



**News letter 4** (2018-19)

Great turn out for opening Club night (16 line up at the start of the 1k)



FIRST official Club Night this week (Wednesday 17<sup>th</sup> October)

### *Program A.*

**6.00pm** short hurdles (70,80,100,110) + 1500m + Discus

**6.15pm** 80m

**6.35pm** 600m + Javelin & long Jump

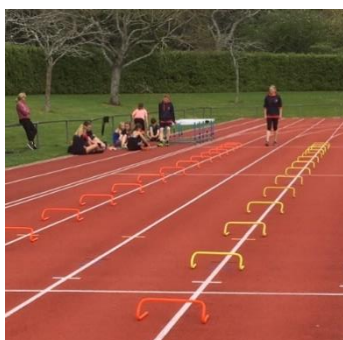
**6.50pm** 150 / 300 options

7.00pm 2 x 100m relays all grades and mixed teams

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SATURDAY Wai-BOP Centre meeting – **NO MEETING for LABOUR WEEKEND**  
October 20-21-22 / BUT Track is available for training.

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Let's all start promoting the **3 OPEN Schools** meetings hosted by  
Hamilton City HAWKS Track and Field. **Wednesdays**

**November 7,14,21.** Everyone welcome (do not have to be a member of an athletic club). All events spread over the 3 weeks. Posters out soon .....< Seen here is a St Peter's holiday training camp – they are getting ready for these special Club nights and NZ Sec School Champs in Dunedin Nov 30, Dec 1,2.



Check out these great NB spikes. **SMITH Sport Shoes**  
Barton Street, Hamilton. 15% discount for HAWKS members.

Thank you Jimmy Young for your continued support for our club.

## OCEANIA CHAMPIONSHIPS – TAHITI November

HAWKS T & F athletes in the team:----

Sam Corbett, Jayden Gozdz, Meg Hamilton-Reid

Caroline Kolver, Sophie Millar & assoc. member

Katie-Lee Roper. That's 1/3 of the total team 😊

GOOD LUCK and have FUN!



*Phil, Conor, James - striding out on Wednesday night*

## YOUTH OLYMPICS Argentina:

Kayla Goodwin ranked 9<sup>th</sup> in opening session of Triple Jump, equalling her NZ record – best wished for the 2 phase Kayla.....



Women's 100m Hurdles at Saturday's Open meeting shown above. 8 of the 10 sprint hurdlers on the day were HAWKS members.

DON'T FORGET if you REGISTER in OCTOBER you could win your money back ! Register soon 😊

Junior Club Captain profile: **SOPHIE A WADDELL**



" I am a year 11 student at St Peter's and have been at HAWKS for 3 years. I have mainly competed in 400m, long jump and triple jump, but I am really looking forward to trying a heptathlon this season. I love rock climbing and netball – at school I love sciences and especially physics. I am thrilled to be Junior Club Captain this season and excited to work alongside so many talented athletes".

Scenes from Saturday Waikato-BOP Centre meeting;



**CLUB COLOURS:**

*Singlets and crop tops* are available to purchase on Club NIGHTS. You need to wear them at Saturday competitions and we encourage you to wear them on Club nights too. See Jeanette and refer to your 2018-19 handbook for costs. If you don't have a year book yet please get one from Jeanette or Diane this Wednesday.

**Where is Harry Ewing** – Sophie Waddell reports;

Harry first started considering an American University in year 13, when he ran a personal best of 9:11 for the 3000m steeplechase at San Francisco State while on the St Peter's California tour. His coach at the time, Ange Russek, helped him look into overseas options, and he finally decided to move when he got a scholarship offer from the University of Wyoming. This was ideal for the intrepid kiwi, as being located in the mountains meant he



could fuel his passions for skiing and hiking. Wyoming's smaller, more select team environment also suited Harry better, compared to a university such as Iowa State. "These schools usually have large rosters with 'cookie cutter' programmes," he remarks. "The training just isn't individualised to you".

Living at altitude was initially a bit of a shock for the former Hamiltonian, as the long cold winters can get as low as -33°C. "Especially difficult to run in... your eyelashes freeze over!" he exclaims. The weather isn't the only change though. "Wyoming is very different, even from the rest of the US" explains Harry. "People walk around in Stetsons and cowboy boots. I didn't know anyone actually wore that stuff. It's also very conservative, which was different from NZ."

Harry's first year wasn't all smooth sailing. He admits that he didn't initially fit in with his team, and the coaching was very different from what he had experienced in New Zealand. It didn't take long for him to settle in though, and in his second year, he began training under a new coach - Scott Dahlberg, who Harry speaks highly of. "Really invests his time in you, and generally a good guy to yarn with... And he runs with us! Unlike the usual crusty old coaches with clipboards who stand on the sideline" he jokes.

Harry has had some outstanding results this year, including placing 15th in the West regions competition, narrowly missing out on the top 12 placing required to advance to nationals. He also ran a personal best time of 8:46:91 in the 3000m steeplechase, which places him 4th in the University of Wyoming all time. He attributes his recent success to his coach's training, and belief in his ability, and is determined to keep working hard towards racing at nationals over the next couple of seasons. His highlight this year has been racing at Sacramento, and getting to witness all the amazing talent showcased. Outside of sport though, he has loved skiing down fresh powder with his friends from the team during their spring break.

As well as being a full time athlete, Harry also involves himself in academics, and is currently studying political science. Although he acknowledges that it can be difficult to maintain a balance with his sport, especially with missing classes on trips out of state, he always feels accommodated by his professors and the University. "Athletes even have their own study room and private tutors, so they really want you to succeed."

Although Harry has occasionally found it tough being in a different environment so far away from home, he has overcome this to aim for success. “There have been times when I’ve been on the phone to Mum wanting to come home, but then I’ll realise that I just wouldn’t have the same opportunities to achieve my goals as I do here. Wouldn’t want to squander such an awesome opportunity over a bit of homesickness.” And he would strongly recommend this pathway to any other aspiring athletes. “Yes, it might be tough sometimes, but you will be so glad you did it if you do it well.”

His advice to young athletes wanting to follow the same path: Give it a shot! He would recommend doing lots of research into schools and coaches to decide whether it’s the right choice for you, but if you have the times or the skill to get a scholarship, then it can be a life-changing opportunity. As well as getting free studies, healthcare, nutritionists, and physio, there is access to amazing facilities that just aren’t offered in New Zealand. America is one of the top countries in the world for athletics, so there is always somebody to push you, and it’s a great environment to be in.

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If you have contact with other HAWKS members based overseas please let us know. We keep in touch with as many as we can – HARRY is having a great 2018. Ariana Lord has recently had parents visiting her in USA – watch for their update on her progress.



SATURDAY ACTION; 600m start and 100m hurdles