

5 February 2016

Hi there

I hope that you had a fun and relaxing break over the summer period. Please find some information around athletics training sessions, school competitions, and activities for the 2016 athletics season:

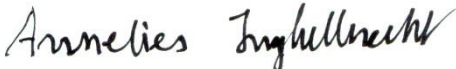
- Athletics Otago **combined clubs training sessions** will run on five Thursdays in Term 1. The sessions will be held on Thursday 18 and 25 February, and Thursday 3, 10 and 17 March 2016 from 5.00-6.00pm. The training sessions are open to Year 8 students and above. It would be greatly appreciated if keen athletes can register their interest to attend ahead of time. Please refer to **Page 2** of this document for the full details. These sessions will be organised again on all Thursdays in November 2016.
- Please see **Page 3** of this document for a list of **Development Level 2 coaching courses** on offer. A course focusing on distance running will be held on **Wednesday 4 May, 6.00-8.00pm** in the Athletics Otago Function room. This course is a perfect opportunity for coaches to upskill and to get athletes ready for the 2016 cross country season. All other courses will be organised on request.
- The New Zealand Track & Field Championships will be held in Dunedin from Friday 4 March until Sunday 6 March. This is a qualifying event for the Rio Olympic Games. Don't miss out! Sign up as a volunteer or come along as a spectator. Have a look at the poster on **Page 4** for further information.

Secondary School Track and Field and Cross Country Events Calendar

Event	Date	Location
Otago Championships	11-12 March 2016	Caledonian Ground, Dunedin
Otago Southland Championships	18-19 March 2016	Caledonian Ground, Dunedin
Special Olympics Track and Field	23 March	Caledonian Ground, Dunedin
South Island Secondary Schools Championships	1-2 April 2015	Timaru
Logan Park Road Race	10 May 2015	Logan Park High School
Caversham Relay	18 May 2015	King's High School
Otago-Southland Relay	26 May 2015	Milton
Otago Cross Country Championships	2 June 2015	Details TBC (postponement 9 June)
NZSSAA Cross Country Championships	18 June 2015	Rotorua
Otago Duathlon Championships	20 September 2015	Taieri
NZSSAA Track & Field and Road Race Championships	2-4 December 2015	Auckland

If you have any further questions, please do not hesitate to contact me on 03 474 6418, or 027 695 8001, or via email at : athletics@sportotago.co.nz

Kind regards



Annelies Inghelbrecht
CoachForce Athletics Development Officer



