Season Information

Welcome to the 2021-22 athletics season!

TUESDAY TRAINING NIGHTS

Practice Nights this year will be held each **Tuesday evening from 6 to 7.30 pm at Corstorphine Park on Middleton Road**. Please be there at 6pm so that we can start promptly. Practice will start with a group warm-up and then we will split into groups and move round different events, usually a run, a jump and a throw. The events each evening will be weather dependent. Groups will be arranged each evening depending on numbers in each age group.

Each child must have an adult at the park providing supervision. This is a safety requirement. If a child does not have an adult at the park they cannot take part in activities. As well as supervising children, parents are required to take children to the toilet as they are situated away from the park. Parents can also help with picking up implements, raking long-jump pits, timing etc. If those coaching do not need to do these functions, they can focus on coaching your children. This is particularly important with the youngest group who are just learning the events. In addition, the practice area is not fenced and we do not count the kids when they arrive or leave. Each age group of children must be accompanied by some parents as they move round the various events so, please spread yourselves around the age groups. If a group of children arrives at an event without any parents then that event will not go ahead until parents arrive.

Cancellations may occur from time to time due to the weather. We will send an email by 5 pm in the event of a cancellation. Please make sure that we have your email address. Emails are usually sent out on a weekly basis so if you are not receiving any emails from the Caversham Children's address, your email address has not been added to the list. Please email children@cavershamharriers.co.nz and let us know in the message. Your address will then be added to the contact list. We will also post cancellation messages on the Caversham Children's Facebook Page. If you don't have access to the internet please let us know your phone number so that we can send a text. Sometimes when we are unsure exactly what the weather will be like we still go ahead. It is up to you whether you bring your children. Depending on numbers the evening may be adapted and possibly shortened so it is imperative that an adult remain at the park with your child.

Covid levels – while at Covid level 1 or 2 we will hold Tuesday training nights. However, there will be no training if we are at Covid level 3 or 4.

PHOTOS

From time to time we may take photos of the kids at the Club night and on Saturday at the Caledonian. No names will be published. These photos may be put on Social Media (Facebook) or our Website. If you do not wish your child's photo to be on either or both of these platforms, please let me know.

REGISTRATIONS

Registration payments are due before the 2nd of November. Children who have been competing with the Harriers over the winter, and have paid subscriptions, do not need to register again.

For new registrations please go to the following link:

<http://www.cavershamharriers.co.nz/our-club/joining-our-club>

Or from the Caversham Harriers website (www.cavershamharriers.co.nz), under 'Our Club', choose 'joining our club'. The registration portal is below the membership categories.

If your child wishes to compete at the Caledonian on a Saturday, registration will cost \$70 for 7 – 14 year olds and \$45 if they are 6. Ages are at 31st December 2021. **Children must be 6 by 31st December 2021 to compete at the Caledonian.** If your child wants to come along on a Tuesday only then it is \$45 for 7 – 14 and \$15 for 6 and under. If your child wishes to compete at the Caledonian they must wear a club singlet. These can be hired from the Club so please choose this option when registering.

If you have registered children online previously, your email address will now be your login. When you log in all children previously registered with that email address should appear. If you have problems please let us know.

If you have not registered children before, the system seems to work better if the parent registers first (see below) and then exits the membership portal. Then, log in to the membership portal, using your login and password that you have just set up, to register your children.

Parents must register with the club as volunteers. This will not cost anything but does mean everyone is fully covered under the Health & Safety at Work Act (2015) if there are any accidents. Parents who are already full members of the club through the Harrier section do not need to register again.

If you do not have access to the internet, please let us know and we can help with that.

COMPETITION

Saturday morning competition at the Caledonian Ground, Logan Park begins on the **16th of October** and will happen most Saturdays (the **draft** program is also attached to this email). The program this season is likely to have many changes along the way due to changing Covid

levels and restrictions on access to Logan Park. Details for each week will be included in the weekly email. Please note that we do not start at 9am every week as in previous years.

When at Covid Level 2 there will be no combined events, children's competition will be in the morning, starting at 9 am. In addition, the mornings will NOT run as previously due to restrictions on group sizes. It is likely that children and parents will be kept in different groups at the track to allow the highest numbers of participants. Details on how activities will work are currently being finalised to allow maximum participation, within the rules. Therefore, what is happening each week will be included in the weekly email. As the plans for Saturdays are completely new, there may be some initial glitches but the organisers etc are doing their best so please bear with them.

Please arrive before the start time so that the children have time to get to where they need to be. At the latest, 8.45am for a 9.00 am start and 9.45 am for a 10.00 am start. If children wish to have a good warm-up you should arrive earlier.

Children have two numbers to wear on a Saturday. These will be issued once registration fees are paid. The children will have an age patch and also a bigger paper number. Please remember to bring both numbers (and the safety pins provided to attach to the children's running singlets). Each child will be issued with a new paper number this year which will become their number for life.

Saturday 16th October will be **Ribbon Day**. Please note we will need to be at Covid Level 1 for Ribbon Day to go ahead. On that day, numbers are not required, there will be no timing on the track or official measuring at field events but children will receive ribbons for being placed (everyone goes home with a ribbon). Also, for that day and for the following Saturday (30th October, there are no athletics on Labour Weekend) it will be possible to get a free one-day registration and have a go at Saturday competition at the Caledonian. This is ideal for children who have not been to the Caledonian before to try out Saturday competition before committing the funds. If you wish to have a one-day registration for 30th October please let Evelyn know before the Saturday morning and be at the Caledonian by 8.30 am on the Saturday to allow time to arrange this.

On Saturdays, our club is responsible for running the **high jump** event. A roster for duty at the high jump will be made so that all parents have the opportunity to be a spectator as well. If you know that you cannot make your duty time it is your responsibility to arrange a swap with another parent. If there are any problems please let Evelyn know ASAP.

To compete at the Caledonian, children must wear a Caversham singlet which is available to hire from the club for \$10 a season. If you wish to do this please choose the registration and singlet option when registering your child. You can buy the singlets if you wish for approx. \$45. Children must wear plain black shorts and/or black tights and anything they wear under their singlet must be black or white. While the shorts and tights can have manufacturer's markings on them, such as Nike or Active, they cannot have any advertising markings on them e.g. Warrior's.

We also have black and white Dri-Gear long-sleeve tops which are great for keeping warm and tend to be returned when left at the Caledonian as they have the club logo on them. These can be hired from the club for \$15 per season or there are limited sizes available for purchase (\$43 up to size 14 and \$56.75 for larger sizes). Payments for jumper hire and purchase can be made by internet banking into the club's bank account. Please include your child's name and jumper number in the reference fields. Cash payments can be given to Evelyn. If you wish to order a jumper please speak to Evelyn.

The **Mini-multi's event** is held over two mornings (13th November and 11th December). Athletes compete for points in each event over the two Saturdays. The further they throw or jump, and the faster they run will score them more points. These are added up and medals are awarded for 1st, 2nd and 3rd in each age group. To compete in this event, children must be fully registered, paid-up members of the club.

The **Paape Cup** is an all-day event sponsored by the Caledonian Society. Normal athletic competition occurs but the Paape cup is awarded to the winning club at the end of the day. (Please note that this is held on a **Sunday**; the 21st November).

South Island Colgate Games. This event is held each January with athletes competing against athletes from other centres around the South Island (as well as some entrants from the North Island). Athletes can compete in four to six events over three days. Grades 7-9 compete in small divisions, and pennants and ribbons are awarded. Grades 10-14 compete against all in their age group and medals are awarded for placing in the events. This season the Games will be held in Invercargill from 14th to 16th January 2022. Further information will be available soon.

Otago Champs are held over two days on 26th and 27th March 2022.

Otago Interprovincial Team – Grade 12-13. To be held this season at Easter weekend 2022 (competition days April 16th and 17th) in Dunedin. Nomination forms will be distributed before December.

Trophies - There are two trophies that are chosen over the duration of the season:
Most improved: For the most improved athlete from the whole season.
Sportsmanship: The best team member.

There are also trophies awarded to children who compete in the Otago Children's champs: **junior, intermediate** and **senior** top aggregate points scorers', male & female.

Contact Details for the Children's Club

Evelyn Armstrong - 021-176-1138 (children@cavershamharriers.co.nz)

Carol Evans - 021 900 442 (Carol.Evans@ravensdown.co.nz)

More information on the services we provide in the children's and senior club at www.cavershamharriers.co.nz

Caversham Bank Account - Caversham Harriers - 03-0903-0383903-000.