

Hi Clubs! The winter season officially ended over the weekend with the Athletics NZ Road Relay champs held on the spectacular Takahe to Akaroa course. Congratulations to all the organisers and clubs that participated over the weekend and throughout the winter in various local and national events. Most clubs are now getting underway with their summer programmes. There are some exciting things in store over the season especially with our kids' athletics programmes.

In this newsletter read about progresses on our new member management system, the new kid's athletics programmes being piloted throughout NZ and some yummy recipes from our awesome kids' athletics sponsor Nestle.

Cat O'Sullivan



Guys on Lap 1

NEW WEBSITE

Have you checked out the new Athletics NZ website, with its snazzy new design? Check out www.athletics.org.nz

Coaches at Play – Nestle/IAAF Kids Athletics Lecturers Courses

Over the weekend 28/29 September coaches from around Otago and Southland attended IAAF Kids Athletics Lecturers Courses in Queenstown and Dunedin. The course covered the rationale behind the programme, long term athlete development and how to run a team competition. The highlight for most coaches was getting to play with the equipment and teaching the kids athletics activities back to the group. The coaches are now going back to their clubs to teach parent helpers and implement the programme in their clubs and communities. If you would like information on the programme please contact catherine@athletics.org.nz



Coaches at play in Queenstown and Dunedin

Member Management

System Roll out...UPDATE

The rollout of the new Athletics New Zealand Management System is progressing really well and already 4500 members have had their details and membership entered in the system. This is well above expectations for this time of the year.

We are very excited about the new system and what it offers to clubs, centres and Athletics NZ.

Clubs have been issued with their all-important Login details to access the Athletics NZ Member Management System. This came via email on 28 August from Athletics New Zealand.

Your club can now login to the Athletics New Zealand Member Management System. If you haven't already done this, we'd like you to do so very soon.

If your club did not receive the August email, please contact your centre registrar or Alastair Dunn alastair@athletics.org.nz to get your Username & Password.

The first thing we'd like you to do is check that we have the correct 'key contact' details recorded for your club. This email, postal address and phone number is the primary contact that we will use to send information to your club, so please check that it is the correct one. For most clubs this is likely to be the secretary, but in some cases it could be someone else.

You can also take the opportunity to change the username and password to something simpler that you will be able to remember and type quickly.

Every member of Athletics New Zealand will be entered into the new member management system (some by their clubs and others by centres - depending on the wishes of your centre). Many clubs have received some training in the system, but if your club hasn't, and wants to know more, please contact your centre registrar.

We'd also like your club to register a number of other

details with us so we know a bit more about your club and can communicate to the correct person in the club on matters like coaching and officials. If you haven't already, please go to [Register Club Details](#) and complete the online form.

This project is a big one for Athletics NZ and we know it will result in making the lives of club administrators easier!

CECS Level 1 Lecturers Course

The IAAF Oceania Regional Development Centre held a Level 1 lecturer's course on the Gold Coast from 16-21 September. The course is designed to develop lecturers who are able to conduct the IAAF Level 1 Course including Kids Athletics in their federations on a sustainable basis

The course content included:

- The Kids Athletics Programme
- Technical Model - Run Jump Throw
- Oral classroom presentations & Practical demonstrations

Amy McClintock (Athletics NZ Coach Development Manager) and I attended the week long course to learn more about the IAAF Kids Athletics programme and how we can best implement it in New Zealand. We both took a lot out of the course and will start delivering the IAAF Kids Athletics courses throughout New Zealand. Queenstown and Dunedin were first up a couple of weeks ago. The aim is to link this programme with our current Run Jump Throw skill development programme. So watch this space, exciting things coming up over the next few months for clubs and schools across NZ.



Course Attendees

Chicken and Vegetable Skewers

INGREDIENTS:

- 400g boneless, skinless chicken breast, cut into 2cm cubes
- 1 Packet MAGGI Chicken and Mushroom Soup Mix
- 12 Wooden skewers, soaked in water for 1 hour
- 12 Button mushrooms, quartered
- 24 Cherry tomatoes
- 2 courgettes, sliced



INSTRUCTIONS:

- Toss chicken in MAGGI Chicken and Mushroom Soup Mix. Cover and chill for 20 minutes
- Heat the flat barbecue plate or preheat grill
- Thread the chicken pieces onto soaked skewers, alternating with the mushrooms, tomatoes and courgettes
- Barbecue or grill for 10-15 minutes, turning frequently, until cooked.

You can find this recipe and heaps more delicious and healthy recipe ideas at Nestles Tasty recipes

www.tastyrecipes.co.nz

COMPETITION

We have 5 copies of the Fit Food Fast recipe books to give away to 5 lucky readers. All you need to do is email catherine@athletics.org.nz with Fit Food Fast in the subject line. Please include your name, postal address and name of your athletics club. Entries close October 31 2013. We'll draw 5 lucky winners

MONTHLY CLUB SHOUT OUT

HAPPY 50th BELLEVUE



BELLEVUE ATHLETIC CLUB
TAURANGA

Congratulations to the Bellevue Athletics Club in Tauranga, celebrating their 50th Anniversary. They plan to celebrate with a Birthday Party and 50th Anniversary silicon bracelets for all members. All the best for the future!

If you have anything special happening in your club please send it our way so we can share it.

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CLUB CHAT

