

Junior Winter Club Captain's Report 2018



It gives me pleasure to present the Junior Winter Club Captain's Report for 2018.

Membership in the junior grades continues to be strong and participation in interclub events has remained steady. We consistently have the most relay teams and runners at interclub events. It has also been encouraging to see the number of Senior Men in the club increase over the last couple of years, most having graduated from our own junior development. Whilst we have lost a few juniors to universities outside Christchurch, the strength of the group has seen us attract others moving here. Over the next few years we may see a similar trend in our women's ranks based on the numbers and potential of our Youth and Junior Women.

Why do we continue to be successful in these areas when there appears to be a general decline in the sport?



1. Club Culture

Some of the more intangible things we do are also some of the most important.

We are very flexible, accommodating and try to minimise the level of obligation. Whilst we encourage club and team commitment via the Club of the Year competition and relays, our relaxed approach is the best way to cater to the individual needs of members. To retain members we must continue to provide as much opportunity for them to enjoy running as possible.

Feeling successful is always enjoyable. Our unwritten philosophy is to encourage our juniors to be "the best they want to be" catering for all levels of ability & motivation. We endeavour to recognise effort, improvement and performance to maximise the numbers of successful members.

2. Communication

We continue to receive positive feedback on the level of information we supply to our members' families as we try to make it as easy as possible for them to be involved. Regular email newsletters, Facebook posts and keeping the website event calendar up to date keeps everybody well informed about race entries, team selections, results and other club news. We also try to share as many of our members' successes as we can whether it be club or school competition or even unrelated to running when we hear about it.

3. Coaching and Training

Our training groups continue to be very well attended with 80-90 juniors frequently involved across our three Monday groups. The social nature of group training runs greatly adds to the enjoyment and attraction for most. Once again we were able to offer at least five junior group training sessions each week.

Training schedules were once again offered, via Barry Magee and me, to individuals who want more comprehensive training. Those who make the commitment to follow these programs continue to make good progress.



4. Club Organised Events

We offer a number of events for the juniors in Canterbury. John Gamblin, Victor Gamperle and team do a superb job at the Children's relays in Bottle Lake Forest.

I believe we are the only club to offer our juniors something every weekend of the season. Our club events are popular and have

been known to attract visitors, which we view as a form of passive recruitment. I would like to express a big thanks to the parents who volunteered or were coerced into officiating at these events.

5. Success

Success breeds success. As well as success in numbers we have had lots of individual and team successes over the season.

- 2018 Canterbury Winter Club of the Year
- Christopher Dryden 1st place NZ Cross Country Junior Men U20 & 3rd place NZ Road Race Junior Men U20.
- Georgia Shinn 3rd place NZ Cross Country Junior Women U20 and 2nd place NZ Road Race Junior Women U20.
- Samantha Lascelles 3rd place NZ Cross Country Girls U13.
- 12 representatives in the Primary Sports Canterbury Cross Country team.
- 10 representatives in Canterbury teams for the NZSSAA cross country relays.
- 2 South Island Cross Country age group winners and 11 medalists.
- 4 Canterbury Cross Country age group winners and 14 medalists.
- 5 Canterbury Road age group winners and 15 medalists.



Finally, I would like to acknowledge the contribution of those who made all this possible.

Special THANKS are due to Sarah and Graeme, my indispensable deputies. They are ever present and ever helpful. I was even able to afford the luxury of a mid-winter escape this season and nobody noticed I was absent.

THANKS to Sarah, Graeme, Richard Brunton, Mike Walker and a number of parent helpers for again making Monday night trainings a highlight of the season for so many.

THANKS to the Executive Committee for their support throughout the season.

THANKS to the parents for supporting and encouraging the children and giving them the opportunity to enjoy running. THANKS to all the runners for having a go, being enthusiastic, being happy, and trying hard. Seeing their enjoyment, success and improvement make all of our efforts worthwhile.

*Craig Eustace
Junior Winter Club Captain
September 2018*