



The end of the 2018/2019 summer season has come to an end! I hope your club's season has been successful and the fun nights and prize giving's were fantastic! For all of the Winter Harrier Clubs...Welcome to the Winter 2019 season....it's already in full swing! I'm looking forward to seeing you all out and about running!

I've had a great time attending lots of different events around the district, seeing athletes in action and meeting lots of different people. If you ever see me out and about, please come and say hello! I like to think I'm very approachable... so please feel free to come and have a chat! I'm happy to discuss any support your club may like in the upcoming season, answer questions and concerns or just to have a conversation! There is a lot of value in communication – I'm often surprised by outcomes or ideas from something as simple as a conversation.

During the winter season it is a great time to reflect on the summer season. How was your club's season? Do the committee/athletes/families of the club feel that it was successful? Did the club encounter any challenges? Is there anything to consider changing for the 2019-2020 season? As part of my 'off-season' work, I will be checking in with clubs to gather thoughts and to plan for the upcoming season. I always welcome feedback, so if you or your club would like to pass on thoughts or ideas please email [louisey@athleticswbop.org.nz](mailto:louisey@athleticswbop.org.nz).

I would also like to draw attention to participation in athletics in the winter season. Within the district there are several clubs that operate a winter running calendar. There are a lot of fantastic events throughout the winter season. It would be great to see more athletes becoming involved and continuing to train!

Winter running events and training is a brilliant way to maintain or build fitness and continue to improve for the upcoming season. It can also be used as a way to cross train for other winter sporting codes.....running training – both sprints and endurance are important components of most sports!

Did you know that Athletics New Zealand holds a Club Connect Conference every year? This year it will be held in Wellington on Saturday 3<sup>rd</sup> August. Following the day long club connect, the Athletics New Zealand AGM will be held. If clubs/regions are sending representatives, it is important to note that clubs need to be affiliated to Athletics New Zealand by 4<sup>th</sup> June). Unless payment and affiliation are completed by the 4<sup>th</sup> June, clubs won't have voting right at the Athletics New Zealand AGM. Please note these dates in your calendar!

The Children's Committee will also be having an AGM on Sunday 8<sup>th</sup> June at the Cambridge club rooms. Check your clubs email's for more details.

Have you ever considered becoming an official? As the sport and clubs grow the need for more officials grows. Heather O'Hagan will be running two workshops over winter, on the 16<sup>th</sup> June and the 30<sup>th</sup> June. Please email Heather directly for more information on [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz).

(Link to the AWBOP page <http://athleticswaikatobayofplenty.org.nz/News/officials-training-jumps-and-throws> ).

Have a fantastic winter running season and I'm looking forward to seeing everyone out and about during the upcoming 2019/2020 season.

Louise Young