



Summer Coaching

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 Athletics Wellington programme 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, netball and hockey, who want to stay fit over the summer.

Expertise provided:

Alastair Leslie coaches our college-age athletes and older and Juan McDonald coaches our primary and intermediate-aged athletes throughout the winter cross country and summer athletics seasons with great success.

Training sessions will be held as follows starting the week of 15 October till end of March:

Tuesdays @ Tawa College, Duncan Street, Tawa, Wellington

You will be notified which training group you are in before at the end of the school holidays.

4.30pm to 5.00pm (warm up at 4.20pm): Training Group 1 (mainly 10 to 13 year olds) with Juan

5.00pm to 5.30pm (warm up at 4.50pm): Training Group 2 with Alastair

5.30pm to 6.00pm (warm up at 5.20pm): Training Group 3 with Alastair

Thursdays @ Grenada North Park, Jamaica Drive, Grenada North (park in carpark off Nassau Street)

Group 1: 4:00pm (Juan), Group 2: 4:20pm (Alastair), Group 3: 4:45pm (Alastair)

These times are for you to be there to start your warm up (approx 10 mins with a 5 minute jog and stretches)

Competitions/Interclubs (7 to 14 year olds)

For those aged from 10 to 14 years (who have paid for a club membership as well as the summer coaching), 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. Adventure Park in Whitby, Paraparaumu Domain, Hutt Recreation Ground and Newtown Park from early next year (the track is being relaid from September through till January). These are usually held on Sunday mornings from 10am till approximately 1pm. If you only want to compete in the running events then you don't need to be there for the entire programme. Contact Jo Murray for an event calendar.

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

- For secondary school students, seniors and masters who have paid for a club membership.
- Athletics Wellington holds open events every Saturday afternoon. These will be at a variety of venues for the first part of the season as Newtown Park is being re-laid and is out of action until January. All events are graded. In the early part of the season you will race against your own age, and 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 for the season is listed on the following page. To cover all events the programme is split into alternate "gold" and "black" programmes which are also listed on the following page.
- The season starts on Saturday 13 October with blackboard and selected events at Masterton's brand new track. The following Saturday is the Gold programme, again at Masterton.
- Any interested athletes are encouraged to compete at the Regional Teams' Meets. The first round is being held in Palmerston North or Hastings on Saturday 27 October, the second in Palmerston North or Hastings on the 10th of November and the third at Masterton on the 24th of November. If you would like more info on this please contact Jo on jo@kellyports.co.nz.
- The club membership 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. The programme for the season is on the following page, and any updates are posted through the season on www.athletics.org.nz plus www.olympicharriers.org.nz

Running for all



Summer Coaching Form 2012/2013

Address:			
E-mail:			
Phone Nos:	(home)	(work)	(mob)

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	\$
		Dri Gear T-shirts @ \$30 each	\$
		Olympic Hoodie Black or Grey @ \$55 (sizes 10, 12, 14, 16, S, M, L, XL)	\$
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			

Fees for Summer Coaching		
Coaching fee for Harrier Members (this includes training and competing)		\$65
Coaching fee for Junior Members already registered for Junior Track and Field on Monday club nights		\$50
Coaching fee for non members who only want to train but not compete on the track (coaching only fee)		\$65
Coaching fee plus summer-only membership subscription for those aged 10-16 years who want to train & compete at junior interclubs (Under 15s), or the Athletics Wellington Black and Gold Programme (13 & older)		\$105
Coaching fee plus summer-only membership for those aged 17 to 19 years who want to train and compete at the Athletics Wellington Black and Gold Programmes (see Athletics Wellington Syllabus)		\$120
Coaching fee plus summer-only membership for those aged 20 years and older who want to train and compete at the Athletics Wellington Black and Gold Programmes (see Athletics Wellington Syllabus)		\$155

* Additional subscription includes the Athletics NZ and Athletics Wellington Junior Committee Fees

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, PO 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'. Please put in an envelope with your name included and what the payment is for. Do not post cash.