



OLYMPIC

Junior Summer Training Membership

The Junior Summer Membership is ideal for the following:

- Current harrier members who want to keep fit over the summer months
- Those who are interested in running harriers next season and want to develop a fitness base over the summer
- Those aged 10 and older who want additional training to compete in the running events at either the junior interclubs on Sunday mornings, or the Black and Gold Programme at Newtown Park on Saturday afternoons
- Those who just want to improve their running for their school events and competitions
- Those who play other sports, like football, rugby and hockey, who want to stay fit over the summer

Expertise provided:

Alastair Leslie has been coaching our intermediate and college-age athletes throughout the winter harrier season with great success. He will be coaching the athletes throughout the summer. He is a fantastic running coach who has made a huge difference to our club this past season.

The training sessions will be held as follows commencing the week of 12 October:

Tuesdays @ Tawa College, Duncan Street, Tawa, Wellington

4.20pm to 5.15pm: For 10 to 12 year olds (middle distance) plus sprinters aged 10 and older

5.00pm to 6.00pm: For those aged 13 and older

Thursdays @ Grenada North Park, Jamaica Drive, Grenada North or Tawa College (venue tbc each week)

4.20pm to 5.15pm: For both age groups, i.e. 10 years upwards

The training sessions with Alastair will continue until the end of March.

Competitions / Interclubs (7 to 15 year olds)

For those aged from 10 to 15 years you are eligible to compete at the **Wellington Junior Interclubs** which are held at various locations in the Wellington region throughout the summer, i.e. Newtown Park, Paraparaumu Domain, Petone Recreation Ground etc. These are usually held on Sunday mornings from 10am till approximately 1pm. If you only want to complete in the running events then you don't need to be there for the entire programme. Contact Jo Murray for a calendar for the season which includes details of all interclubs.

Competitions / Interclubs (Secondary School Students, Seniors and Masters)

- Athletics Wellington holds open events every Saturday afternoon at Newtown Park. All events are graded. In the early part of the season you will race against your own age, then you'll start to race against athletes seeded at the same level as you regardless of age. All races will be electronically timed. There are also throwing and jumping events for those who want to compete in these. To help with seeding, the first time you turn up you will need to advise your name, age and club and what events you want to compete in that day. From then on you will only need to register the events you are competing in as you will be already be in their system.
- The programme starts at 1.30pm with short sprints, followed by a race walk, then hurdles and longer distance runs. To cover all events the programme is split into alternate "gold" and "black" programmes. The programme and its content are published at the beginning of the season and is usually on display each Saturday.
- The season starts on 3 October with a programme of "under" distances (60m, 150m, 600m etc). The next three Saturdays are open to everyone, but special emphasis is placed on College grades to help them prepare for the inter-college season.
- At the end of October and early in November, athletes will be encouraged to go to an 'interclub' league event. The first is in Hastings and the second in Palmerston North. The third event is at Newtown Park. At these events every athlete scores points towards a club trophy.
- The registration fee you pay to Olympic Harriers covers the cost of you taking part in these events, as long as you wear the Olympic uniform while taking competing. A programme for the season will be posted shortly on www.athletics.org.nz

For further information contact:

Jo Murray, Junior Coaching Convenor, jo@kellysports.co.nz or 232 9409 or 021 976116

Malcolm Standrill, Registrar, registrar@olympicharriers.org.nz



OLYMPIC

Junior Summer Membership Form

Address:	
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E-mail:	
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Phone Nos:	(home)	(work)	(mob)
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First Name	Family Name	M F	Birth Date (day/mth/yr)	Current Harrier Member	Current Junior T & F Member	Fee
						\$
						\$
						\$
						\$
						\$

School(s):		Race singlets @ \$42 each	\$
		Kidz T-shirts @ \$17 each	\$

Cheques are payable to 'Olympic Harrier Club'

Total Enclosed:

\$

(Circle)

(Tick)

Do you receive the Wednesday Bulletin e-mail?	Y / N	Subscribe me to the Wednesday Bulletin at the above e-mail address	
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Subscriptions for 10 to 19 year olds	U16 at 31 Dec '09	U19 at 31 Dec '09
Current Olympic Harrier Junior Winter Members	\$60	\$60
New Summer Junior Members (not currently registered)	\$90*	\$100*
Junior Members who have already registered for Junior Track and Field on Monday nights at Grenada North	\$50	N/A

* Please note the additional amounts cover the \$20/\$40 we have to pay to Athletics New Zealand and \$10 to the Athletics Wellington Junior Committee.

Privacy Statement

I consent to the collection of the above details on this form, by the Olympic Harrier Club Inc (OHC). for the purpose of club membership, and for OHC to retain, use and disclose members' information to Athletics New Zealand and Athletics Wellington for registration purposes. I acknowledge my right to access and correct this information. I also consent to my results and photos being published on the OHC website. This consent is given in accordance with the Privacy Act 1993.

Either Single individual consent: **Signed:** _____ **Date:** _____

Or Family consent: I, _____, an adult member of the family included on this form; sign this consent on behalf of all the family members.

Signed: _____ **Date:** _____

Payment/Registration options:

Email completed form to registrar@olympicharriers.org.nz OR post to Registrar, Olympic Harrier Club, P O Box 13095, Johnsonville OR hand to Jo Murray or Malcolm Standrill at the club.

Payment by internet banking: Olympic Harrier Club Race Account 03 0566-0125857-00. Please include a family name or name of person you are registering when you make this payment and advise what date the payment has been made.

Payment by cash or cheque to Malcolm Standrill or Jo Murray. Payable to 'Olympic Harrier Club'. Do not post cash.