



PToCH Junior Club Newsletter

September 2025

Welcome to the 2025/2026 Season

Firstly, I want to say a massive thank you to Sarah Hurring who has been helping me to prepare for the new season ahead as the new Junior Club Captain. I can't wait to get started and use our new track! We are now ready to go with the Club Open Day and first club night just around the corner. Looking forward to seeing you all soon.

Junior Club Captain
Natalie



Open Day - Sunday 5th October 2025 2pm - 4pm

We welcome all members along with their friends and family to come and have a go at our Open Day. We will run two field event sessions and sprint races along with providing coaching for those needing to learn sprint starts, high jump and shot put for the first time. There will be a second hand uniform sale running so bring along any uniform and shoes/spikes you would like to sell.

Important Dates:

- 5 Oct Open Day
- 7 Oct First Club Night
- 9 Oct Coaching Night starts
- 11 Oct Saturday Interclub starts (Grading)
- 12 Oct Colgate Pre-Order T Shirts Close
- 16 Nov Colgate Entries Close



Club Nights

It is all hands on deck on club nights. Each age group needs an adult to lead them around their events and record their results and each event needs 2-4 helpers. All you need is a willingness to help, a positive attitude and plenty of smiles.

In the event of bad weather, we will post cancellations on the Papanui ToC H Facebook page by 4pm.



New Uniform

We have exciting news! Over the winter we have been working with Paladin to design a new range of PTOC uniform. Singlets and Hoodies are now available to order with Beanies, T Shirts and Training Jackets on the way. The old range of gear can be worn but can no longer be ordered. We will have another order put through late October to be available for Colgates

Ways to Take Care of Our New Track

A massive thank you to everyone involved in completing this mammoth project. We really need to make sure we use the track responsibly. Below are some expectations when using the track:

- No Food or drink on the track other than water
- No chewing gum near the track
- Only 6mm cone spikes to be worn with 9mm spikes allowed in High Jump shoes only
- Sprint drills should be done in flats i.e. no A or B skips to be done in spikes
- No twisting action on the track in spikes

This year the South Island Colgate Games will be held in Nelson January 16th–18th. Any club member can enter — you do not have to be registered for Saturday Interclub. This event is a super fun experience where you compete against many other kids from around the country and it is a great way to make new friends. We are looking forward to having another large team travel to Nelson. Entry is done individually via this link athletics.org.nz/events/south-island-colgate-games/. Each person can enter up to 5 events. The club enters relays and will try and include as many kids as we can. If you have any older kids who are too old to compete they can sign up to be a volunteer for the weekend—a great way to give back to the sport.

We will also have a small group of athletes travelling to Tauranga for the North Island Colgate Games from January 9 - 11th



Contact Details:

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Information:

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