



Hororata Highland Games

Junior Warriors Inter School Competition (2015)



Farmers' Walk

Introduction

The farmer's walk is a strength event and has been adapted for the Junior Warriors to include an element of speed. The objective of the junior event is to get around a short course in the quickest time you can while carrying a heavy weight in each hand.



Practice Ideas

1. Set up a short course in your backyard. The course should be a total of 25 metres (12.5 metres each way).
2. At the twelve metre mark, (halfway point) position a barrel/drum/bucket or cone, around which you will run or pivot.
3. Locate two small buckets/containers with handles and fill with water or sand so that each weighs about 15-20 kg. If you have barbells or something of a similar weight, use these instead. You need to be able to run with the objects in each hand without the contents spilling out.
4. Record the time it takes you to complete one circuit of the course - firstly without the weights and then carrying the weights in each hand.

Technical Information ^(HHG)

At the Hororata Highland Games competitors will use custom made weights similar to those in the picture above. Weights will vary depending on the ages of the competitors.

General Information

- Competition will be run from 9am – 11.30am;
- Teams of four children aged 12 years and under (age as at 1 October 2015);
- Each competitor will compete in each of the three disciplines i.e., Caber Toss, Stone Put and Farmers Walk;
- All attempts will be measured and recorded (one attempt per competitor);
- Competitors will be ranked in each section i.e., longest/quickest to shortest/slowest. Points will be awarded to competitors according to their rankings i.e., 1st = 1pt, 2nd = 2pts. From the individual scores, team totals will be collated and the top three teams (with the lowest totals) will be declared winners.

Stone Put

Introduction

Probably the oldest of the heavyweight sports, stone put is the easiest for young people to take-up.

This popular contest is derived from an ancient clan ritual. Each chieftain's "stone of strength" was situated at the entrance of his castle. Before entry was granted, every visiting clansman was obligated to test his strength by throwing the stone for distance. The athlete must put an 8 kg. (7 kg for women) stone with one hand, from a stationary position. The athlete is not allowed to move his feet forward until after the stone leaves his hand.



Practice Ideas

1. Set up an area similar to a shot put arena. Your area should have a 'put line' and side boundaries.
2. Find a large stone/block/Shot Put about 2-3kgs.
3. With your feet firmly planted behind the 'put line', put/throw the stone as far you can.
4. Record the distance from the 'put line' to the where the stone lands.

Technical Information ^(HHG)

At the Hororata Highland Games competitors will use shot puts similar to those in the picture above. Weights will vary depending on the ages of the competitors.

Caber Toss

Introduction

The caber toss is a strength event and has been adapted for the Junior Warriors. The objective of the caber toss event is to heave the caber (a wooden pole) end over end to achieve the greatest distance.



Practice Ideas

1. Find a small fence post/caber (about your height).
2. Find a clear space and draw a line on the ground about one metre long.
3. Starting in a run-up position behind the line, crouch and lift the caber by the narrower end, while its thicker, more unwieldy end points skyward.
4. Run up to the line, building up momentum as you go; stop dead on the line and heave it end over end, so the caber lands pointing away from the thrower at a 12 o'clock position.
5. Record the distance from the start line to the end of the caber closest to the line.

Technical Information ^(HHG)

At the Hororata Highland Games competitors will use tanned fence posts. Weights/lengths will vary depending on the ages of the competitors.