

## Bunbury Runners Club – Juniors Calendar 2016



| 2016 SEASON | BRC MINIS (Age 7 and Under)                                     | BRC PACERS (Age 8 and Over)         |
|-------------|---|-------------------------------------|
| 04-Feb-16   | Season Kick Off – Minis and Pacers Combined                     |                                     |
| 11-Feb-16   | Scratch Handicap Run No.1 – 500m                                | Scratch 2km Handicap Timed Run No.1 |
| 18-Feb-16   | Minis Games & Drills  |                                     |
| 25-Feb-16   | Minis Games & Drills  | Pacers Training Session             |
| 03-Mar-16   | Minis Games & Drills  |                                     |
| 10-Mar-16   | Handicap Run No.2 – 500m  | 2km Handicap Timed Run No.2         |
| 17-Mar-16   | Minis Games & Drills  |                                     |
| 24-Mar-16   | Minis Games & Drills  | Pacers Training Session             |
| 31-Mar-16   | Minis Games & Drills  |                                     |
| 7-Apr-16    | Handicap Run No.3 – 500m  | 2km Handicap Timed Run No.3         |
| 14-Apr-16   | School Holidays – No Juniors                                    |                                     |
| 21-Apr-16   | School Holidays - Brian Kennedy Relay Run (All Juniors Welcome) |                                     |
| 28-Apr-16   | Minis Games & Drills  | Pacers Training Session             |
| 05-May-16   | Minis Games & Drills  |                                     |
| 12-May-16   | Handicap Run No.4 – 500m  | 2km Handicap Timed Run No.4         |
| 19-May-16   | Minis Games & Drills  |                                     |
| 26-May-16   | Minis Games & Drills  | Pacers Training Session             |
| 02-Jun-16   | Minis Games & Drills  |                                     |
| 09-Jun-16   | Handicap Run No.5 – 500m  | 2km Handicap Timed Run No.5         |
| 16-Jun-16   | Minis Games & Drills  |                                     |
| 23-Jun-16   | Minis Games & Drills  | Pacers Training Session             |
| 30-Jun-16   | Minis Games & Drills  |                                     |
| 07-Jul-16   | School Holidays – No Juniors                                    |                                     |
| 14-Jul-16   | School Holidays – No Juniors                                    |                                     |
| 21-Jul-16   | Handicap Run No.6 – 500m  | 2km Handicap Timed Run No.6         |
| 28-Jul-16   | Minis Games & Drills  |                                     |
| 04-Aug-16   | Minis Games & Drills  | Pacers 3km Run with Mum or Dad      |
| 11-Aug-16   | Minis Games & Drills  |                                     |
| 18-Aug-16   | Handicap Run No.7 – 500m  | 2km Handicap Timed Run No.7         |
| 25-Aug-16   | Minis Games & Drills  |                                     |
| 01-Sep-16   | Minis Games & Drills  |                                     |
| 08-Sep-16   | Minis & Pacers Presentation Night                               |                                     |
| 15-Sep-16   | Season Commences for 16 / 17                                    |                                     |



BRC Juniors is designed for kids of all ages with a focus on running skills development and education. The program aims to help children with improving their running technique, learn how to effectively warm-up and stretch, and prepare them for running races, all while creating a safe environment where children can socialise and make new friends!

### PARTICIPATION RULES

- Parents or Guardians must sign each child in/out at the beginning and end of each session.
- All children **MUST** bring their own water bottle.
- Parents are encouraged to join in with their children if they would like to do so.
- HAVE FUN!**

### AWARDS

- The handicap series is run each month. First time runners will complete a scratch run to determine their handicap for future runs
- All financial members are eligible to compete in the club handicap unless they choose not to by notifying the Recorder.
- To gain any points in the handicap runs, Members must be financial members for the 2015/16 membership year.
- Handicap Points - 20 Points awarded to winner down to 1 point.
- The aggregate points of the 7 handicap races will determine the overall winners.
- Awards will be given to the top male and female runners based on aggregate points, for 1<sup>st</sup> and 2<sup>nd</sup> place.
- Awards will also be presented to the male and female runners who post the fastest time in the 500m and 2km timed runs.

### BRC MINIS

- The BRC Minis meet every Thursday night on the oval outside the club rooms. Start Time is 5:30pm in winter and 6:00pm in summer, and runs for approximately 45 minutes.
- The BRC Minis is designed for children aged 7 years or younger and is full of fun activities and group games to assist with developing their running skills. The program teaches children the importance of warming up, stretching, exercising and cooling down.

### BRC PACERS

- The Pacers is intended for those kids aged 8 and over who are interested in longer runs with strength and conditioning training in a fun environment. Games target skills development, improving speed and agility, injury prevention, and building up endurance for longer runs.
- Children younger than 8 are welcome to attend these sessions if they are interested and able to perform the activities.
- BRC Pacers are welcome to join the BRC Minis on the nights where there is no scheduled training or timed run.
- The BRC Pacers meet every Thursday night on the oval outside the club rooms. Start Time is 5:30pm in winter and 6:00pm in summer, and runs for approximately 45 minutes.

For more information contact:

BRC PRESIDENT

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