



Newsletter

Number 10

2.Feb.2017

Time to hand in last seasons CCAA Canty Champs Trophies. Please drop them off at the Control Room at Rawhiti.



**What's coming up**

- February 2017:-
- 4th — Interclub—Rawhiti
- 11th — Interclub—Rawhiti
- 18th — Rawhiti- Quadrathon No 2, Boys and Girls  
Grade 10-14  
Ribbon Meeting Grades 7-9
- 19th — Mid South Canterbury Champs, Timaru
- 25th — Last Interclub—Rawhiti
- 25/26th — Senior Track and Field Champs, Timaru
- March 2016
- 4/5th — CCAA Canterbury Champs— Timaru

CCAA

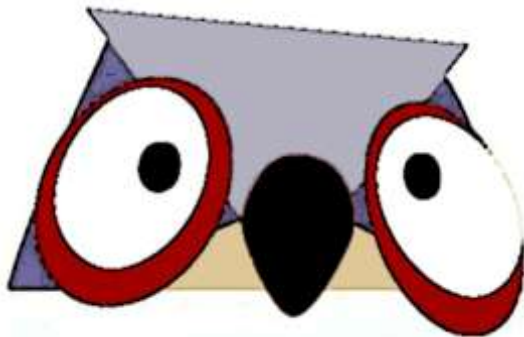
Registrations close on the 20th February at 5pm so please have all children entered in the system and paid up by then.

Boys relays this week and Programme 2.





# From the Interclub Booklet



## Managers, Coaches, Parents / Supporters Code of Behaviour

- ✓ Remember, children are involved in organised sport for their enjoyment, not yours.
- ✓ Encourage children to abide by the rules.
- ✓ Remember that children take part for enjoyment and that winning is only part of their motivation.
- ✓ Avoid concentrating on the talented youngsters. The 'just average' athletes need and deserve equal time.
- ✓ Focus upon the child's efforts and performances rather than the overall outcome of the event.
- ✓ Never ridicule or shout at a child making a mistake or losing a competition.
- ✓ Children learn best by example. Applaud good performances by everyone.
- ✓ Develop respect for officials and opposing coaches.
- ✓ If you disagree with an official, raise the issue through the appropriate channel (your Team Manager) rather than question the official in public.
- ✓ Support all efforts to remove verbal and physical abuse from sporting activities.
- ✓ Show respect for equipment and the facilities.
- ✓ Recognise the value and importance of volunteer managers, coaches and officials. They give their time and resources to provide sports activities for children.

**REMEMBER, MANY OF THEM ARE PARENTS TEMPORARILY PERFORMING A DIFFERENT FUNCTION.**

## Coaching Information - Changing Coaches

If an athlete or an athlete's parent wishes to change coaches, or a coach is approached by an athlete who already has a coach, certain procedures should be observed.

### The IAAF Code of Ethics for Coaches states:

'Coaches should never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad. Further, under the discussion in the code, it states,

If, however, an athlete initiates discussion with a coach in connection with commencing a coaching relationship, while the athlete is already being coached by another coach, then that coach must inform the athlete's present coach as soon as practical.'

Duties for 4th Feb

Duty Club SUMN  
Food CHAV

Relay duties

Change 1 CHAV, PRHL, NCAN

Change 2 NBOL, CANU, PHOX

Change 3 SELW, SUMN, PTOC

Please ensure your children to get to the track marshalling areas on time, it would be a shame if they missed their race!!

## Health and Safety

- ◇ Please remind your children to take off their spikes when not on the track. Yes even at Rawhiti, it is dangerous to be walking around and playing with spikes on when not competing.
- ◇ The areas under the trees at the North end of the track are considered out of bounds for several reasons so please keep your children out of these areas.
- ◇ No access to events through the middle of the field.



Please remember to send the names of any athletes who can now meet the starting height for high jump to Shona Brown by Thursday or bring a signed note to the high jump chief on the day.

Nominations for assistant managers for the Interprovincial and 995 teams are required now.

Please ask your club captain or email [secretaryccea1@gmail.com](mailto:secretaryccea1@gmail.com) for more information.



# THE BIG SHOT

## February 19th 2017

The Shot weight to be thrown is 3kg and so applies to Boys 11/12 and Girls 12/13/14

Each club is asked to nominate 1 boy and 1 girl from those combined age groups to take part.

Names to Marilyn Morrison (3486581) or [marilynmorrison52@gmail.com](mailto:marilynmorrison52@gmail.com) by 11th Feb please.

CCAA Quadrathon Entries due in this Saturday by 1pm. Make sure you have your entry to your club captain to make their job easy.

Mid South Canty Champs, enter and pay on the day.

### Spikes and Blocks Grade 10 +

**Here's the rules.**

Grade 10 and up can wear spikes but it is not compulsory. If you wear spikes you must use blocks for sprints. Walkers can not wear spikes.

Grade 12 and above must use blocks for sprints, whether it be barefoot or with shoes.



# asics PROMOTION

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RUNNING  
TRAIL  
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FOOTBALL  
RUGBY  
HOCKEY  
TRACK & FIELD



## FREE PODIATRY CONSULTATIONS

We have Kirsten Harvey from Pro Podiatry in store on Saturday 18<sup>th</sup>, 9am- pm to help with any foot problems and shoe selections. Please book early to secure your consultation



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## CCAA Canterbury Champs Checklist

Registered with CCAA and fees paid ?

Grade 14s who have been competing in the afternoon, have you competed in a minimum of 4 CCAA morning meetings?

Accommodation booked?

Be proud of your uniform.

Please make sure the correct uniform is being worn , no stripey thermals, no franchise shorts.

Small manufacturers logos on shorts are acceptable

This will be checked leading up to

Canterbury

