



POINT CHEVALIER AMATEUR ATHLETICS CLUB

Welcome back existing members and a very warm welcome to any new members at Point Chevalier Amateur Athletics Club!

We are a club with a long history who prides itself on providing a family friendly environment where young athletes and their families can come along during the athletic season not only to enhance their general fitness or athletic skills but to form lasting friendships and connections within their local communities.

The Up coming Season:

Club Nights: Tuesday is Club Night where all ages come together and participate in their age groups in a variety of Running , Jumping and Throwing events. For the under 7's these are small groups who do short bursts at a variety of activity stations led by a Team Leader. For the over 7's these groups move from event to event ranging from standard track and field events to core strength and stretching to give them the whole athletic experience.

Thursday is Training Night for athletes aged 7+ who are keen on extra coaching in particular events which is varied from week to week. This is very popular and has helped immensely with the breaking of club records, personal bests and outside competition achievements.

Outside Competition: The junior calendar is full from October to February with various events such as Relay Day, Trans Tasman, Club Open Days and Auckland Champs to name a few. We are always keen to participate in these events fielding our strongest athletes/teams to maintain and improve the standard within the Club. Any of our athletes making representative teams are very fortunate as the club is able to offer support to these athletes through the travel fund.

Coaching: Thank you to the coaches and helpers that are once again giving generously of their knowledge, time and effort to meet our athletes needs week after week. Without the dedication of these coaches we would not have the great Club that we have today.

Committee: The Club is managed by a committee of parents and life members. To continue to function effectively and keep things fresh new committee members are warmly welcomed and always needed so please consider joining our team today.

Parents: To ensure the smooth running this season please be on time for the 5.15pm start. Children under 7 years must be accompanied by a parent or care giver at all times. As we will have 400+ athletes each week the club will not assume any responsibility for unattended children before, during or after club night sessions.

Take the time out to come along and encourage their achievement and get involved with your local community.

I wish you all well for the up coming season and look forward to meeting you all soon!!

Simmie Nichols

PCAAC Club President

PCAAC Committee // 2008- 2009

PRESIDENT

Simmie Nichols 029 2533888 simmie@apropos.co.nz

SECRETARY

Phil Miller info@ptchevathletics.co.nz

Tania Miller info@ptchevathletics.co.nz

TREASURER

Brendon O'Connor 021 688312 ceo@stadium.co.nz

CLUB CAPTAINS

(Snr Club Captain)

Simmie Nichols 029 2533888 simmie@apropos.co.nz

(5&6yrs Jnr Captains)

Phil Miller info@ptchevathletics.co.nz

(3&4yrs Jnr Captains)

Caryn Young caryny@adventureworld.co.nz

UNIFORMS

Fialii Fui 027 5556019 fuis.at.home@xtra.co.nz

BBQ

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COMMITTEE

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CONTACT

info@ptchevathletics.co.nz

www.ptchevathletics.com

1st half season -	(10+) 14th Oct, (7+) 21st Oct, All 28rd Oct 2008 Last club night 2008 - 16th December
2nd half season -	Tues 3rd February 2009 - 24th March 2009
Pt. Chevalier Interclub Day (Open Day)	Sun 16th November 2008 (9.30am)
Other Club Open Days	Papatoetoe - Sat 15th Nov 2008 (10am) Roskill South - Sat 29th Nov. 2008 (10am) Manurewa - Sat 13th Dec. 2008 (10am) Massey - Sat 31st Jan. 2009 (10am)
Auckland Junior Relay Championships	Sun 7th December 2008 (8.30am)
Junior North Island Colgate Games	9, 10, 11 January 2009 (Age 7 - 14)
Club Championship Nights (G3 - 6)	Tuesdays 10th & 17th March 2009
Club Championship Day (G7 - 14)	Sun 15th March 2009 (9.00am) (rain date - Sun 22nd March)
Auckland Track & Field Champs - TRIALS	Sat 28th Feb 2009 (9.00am)
Auckland Track & Field Champs	Sun 14th March 2009 (9.00am)
Coaches and committee dinner	Friday 16th April 2009 - venue TBC.
Prize giving	Sunday 18th April 2009 - Pt Chev RSA

Club nights every Tuesday evening at Walker Park, Pt. Chevalier.

3-6 ages - 5.15pm start.

7+ ages - 5.30pm start.

Training Nights (7+) Every Thursday evening at Walker Park, Pt. Chevalier at 5.30 pm.

Cancellation:

Cancellation will be given over Radio 1ZB (89.4FM or 1080AM) at the end of the afternoon news, from 3pm onwards or in "This Week's Updates" section of our web site www.ptchevathletics.co.nz

Participation ages:

Taken as at 31st December, 2008 (children stay in this age group all season.)

This age is equivalent to the athletic grade, (G) i.e. 7 year olds = G7.

For Trans Tasman:

Competitors must be 10 or 11 years as at 1st October 2008.

Parent involvement:

This is ESSENTIAL as the club is run by parents who volunteer for administration roles and for coaching on club nights. Please show your support by offering your involvement

Fee structure - as of age at 31st December 2008:

Children aged 3-6 years	\$35 EACH (includes t-shirt panel)
Children aged 7+ years	\$60 FIRST CHILD (\$45 for subsequent siblings aged 7+ years)

INTER CLUB MEETINGS OR OPEN DAYS:

A number of "friendly " and championship meetings are conducted by other clubs each season. A schedule of selected fixtures is given in the Calendar of Events. Attendance at the meetings chosen is strongly recommended. These are fun meetings and make a pleasant family day.

AWARDS / PRIZE GIVING:

Certificates are awarded to recognise achievement. Trophies and medals are awarded for championships and performance attainment. Prize giving is held in April.

SPIKES / STARTING BLOCKS:

Spikes may be worn on club night by members 10 yrs and over, in laned events and the high jump, but must be taken off between events.

Those using spikes in laned events must use blocks for starting . Athletes must provide their own starting blocks. There are special rules related to the type of spike that can be used on many artificial tracks, such as Towers Track (Mt. Smart). You will need to make sure you have the correct spikes.

TEAM SELECTIONS:

Relay and Top 12 teams to represent the club are selected on the basis of performance in the scratch events on club nights and in open competition. Practices for all members of the team are held at announced times. Teams may be changed due to alteration in performances or non attendance at practices through the season.

COMPLAINTS:

Hopefully there should not be any. If however you are unhappy about any matter effecting the running of the club then please be sure to address complaints in writing to the secretary. Any complaints will be handled discreetly and addressed appropriately to resolve the matter.

- **Be on time - 5.15pm for 3+, 5.30pm for 7+.**
- **Athletes must wear uniform and age patches at every club meeting**
- **Dress appropriately - Walker Park can be very windy**
- **Street wear is not suitable track wear**
- **Children must be supervised at all times**
- **No pets please**
- **Bring money for sausages and ice blocks at end of club night.**
- **First aid kit available at BBQ area**
- **Get involved and enjoy the evening!**

At PCAAC we follow a code of fair play to ensure our children have an enjoyable and safe experience through the physical activities we offer. Please read our objectives and Parent Code of Conduct.

CODE OF FAIR PLAY:

“Fair Play Code for Children in Sport”

- (a) Return the elements of enjoyment and satisfaction to the child participant.
- (b) Make adults aware that children play to satisfy themselves and not necessarily to satisfy adults or their own peer group.
- (c) Improve physical fitness of youth by encouraging participation in some form of sport or physical recreation by making it attractive, safe and enjoyable for ALL children.

To reach these objectives we ask that all parents & care givers read and follow the recommendations listed below.

PARENTS CODE OF CONDUCT:

1. Do not force an unwilling child to participate in sports. Remember children are involved for their enjoyment not yours.
2. Encourage your child to always play by the rules.
3. Teach your child that honest effort is as important as victory so that results are accepted without undue disappointment.
4. Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship.
5. NEVER RIDICULE OR YELL AT YOUR CHILD for making a mistake or losing a competition.
6. Remember that children learn best by example. APPLAUD FAIR PLAY.
7. DO NOT PUBLICLY QUESTION the Officials judgement and never their honesty.
8. Support all efforts to REMOVE VERBAL AND PHYSICAL ABUSE from children's sporting activities.
9. Recognise the value and importance of volunteer coaches. They give their time and great effort to provide recreational activities for your child.



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ALL WORKSHOP REPAIRS: WOF • LUBE • TUNE

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It is very important that all athletes warm up before competing or training.

A general warm up involves:

1. A 400m to 800m jog in track suit or warm clothing .
2. Gentle stretching exercise for the main muscle groups, such as:
 - (a) **Shoulders:** shrugging shoulders 10 times and swinging 30 times.
 - (b) **Stomach and Trunk:** trunk circling 5 times in each direction. Hip circling 5 x times in each direction.
 - (c) **Groin and Thighs:** gentle dips in a split leg position, 5 x times each leg in front.
 - (d) **Hamstrings:** Kneel on left knee, right leg stretched out in front, bend forward to touch hands to right foot's toes. Do this 3 times, holding for 5 seconds each time, with right knee as straight as possible. Then the same with other leg in front.
 - (e) **Calves:** Lean against a fence or tree, one leg back as far as possible while keeping its heel on the ground. Hold for 5 seconds. Twice each leg.
 - (f) **Adductors:** Sit upright on ground, with soles of feet together so that both knees point outwards. Push gently down on both knees as far as is comfortable, hold for 5 seconds and then release pressure. Do this 3 times.
3. Then run 1 or 2 sprints, over 50 metres, then rest for 3 or 4 minutes.

You should now be thoroughly warmed up and ready to compete.

These hints below offer advice to help improve athletes performance and enjoyment of the various disciplines in athletics.

The majority of our athletes come for the enjoyment of the sport while at the same time endeavouring to improve performances. If something looks too complicated then interest and enthusiasm is soon lost.

Some children are natural and soon learn skills which other children follow.

With practice and coaching it doesn't take long to have the majority in a group using the basic skills.

Sprinting: A good start in a sprint race is important if an athlete is going to have a chance of competing to their ability.

- With one foot forward and the opposite arm forward concentrate on the gun.
- When the gun goes a good kick-off with a good swing of the arms and you're away. Speed will develop with practice.

Distance running: These events are usually liked by athletes who can't sprint. A fit athlete will do well in these events but athletes have to develop a sprint, for the finish of such events.

Long Jump: To achieve a good jump one has to have a good speed and be able to jump a good height.

- At take-off the free knee should be swung high.
- On landing the legs should be just forward so that you don't fall backwards. The legs want to be as close as possible on landing.
- To get a good jump one should be able to run up and jump without looking at the board.

High Jump: This is the event most young athletes fear the most and it is the most hazardous. It is important that athletes are supervised properly for this event.

- Young athletes should use a simple scissor style. This is achieved by running up to the bar at an angle and jumping off the outside leg, raising the inside leg over the bar and landing on that leg on the mat.
- The body crosses the bar in the sitting position. If the knee of the take-off leg is slightly bent in the last run-up stride a better spring upwards is gained. As athletes develop other styles can be used.

Shot Put: This event looks easy but requires good technique to 'put the shot' efficiently and safely.

- With the shot in the fingers and against the chin and neck, stand side on to direction of the put with the opposite arm forward at an angle of 45 degrees to the ground.
- The throwing arm with elbow raised should be at about 90 degrees to the body.
- With the back knee bent and keeping fairly low, bring the back foot up to the front foot and then the front foot up to the edge of the circle.
- Push the back hip forward and up by straightening the back leg . At the same time, bring the throwing shoulder forward and push the shot out and up to full arms length.
- The throwing arm must not move backwards. Remember, enter and leave by the back half of the circle. Feet must not go over edge of circle while putting .

Discus: This is another event that looks easy but even more attention to technique is required than the shot put to achieve good results.

- With the heels near the side of the circle stand with the throwing shoulder to rear of circle.
- The discus is held in palm of hand with fingers circled and spread just over the rim.
- Start with moving back foot and throwing shoulder towards the middle of the circle.
- Now, bending the back knee, place the front foot towards the middle of the circle and at the same time raise the arms out and sideways, twisting the hips and shoulders to face the back of the circle.
- Now pull the hips, followed by the shoulders and throwing arm, around towards the front of the circle. Keep the shoulders level to ground and the head up.
- The discus should spin out from the front of the index finger.
- Remember to enter and leave by the back half of the circle and not to put toes over the edge while in circle.

>> PCAAC Prizewinners 2007-2008 //

Championship Awards		Discretionary Awards		Discretionary Awards	
Trophy	Description	Recipient	Trophy	Awarded for	Recipient
Shultz Cup	3 Yr Girls Championship	Ally Gothard	Dimmock Cup	8Yr Or Under Most Outstanding Ability At Club And Interclub	Lizzie Tuimavave
A Ward Cup	3 Yr Boys Championship	Kadin Pritchard	Admirers Cup	Best Triet In Club	Nadia Hill
Muir Cup	4Yr Girls Championship	Rosemarie Pereira	Allan Lucas Cup	Girl Who Is Consistent Athlete But Runner Up	Laura Budgett,
Muir Cup	4Yr Boys Championship	Oliver Gray	Neal Trophy	Boy Who Is Consistent Athlete But Runner Up	Conner Smith,
Mckenzie Cup	5Yr Girls Championship	Carla Hill	Chevalier Cup	Most Placings & Achievement In Open Comp	Helen Evans
Lynch Cup	5Yr Boys Championship	Frazier Tavener	Club Cup	Boy With Attendance, Ability & Behaviour	Maddix Rice
Ellerington Cup	6Yr Girls Championship	Skylar Chapman-Peters	Lorraine Cup	Girl With Attendance, Ability & Behaviour	Madeleine Hill
Ritchie Cup	6Yr Boys Championship	Oliver Ord	Committee Cup B	Most Improved Boy 9+	Logan Mansson
Hart Cup	7Yr Girls Championship	Lizzie Tuimavave	Florence Cup	Most Improved Girl 9+	Natasha Gugich
Thyne Cup	7Yr Boys Championship	Cole Phillips	Ted Mold Shield	Greatest Achievement Shot	Marcella Gugich &, Natasha Gugich
G Adams Rosebowl	8Yr Girls Championship	Natasha Gugich	Presidents Shield	Open Discus Award	Caryn Young
Quayle Cup	8Yr Boys Championship	Zac Biggs	Dot Widdison	Club Spirit, Attitude	Helen Evans
Bell Cup	9Yr Girls Championship	Sabine O'Connor	Gunman Track Trophy	Best Outstanding Runner	Sabine O'Connor
Holden Cup	9Yr Boys Championship	Mark Graham	Hookney Trophy	Best Girls Record Broken During Season	Helen Evans
Keily Cup	10Yr Girls Championship	Antonia Laus	Committee Record Breaker Trophy	Best Boys Record Broken During Season	Harrison Nichols
Tiptoes Cup	10Yr Boys Championship	Eric Munro	Gugich Relay Trophy	Outstanding Achievement At Relay Day	11 Girls 4x200m (Bronze)
Margaret Snow Cup	11Yr Girls Championship	Marcella Gugich	Athlete Of The Year		Marcella Gugich, Xavier Rego,
Margaret Snow Cup	11Yr Boys Championship	Maddix Rice	Runner Up Athlete Of Year		Gabriella Molloy, Rachel Graham
P Wilson	12Yr Boys Championship	Harrison Nichols	3Yr Girl Trophy		Helen Evans
C Wilson	12Yr Girls Championship	Maddy Hill	3Yr Boy Trophy		
***\$40 Voucher	13Yr Championship Girl	Tessa Hodder	4Yr Girl Trophy		Ella Lord, Ella Gillooly, Neve Morrow,
***\$40 Voucher	13Yr Championship Boy	Maxton Scott-Coulson	4Yr Boy Trophy		Gabrielle Summer, Molly Cooper-smith
***\$40 Voucher	14Yr Championship	Cham Phun	5Yr Girl Trophy		Isaac Dye, Thomas Osdowski,
Slavin Cup	Open 1500m Girls	Helen Evans	5Yr Boy Trophy		Charles Miller, Rory Watters
Waterson Cup	Open 1500m Boys	Harrison Nichols	6Yr Girl Trophy		Sarah Currie, Celia Mayo,
Achievements in Interclub Competition					
N.I. Colgate Games	11G Discuss	- Bronze	6Yr Boy Trophy		Mia Taylor, Lily Aitken
Auckland I.P Team	1st	- Gold	6Yr Girl Trier		Luke Cambell Reagan Hoey
Auckland Championships	7G Long J	- Silver	7Yr Boy Trier		Gus Morrow, Ollie Gooch
	10G 1500m	- Bronze	8Yr Girl Trier		Scanlette Jacques, Olivia Thompson, Amiee Johnson
Trans Tasman Reps	Marcella Gugich, Antonia Laus		8Yr Boy Trier		Guy Nicolls, Matthew Brown,
			9Yr Girl Trier		Lukey Schwaiger, Shiloh Fruaan
			9Yr Boy Trier		Gabriella Christini, Isabel Searchfield, Ava Morrow,
			10 Yr Girl Trier		Viola Trnski, Jordan Smith
			10 Yr Boy Trier		Otis Abbott, Luka Klubein, Kovi Lendich,
			Mckimmon Trophy		Kyle Sterne, Harry Pitts, Ben O'Connor
					Lauren Williams
					Karlos Lendich
					Sophie Mitchell
					Oliver Miller & Thomas Searchfield
					Klaudia Senicic
					Benji Lines
					Jaime Athy & Milly Athy

PROPOSED DATE	TIME	EVENT	VENUE	AGES	LOCATION
Saturday 4 October 2008	10.00am	Junior - Season Open Day	Mt Smart Stadium	7 - 14 years	Penrose
Saturday 11 October 2008	10.00am	Junior - Season Open Day	Mt Smart Stadium	7 - 14 years	Penrose
Wednesday 15 October 2008	5:15pm	FIRST CLUB NIGHT	Lloyd Elsmore Park	2 - 14 years	Pakuranga
Saturday 18 October 2008	9:00am	Junior - Trans Tasman Trial (includes IP trial for 12 & 13's)	Mt Smart Stadium	10 & 11 as at 1st Oct 2008	Penrose
Saturday 1 November 2008	9:00am	Junior - Trans Tasman Trial (includes IP trial for 12 & 13's)	Mt Smart Stadium	10 & 11 as at 1st Oct 2008	Penrose
Saturday 2 November 2008	Noon	Junior - Trans Tasman team announcement	Mt Smart Stadium		Penrose
Saturday 8 November 2008	12:00pm	Papakura - Ron Keat Open Day	Massey Park	Open	Papakura
Saturday 15 November 2008	10:00am	Papatoetoe Open Day (includes IP trial for 12 & 13's)	Omana Park	7 - 14 Open	Papatoetoe
Sunday 16 November 2008	10:00am	Pt Chevalier Open Day (includes IP trial for 12 & 13's)	Walker Park	7 - 14 Open	Pt Chevalier
Saturday 22 November 2008	9:00am	Junior - Counties Manukau Junior Relay Champs	Massey Park	Teams 7 - 14 yrs	Papakura
Saturday 29 November 2008		PSG			
Saturday 6 December 2008		PSG			
Saturday 29 November 2008	10:00am	Roskill South Open Day (includes IP trial for 12 & 13's)	Margaret Griffin Park	7 - 14 Open	Mt Roskill
Sunday 7 December 2008	10:00am	Junior - Auckland Junior Relay Champs	Mt Smart Stadium	Teams 7-14 yrs	Penrose
Saturday 13 December 2008	10:00am	Manurewa Open Day (includes IP trial for 12 & 13's)	Jellicoe Park	7 - 14 Open	Manurewa
Saturday 13-14 December 2008		NZ Secondary Schools Championships	Porritt Stadium		Hamilton
Wednesday 17 December 2008	5:15pm	LAST CLUB NIGHT 2008	Lloyd Elsmore Park	2 - 14 years	Pakuranga
Saturday 20 December 2008	TBA	John Walker Night of Miles and 1500m Champs	Mt Smart Stadium	10 - 14 yrs	Penrose
Sunday 21 December 2008	1:00pm	Trans Tasman Uniform Issue and photo day	Mt Smart Stadium		Penrose
9, 10 & 11 January 2009		Junior - North Island Colgate Games	Cooks Gardens	7 - 14 Open	Wangaiui
16, 17 & 18 January 2009		Junior - South Island Colgate Games	Surrey Park	7 - 14 Open	Invercargill
12 - 21 January 2009		Trans Tasman Tour to Sydney			
Sunday 18 January 2009		Trans Tasman Challenge Day	Homebush Stadium		Sydney
Saturday 24 January 2009		Grade 14, U16, U18, Inter Provincial	Inglewood	14 - 17 Yrs Teams	TBA
Saturday 31 January 2009	10:00am	Massey Open Day (includes IP trial for 12 & 13's)	Motire Park	4 - 14	Open Massey
Wednesday 4 February 2009	5:15pm	FIRST CLUB NIGHT 2009	Lloyd Elsmore Park	2 - 14 years	Pakuranga
Sunday 8 February 2009	10:00am	Bays Open Day includes 2000m and 3000m Champs	Sovereign Stadium	7 - 14 Open	North Shore
Sunday 15 February 2009	9:00am	Junior Top 10	Mt Smart Stadium		Penrose
Saturday 21 February 2009	9:00am	Junior - Counties Manukau Junior Champs	Massey Park	7 - 14 yrs	Papakura
Wednesday 25 February 2009	5:15pm	CLUB CHAMPIONSHIPS	Lloyd Elsmore Park	7 - 14 years	Pakuranga
Saturday 28 February 2009	9:00am	Junior Qualifying Day for Auckland Champs	Mt Smart Stadium	7 - 14 yrs	Penrose
Wednesday 4 March 2009	5:15pm	CLUB CHAMPIONSHIPS	Lloyd Elsmore Park	2 - 14 years	Pakuranga
Wednesday 11 March 2009	5:15pm	CLUB CHAMPIONSHIPS	Lloyd Elsmore Park	2 - 14 years	Pakuranga
Saturday 14 March 2009	9:00am	Auckland Junior Champs including Walks Champs	Mt Smart Stadium	7 - 14 yrs	Penrose
Sunday 8 March 2009	10:00am	Auckland Junior 4 x 400m and Medley Relay Champs	Mt Smart Stadium		Penrose
Sunday 15 March 2009		Saver day Auckland Champs		10 - 14 yrs	
Saturday 21 March 2009	10:00am	Junior Pentathlon	Mt Smart Stadium	7 - 14 yrs	Penrose
Wednesday 25 March 2009	5:15pm	LAST CLUB NIGHT	Lloyd Elsmore Park	2 - 14 years	Pakuranga
Saturday 28 March 2009	10:00am	Auckland v Wakatoa BOP Champion of Champions	Mt Smart Stadium	Selected 7 - 14 years	Penrose
Saturday 4 April 2009		North Island Secondary School Championships	Newtown Park		Wellington
Sat 11- Sun 12 April 2009		12-13 Interprovincial Competition	Porritt Stadium	12 - 13 year teams	Hamilton

>> Athletics Auckland -Junior Track & Field Programme 07-08

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Information if you are considering entering for selection to the 2009 Auckland Team.

ABOUT THE CHALLENGE:

- A team of up to 120 athletes will be selected (30 from each age group). Two reserves may also be selected in each age group (boys and girls) making 8 in total.
- Children aged 10 or 11 on 1st October 2008 are eligible for the team.
- Selection will be based on performances at the two official trials (see later for details), however if needed results from the two pre-season Open Days will be used to support selection.
- The Tour is a sporting, educational, social and cultural experience for the Australian athletes and as such team members and their families will be expected to participate in some of the organized social events (Pick Up An Aussie Day is compulsory for all team members in the Auckland region).

IMPORTANT DATES FOR TEAM SELECTION:

• 18 Oct 2008	Trans Tasman Trials (includes IP trial for 12 & 13's)	Mt Smart Stadium.	Penrose
• 1 Nov 2008	Trans Tasman Trials (includes IP trial for 12 & 13's)	Mt Smart Stadium.	Penrose
• 4 Nov 2008	Team Announcement (12pm)	Mt Smart Stadium.	Penrose
• 21 Dec 2008	Team Photo taken and uniform issued	Mt Smart Stadium.	Penrose

IMPORTANT DATES OF THE 2008 TRANS TASMAN CHALLENGE:

• 12 - 21 January 2009	Trans Tasman Tour to Sydney		
• 18 January 2009	Trans Tasman Challenge Day	Homebush Stadium	Sydney, Australia

COST FOR TEAM MEMBERS

\$180.00 (estimate at time of writing) which includes a team uniform (singlet and shorts, polo shirt, jacket, cap and socks), competitor's medal and team photograph. **For those selected, the full amount of \$180.00 must be paid to the Treasurer on the day the team is announced Sunday 4 November 2007.**

SUPPORTERS

We welcome parents, relatives and friends to cheer on the team on Challenge Day. Please note, to ensure athletes do not miss events, remain focused and are active team participants, your interaction with the athletes will be strictly controlled by team officials. On Challenge Day both the teams will be kept together and separated from the spectators. Please don't be offended if we ask you to leave the team area.

SELECTION TRIALS

In order to provide the best possible results for the selectors to consider, those hoping to make the team are expected to attend both trials.

- Athletes must compete in a minimum of four events at each trial, including at least one track event and one field event. This is because the Trans Tasman competition includes both track and field relays. It is likely that almost all athletes will compete in one relay event in addition to the individual events they are selected for.
- The selectors will base their decisions on the results of these two trials; however they reserve the right to consider results from the two pre-season Open Days. The members of the Executive Committee are the team selectors.
- Reserves are a very important part of the team and may be needed at any time due to injury or illness of a team member.

UNIFORM

Athletes can be measured for their uniform on either of the two trial days. Samples will be available to try on. It is important that you are accurately fitted as there will be no opportunity after issue to change uniform sizes. All items of uniform must be clearly marked with the athlete's name and Section number.

FOR FURTHER INFORMATION: PLEASE CONTACT ANY OF THE EXECUTIVE COMMITTEE:

Peter Wyatt	0272 944 009	golfmad@ihug.co.nz
Denise Cheese	021 722 662	denise.cheese@gellertivanson.co.nz
Fiona Maisey	027 274 0719	maifam@xtra.co.nz
Kim Anderson	021 660 415	nuke.anderson@nzdf.mil.nz
Rodger Brickland		brickland@clear.net.nz
Michael Gugich	027 4433575	gugichs@xtra.co.nz (non-touring exec)

>> PCAAC Club Records - Field events //

Girls						Boys					
Age	High Jump	Long Jump	Shot Put	Discus		High Jump	Long Jump	Shot Put	Discus		
7	Felicity Sio 1985 1.06	Lizzie Tuimavave 2008 3.25	Jenna Swann 1989 5.44	Monique Forbes 1986 12.80		Wayne Oldfield 1985 1.07	Christo Feterika 1983 3.92	Jack Tapsell 2003 6.75	Wayne Oldfield 1985 20.43		
8	Felicity Sio 1986 1.16	Michelle Stott Dara Murphy 1988 1982 3.71	Natasha Gugich 2008 7.30	Natasha Gugich 2008 14.59	2008	Ivan Amervich Wayne Oldfield 1986 1.18	Quentin Dane 1983 4.09	Elias Faalogo-Lilo 2007 7.54	Matthew Feterika 1983 22.80		
9	Lorraine Butler 1985 1.19	Bernadette McCaffrey 1988 4.17	Atalissa Frost 2003 9.63	Marcella Gugich 2006 13.00		Jaye Puia Sean McKinnon 1983 1986 1.22	David Murphy 1991 4.41	Jaye Puia 1983 10.03	Jaye Puia 1983 23.6		
10	Bridget Cashmore 2005 1.22	Marcella Gugich 2007 3.71	Atalissa Frost 2004 10.33	Atalissa Frost 2004 26.11		Jaye Puia 1984 1.42	Jaye Puia 984 4.70	Amokura Kingi-Waihua 2004 10.99	Jaye Puia 1984 32.48		
11	Caitlin Byrne 2005 1.37	Dionne Yew 1986 4.84	Josie Feterika 1983 9.78	Atalissa Frost 2005 28.76		Jaye Puia 1985 1.38	T. Blaszcak 1981 5.15	Jaye Puia 1985 11.7	Jaye Puia 1985 35.75		
12	Caitlin Byrne 2006 1.35	Helen Evans 2008 4.19	J. Temm 1980 9.26	Dionne Yew 1987 24.01		Jaye Puia 1986 1.50	Anton Marji 2005 4.33	Jaye Puia 1986 12.42	Stanley Luisi 1985 35.07		
13	Nicola Teesdale 1997 1.36	Nicola Teesdale 1997 4.83	Olivia Young 2007 7.49	Tracy Scott 1984 27.79		Cahon McCarthy 2005 1.35	Cahon McCarthy 2005 5.09	Cahon McCarthy 2005 7.94	Cahon McCarthy 2005 21.48		
14	Helen McLean 2006 1.30	C. Dempsey 1984 4.32	Jodi Oldfield 1989 7.84	Jodi Oldfield 1989 27.79		Wayne Oldfield 1992 1.45	Cham Phun 2008 3.93	Wayne Oldfield 1992 9.51	Wayne Oldfield 1992 37.19		



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1136 Great North Road

We cordially invite members, guests & visitors to enjoy our facilities.
We offer excellent bar service and superb cuisine.

JASMINE RESTAURANT HOURS

Lunch:	Tues - Fri	12noon - 2.00pm
Dinner:	Monday	5.30pm - 7.30pm
	Tuesday	5.30pm - 8.00pm
	Wednesday	5.30pm - 8.00pm
	Thursday	5.30pm - 8.00pm
	Friday	5.30pm - 8.30pm
	Saturday	5.00pm - 8.30pm
	Sunday	5.00pm - 8.00pm

(Children are welcome restaurant hours only)

FRIDAY NIGHT

DANCE 8.00 - 12.00 PM

THURSDAY & SATURDAY NIGHTS

Live Entertainment in the main lounge from 5.30pm

For enquiries:

Phone (09) 846 8673 Fax (09) 846 4273

PEOPLE HELPING PEOPLE

>> PCAAC Club Records - Track events // Boys

AGE	30M	50M	60M	75M		
3	Noah Banks 2007 7:05	Noah Banks 2007 11:90	Luca Aitken 2008 1:48 2008	Noah Banks 2007 18:26		
4	Theo Stratford 2003 6:15	Jack Tapsell 2000 10:55	Oliver Gray 2008 9:96	Gavin Williams 1985 2008 15:32		
5		Toby Schumacher 2007 8:90	Stuart McKinnon 1984 9:80	Toby Schumacher 2007 14:50	Quentin Stringer 1984 17:75	
6		Oliver Ord 2008 8:54 2008	Paul George 1984 9:45	Loman Thomson 1999 12:59	Loman Thomson 1999 16:30	
7	60M	100M	200M	400M		
	Sean McKinnon 1984 8:90	S. Timlin 1988 15:58	Quentin Stringer 1986 34:40	Wayne Oldfield 1985 1:17.77		
8	Simon Curran 1984 8:30	Gavin Williams 1989 14:81	Matthew Feterika 1983 32:00	Simon Curran 1984 1:15:40		
9	Matthew Feterika 1984 8:37	Jason Forbes 1981 13:80	Jaye Puia 1983 31:00	Matthew Feterika 1984 1:09:20		
10	100M	200M	400M	800M	1,500M	3000M
	Joshua Cocker-Valu 2004 13:87	Joshua Cocker-Valu 2004 28:92	Harrison Nichols 2006 1:08.91	Alec McDonald 1984 2:40.89	Harrison Nichols 2006 5:34.97	Ned Gow 2006 12:43.12
11	T. Blaszcak 1981 13:40	Harrison Nichols 2007 29:41	Cahon McCarthy 2003 1:05:08	Jarred Latica 1982 2:39:00	Harrison Nichols 2007 5:29:70	Harrison Nichols 2007 11:56.67
12	Stanley Luisi 1985 13:30	Andre Rooney 1983 26:69	Dane Watson 2007 1:07:58	Cahon McCarthy 2004 2:26:29	Harrison Nichols 2008 5:26:80	Harrison Nichols 2008 11:28:22 2008
13	2008	Maxton Scott-Coulson 2008 13:36	Cahon McCarthy 2005 27:45	Jarred Latica 1984 2:24:00	Cahon McCarthy 2005 5:20:37	
14	D. Ryan 1981 13:00	Cham Phun 2008 27:6 2008	Brent Roe 1983 10:35:0	Brent Roe 1983 2:29:00	Cham Phun 2008 6:56:52 2008	



POINT CHEVALIER AMATEUR ATHLETICS CLUB

ANNOUNCER

- Call up events in advance of starting time as scheduled by programme & make general announcements as requested.

MARSHALS

- Use age group markers to marshal children in each age group promptly at start of meeting.
- Organise children into heats before each age group is called to the start.
- Sit children down in lane and heat order while awaiting prior to start of event.
- Take each heat/final over to start and direct children to correct lane.
- Educate children to return to you while awaiting next event.
- Re-marshal children at start of next track event or take them from marshalling area to field event when events are called. Ensure marshalling is conducted before next track event.
- Liaise with starter at all times. Watch flow of events.
- Help to keep unwanted children and parents away from starting and marshalling areas.

STARTER

- Control flow of meeting by getting events away promptly. Assist marshals at start.
- Recall all false starts and do not hesitate to disqualify if 2 breaks.

Note: Starter responsible for collection and return of gun and starting area marker.

TRACK JUDGES/TIMEKEEPERS

- One timekeeper for 1st through 8th place or lane. The Judges stand to be placed on inside of circular track at least 5m from nearest lane and in line with finish.
Judges stand on steps - 1st/2nd at top down to 7/8th at bottom steps.
- Head judge alerts timekeepers and indicates to starter (with a raised flag) - ready for race.
Watch starter at all times. **Start timing immediately when you see smoke from start gun.**
- At end of race all competitors must return to the finish line and face back up the track in the same lane they ran in.
- Placing & time slip is given to each competitor and they report to recording table.
- All competitors move off to inside of track promptly and return to their age group marshal awaiting next event. Speed is essential to keep event flowing.

LAP SCORER (track events over 400m)

- Record number of laps run and announce number of laps to run by each competitor when crossing start/lap finish line.
- Ring bell (or otherwise) to record last lap for each competitor.**
 - 800m will start at 200m with 2 full laps of track after crossing 200m finish for first time (ie cross finish line twice before end of race).
 - 1500m will start at 100m finish line and complete 5 laps (ie cross finish line 4 times before end of race)

NOTES ON TIMEKEEPING

- a) Timekeepers must have clear vision across finish line.
- b) Listen to head judge for start call.
- c) Start watch immediately on the flash/smoke of the starters gun.
- d) Stop watch immediately when competitor's **torso** (not head, neck, arms, legs, hands or feet) crosses the finish line.
- e) If an analogue watch stops between the two lines indicating the time, the longer time shall be used - ie if between 9.9 and 10.0 seconds, read as 10.0 seconds.
- f) In the event of 2 of 3 watches agreeing and the 3rd disagreeing, the time shown by the 2 in agreement is used. If all watches disagree, the middle time is used. (If there is disagreement when only 2 watches are used, the slowest time is taken, unless this seems grossly incorrect.)

Note: Timekeepers to collect and return stopwatches to announcing car each meeting. Collect slips for recording times from recorders.

RECORDERS

- a) Take up position on inside of track near judges.
- b) Enter lane/place time into result books.
- c) Verify age group and heat with competitors.
- d) At completion of the meeting, results books are given to announcer.

FIELD EVENTS JUDGES (full instruction provided)

- a) Minimum 2 officials are required for each event.
- b) The names and performances of competitors are marked off in the results book, competitors having been directed to the event by the age group marshals.
- c) Each competitor has 3 rounds. In the high jump only 2 attempts at each height. Competitor is credited with the best of his/her jumps or throws.
- d) At the completion of the competition, the results books are given to the Secretary.
- e) Some competitors may have to be released from a field event (high jump excepted) to take part in a track race, completing their missed round(s) on returning to the event.
- f) Instructions for rules of competition are provided in the results book for each field event.
- i) Officials should transfer to another field event after completion of the first cycle of field events programme so that officials become familiar with all events.

Note: Field event judges are responsible for collecting, setting up and returning equipment for the event to the gear room each meeting.

LONG JUMP

1. Competitors take-off from the applicable board.
2. All jumps are measured from the nearest break in the landing pit made by any part of the body - to the front edge of the take off board, and at right angles to this board.
3. A no jump occurs when any competitor:
 - a) Touches ground beyond take-off board (ie whether running up without jumping or in act of jumping).
 - b) Takes off at side of take-off board (whether behind take-off line or not).
 - c) After a completed jump, walks back through pit.

HIGH JUMP

1. Officials announce commencing height and different heights to which bar will be raised at the end of each round (see guidelines for age group in results book).
2. On club nights, all competitors attempt at heights until 2 consecutive failures when they cease further competition.
3. Any measurement of a new height shall be made before competitor attempts such height. In all cases of records the judges must check the measurement after the height as been cleared.
4. The competitor must take off from one foot.
5. Knocking the bar off the supports, or touching the ground including the landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure.
6. Places are decided by the highest jump. If a tie in height occurs:
 - a) The competitor with the lowest number of jumps at the height at which tie occurs shall be given the higher place.
 - b) If tie still remains, the competitor with the lowest total of failures throughout the competition up to and including height last cleared, shall be given higher place.

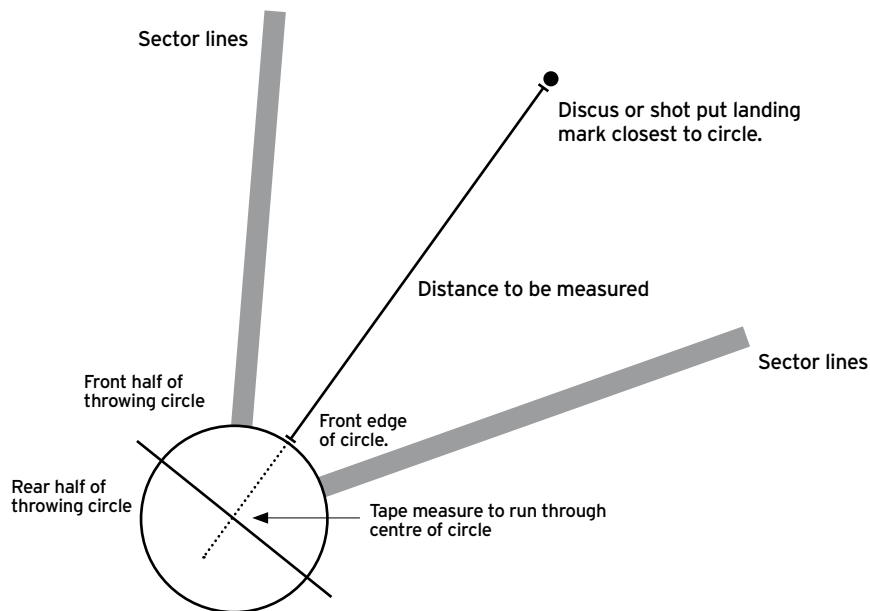
DISCUS

1. Competitors throw from inside of approved circle, entering circle from the rear half.
2. Competitors must commence the throw from a stationary position.
3. It is a foul throw when a competitor:
 - a) After entering the circle and commencing to throw, touches with any part of his body, the ground outside of the circle (or the top of the iron circle band).
 - b) Leaves the circle before the discus touches the ground.
 - c) Leaves the circle from the front half (circle must be left from a standing position from the rear half).
 - d) Throws the discus wider than the sector lines radiating from the centre of the circle.
4. Measurements are made from the nearest mark made by a discus to the inside of the circumference of the circle, along a direct line from the discus mark the centre of the circle.

SHOT PUT

1. Competitors throw from inside of approved circle, entering circle from the rear half.
 2. A competitor must commence the throw from a stationary position.
 3. It is a foul or invalid throw when a competitor:
 - a) After entering the circle and commencing to throw, touches with any part of his body the ground outside of the circle (or the top of the stop board).
 - b) Leaves the circle before the implement touches the ground.
 - c) Leaves the circle from the front half (circle must be left from a standing position from the rear half)
 - d) Puts the shot so wider than the sector lines radiating from the centre of the circle.
- Does not put the shot in the correct manner:
- i) At commencement of stance to put, the shot shall touch or be in close proximity to the chin and hand shall not be dropped below this position during putting .
 - ii) The shot must not be brought behind the line of the shoulders.
4. Measurements are made from the nearest mark made by a shot put to the inside of the circumference of the circle, along a direct line from the shot put mark the centre of the circle.

DISCUS OR SHOT PUT LAYOUT & MEASURING



CURRENT WORLD RECORDS AS AT OCTOBER 2008

Mens	100m	9.69	Usian Bolt	JAM	2008
	200	19.30	Usian Bolt	JAM	2008
	400	43.18	Michael Johnson	USA	1999
	800	1:41.11	Wilson Kipketer	DEN	1997
	1500	3:26.00	Hicham El Guerrouj	MAR	1998
	3000	7:20.67	Daniel Komen	KEN	1996
	High Jump	2.45	Javier Sotomayor	Cuba	1993
	Long Jump	8.95	Mike Powell	USA	1991
	Shot Put	23.12	Randy Barnes	USA	1990
	Discus	74.08	Jürgen Schult	GDR	1986
Womens	100m	10.49	Florence Griffith-Joyner	USA	1988
	200m	21.34	Florence Griffith-Joyner	USA	1988
	400m	47.60	Marita Koch	GDR	1985
	800m	1:53.28	Jarmila Kratochvílová	TCH	1983
	1500m	3:50.46	Yunxia Qu	CHN	1993
	2000m	5:25.36	Sonia O'Sullivan	IRL	1994
	High Jump	2.09	Stefka Kostadinova	BUL	1987
	Long Jump	7.52	Galina Chistyakova	URS	1988
	Shot Put	22.63	Natalya Lisovskaya	URS	1987
	Discus	76.80	Gabriele Reinsch	GDR	1988

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» RESULTS & RECORDS //

Bring your booklet with you each week to keep a note of times and distances to see progress over the season.

Name:		Age:								
Date	60m	100m	200m	400m	800m	1500m	H/Jump	L/Jump	Discus	Shot Put

Name:		Age:								
Date	60m	100m	200m	400m	800m	1500m	H/Jump	L/Jump	Discus	Shot Put

