

Hi Clubs!

Welcome to the first Club Chat of 2014! I hope you've all managed to get out there and soak up some sunshine over the holidays. As you all know it's a busy time out there for T&F clubs as the business end of the season is upon us. Athletics NZ have been out at different events and club nights over the last couple of months and we are excited to see so many people, especially kids participating in athletics....thanks to all you awesome people out there making it happen!

Recently I read an article in ['Athletics Weekly'](#) on Long Term Athlete Development, something that is widely discussed in all sports and is especially relevant in Athletics. It's a good read and reinforces that kids are not 'mini-adults' and therefore should not be training or competing like them. As clubs, we are the hub for the delivery of athletics to children and adults in their local communities. We need to make sure we are always asking ourselves... are we making sure our members' needs are being met? Are we running age appropriate programmes aimed at developing fundamental skills, in an environment that maximises participation? Athletics NZ's aim is to build the enjoyment of athletics through exciting programmes that are relevant to the majority of participants. By next season we aim to have our new Run Jump Throw programme up and running for all clubs and schools to use, it's exciting, it's fun and best of all its aimed at teaching athletics specific skills in a way that maximises participation.

As part of the re development of Run Jump Throw, Athletics NZ are excited to have partnered with **Sports Distributors** to bring you all the equipment you need to run the Get Set Go, Run Jump Throw and IAAF Team Athletics Programmes. The [2014 Catalogue](#) is out now. Check it out!

We are also excited to confirm that the Athletics NZ Club Connect Conference will be held August 8-10 in Christchurch. We are planning an exciting and interactive programme that will get you thinking. We'd love to see some fresh faces attend, so have a think about who the 'right' people in your club are to send along. We will have a draft programme out soon to whet the appetite.

In this issue also read about a new Liteclub initiative for saving on energy costs, club insurance and a healthy snack idea from our Kids Athletics Sponsors Nestle. Enjoy!

Cat O'Sullivan

Club Connect Conference

8-10 August

Christchurch



We are working on a new and improved programme that is exciting, interactive and will get you thinking. Draft programme out soon!

A couple of months ago Club Chat featured an article on LiteClub. It is a completely free service that is funded predominantly by the government. The LiteClub Team visits sports clubs to help improve their efficiency with resources which in turn reduces their environmental footprint. They change light bulbs, wrap hot water cylinders, insulate piping, insert water saving devices in taps and toilets and install 'sorting at source' recycling bins. The end result saves the club money on their electricity, water and waste bills while lightening its load on the environment.

They are currently making their way around the North Island and are looking for some clubs to visit in the following areas:

- Taranaki - 6 new clubs for a trip in late February,
- Waikato - 1 new club in or near Hamilton City for March
- Auckland - 20 more clubs for April and May.

If you own or operate your own clubrooms, get involved to help your club save \$\$ on energy costs. LiteClub aim to hit the South Island later this year so make sure you register your interest also. Register your interest [here](#).

INSURANCE

Are you interested in insurance savings for your Clubrooms? Athletics NZ is working with Sport NZ to understand if cost savings can be realised and be passed onto clubs. If you are interested, please contact Catherine O'Sullivan – Catherine@athletics.org.nz by Feb 28 so we can show demand to Sport NZ.

Each 'Member Club' and their members/officials are also covered by Athletics NZ Public Liability and Statutory Insurance. For more information on this check out the [Athletics NZ website](#)

Rice Paper Rolls (Makes 12)

- 12 sheets rice paper
- 1 capsicum, deseeded and cut into thin matchsticks
- 1 carrot, cut into thin matchsticks
- 1/2 small red onion, peeled and thinly sliced
- 1 pkt snow pea shoots
- 1/4 cup sweet chilli sauce

How to make:

1. Set out a shallow bowl of lukewarm water and a clean cloth to rest them on for rolling.
2. Soak 1 rice paper for about 30 seconds in the lukewarm water or until soft, and then place on the clean cloth.
3. Place some fresh sliced vegetables and snow pea shoots in the centre of the rice paper.
4. Fold one edge over the filling, tuck sides in and then roll up. Serve with sweet chilli sauce as a dip.

Preparation time:

30 minutes

This recipe has been provided by Nestlé and is from the Cookbook 'Fit Food Fast' For other yummy recipes Check out: tastyrecipes.co.nz



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