Applicant	Te Kuiti Athletics Club
Project	The purchase of new equipment for the Club and the cost of the season affiliation fees to Athletics NZ.
Type of group or organisation	Informal Group or Committee
Community Benefit	Family, fun active environment where all ages and stages are welcome and encouraged.
Total cost	\$1,254.30
Funds raised	\$200.00
Amount requested	\$1,054.30
Previous Funding received from WDC within past 3 years	Nil
Comments	This application includes the cost of the membership affiliation fee which is ineligible under the CPF. The amount eligible for the funding which takes into account a 50% allocation for the capital items (equipment) is: \$760.00



WAITOMO DISTRICT COUNCIL

# **Community Development Fund Community Partnership Fund Application**

1. About your O	rganisation The Control of the Contr	
Full Name	Te Kuiti Athletics Club	
Postal Address	CI-16 Tammadge St Tekniti	
Physical Location		
Contact Numbers	O21237 2995       Mobile       Fax	
Email	monique@stjosephtk.school- nz	
GST Number	NIA	
Legal Status		
Trust	Formally Constituted Society	
Incorporated	Society Informal Group or Committee	
Other (Please	Describe)	
Years of Operation	New committee - 2018/2019	
	New committee - 2018/2019 Ciub itself - on and off	
Organisational Ca		
Culture and Re		ons,
Education and	Research Development and Housing Religious Congregations and Associations	
Health	Civic and Advocacy Groups Not elsewhere classified	1
Social Services Relief	Philanthropic Organisation, Aid and Relief	
Purpose - What is	the organisations main purpose and objectives?	
The me	ain purpose of our club is to	
offer t	amilies in our area an opportu	かった
to come	together in a fun and friend	114
environn	an purpose of our club is to amilios in our area an opportunt together in a fun and friend ment, to be active and learn, athletics skills and competed others in their age groups	
Prachse	athletics skills and compet	e
against	others in their age groups	

Position Committee Member Position President  Phone(day) 0212372995  Phone(day) 0211735432  Email	Contact Pers	sons					
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every Wednesday and Friday at 237570: CDF1: P2/6							
	Every	Wednesdo	ay and	Fri	dou a	237570	: CDF1 : P2/6

# 3. Community Outcomes and Funding Priorities The basis of this Community Development Fund is to ensure recipients are undertaking projects that make a positive contribution to achieving the Council's Strategic Community Outcomes. Below is a list

make a positive contribution to achieving the Council's Strategic Community Outcomes. Below is a list of Community Outcomes that contribute to the Community Development Group. Please identify which outcomes your project or activity will contribute to. Tick as many or as few as appropriate.

# CO1 Cultural Heritage

A place where people are enriched by the multicultural values of all its people and, in particular, Maori heritage and culture are an inherent and valued part of decision making that affects community life.

### CO2 Recreation and Social Amenities

A place where all age groups have the opportunity to enjoy social, cultural and sporting activities within our District.

#### CO3 Youth

- 1. A place where young people have access to education, training and work opportunities.
- 2. A place where young people feel valued and have opportunities for input into the District.

# CO4 Vibrant and Prosperous District

- 1. A place that attracts more people who want to live, work and play, and raise a family.
- 2. A place where wealth and employment are created through local businesses and development of tourism opportunities.

# 4. Funding for this Project or Initiative

- If you are GST registered please do not include GST in these costs.
- Please round all figures to the nearest dollar.
- Please list separate costs (attached written estimates for verification) and not just a total figure.

see attached quotes

Expenditure Cost of the project	\$	Income How do you plan to fund
Equipment	729 30	Membersh
Athletics NZ affliation	130.00	(Depends on
Run, jump, throw Manual and cards	210.00	Approx
combo		
Ribbons for TK Club	185	
A Total Cost of Project/Service	1254.30	B Funds for Project/Service
Total amount applied	<b>*</b> 1001	

Income How do you plan to fund the project	\$
Membership	see flyer
Membership (Depends on numbers)	3
Approx	200
B Funds for Project/Service	200

Total amount applied for(A - B)

\$ 1054.30

5. Funding from other Parties for this Project or Initial	tive		
Have you applied to, do you intend to apply to, or will you receive funding from any other group for the project or initiative?  Yes			
If Yes, please detail below:			
Name of Group	\$		
Other local businesse	5		
6. Previous Council funding for this Project or any oth	er Service		
Have you received financial assistance from Waitomo Distric purpose? (i.e. rates relief, reduced rental, Triennial Grant /			
No Yes			
If Yes, please detail below:			
What was the purpose of funding?	\$		
what was the purpose of fahanigi	4		
7. Previous Funding for any other Projects or Initiative			
Have you received financial assistance from any other body or organisation during the last three years for any purpose?			
If Yes, please detail below:			
11 res, please detail below.			
What was the purpose of funding?	\$		

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Please supply a copy of your organisations last Annual Financial Report, or, in the absence of the Financial Report, a statement of income and expenditure for the past 12 months. If neither of these documents is available, please explain why below and attach a copy of your organisations latest bank statement/s.

# 9. Volunteer Support

What level of volunteer support will this project or service receive from your organisation?

Number of volunteer workers involved?

7 - core group

Describe the work volunteers will undertake

Advertising, registrations, applying for funding, locating resources and expert support, running the athletics sessions

Resources supplied by volunteers

The club has some basic gear.
The volunteers have made activity cords to use as rotation for kids.

# 10. Further Information

Please add any further information you may wish to provide. This could include details of voluntary input towards the project or service and how you think the project will benefit our community, or what the impact would be on the community if the project is not provided. Letters of support from other organisations within the community would assist with defining the level of community benefit.

I have emailed our information
figer to all schools and early
childhood centres in the Waitoma
District. I asked if this could
be emailed home, spoken about of
assembly, put on their school
facebook and in their new lotters.
We have the support of experienced
coaches Graeme Plender loth and
Inneke Commings as well as our
local sports Waikato - Dede Downs
and Vicki Coll: We also have

Waikato Attetics coming on the 237570: CDF1: P5/6
97- November to offer their support.

# 11. Declaration and Consent

In making this funding application I/we declare that:

- 1. I/We are authorised to do so and to the best of my/our knowledge the information contained herein is true and correct.
- 2. I/We have read the Community Development Funding Policy and understand and meet the criteria for applying to the Community Partnership Fund.
- 3. Any funding received will be used for the project/initiative for which is was approved.
- 4. If the application is successful, on completion of our project/initiative, I/we agree to provide an Accountability Report to the Waitomo District Council.
- 5. I/We also consent to the Waitomo District Council collecting, retaining and using the contact details of our organisation that have been listed in this application.
- 6. I/We agree to repay Waitomo District Council all funding that is not used for the purposes outlined in this application.

Name

Monique Needham

Signature

Signature

Position

Committee Member

Date

Name

Holly Konche ke

Position

Presidend

31/10/18

Date

31/10/18

#### 12. Checklist

Please read and complete the following before submitting your application. Incomplete or late applications will not be accepted.

# Have you:

Office Use	Applicant Use
	completed ALL sections of the application?
	Checked ALL figures within the application?
	Attached a copy of your Financial Report/Accounts?
	Attached a detailed Business Plan?
	Attached Referee Details - Letters of Support?
	Attached a Bank Deposit Slip (If a donation is approved, payment will be direct credited into your nominated account)

#### Please send completed applications to:

Waitomo District Council PO Box 404 Te Kuiti 3941

Ph: 07 878 0800 Fax: 07 878 7771

# Te Kuiti Amateur Athletics Club

C/o Holly Koroheke
16 Tammadge St. Te Kuiti
021173 5432

16-Oct-18	

Customer	Project
Sports distributors Mount Maunganui	Te Kuiti Athletics Club new gear

Description	Qty		Amount
AT127 Primary Pvc discuss	5	\$11.95	\$59.75
AL163 Junior foam javelin	5	\$15.95	\$79.75
PG 170 Vortex mega howler	5	\$24.95	\$124.75
PG171 Vortex pocket	5	\$11.95	\$59.75
PG6452 Hula hoops	5	\$6.50	\$32.50
PG 6450 Hula Hoops	5	\$6.95	\$34.75
PG 073 Balls 3 pack	4	\$8.95	\$35.80
PG 039 Bean Bags 10 pack	1	\$19.95	\$19.95
PG 2131 Tenni Quoits 4pack	3	\$19.50	\$58.50
FD812 Foam discus 6 pack	1	\$35.95	\$35.95
KS111 Junior high jump set	1	\$36.95	\$36.95
PG2727 Elastics	3	\$9.95	\$29.85
AT 125 500gm foam discus	3	\$6.95	\$20.85
AT124 750gm foam discus	3	\$7.95	\$23.85
AT 156 shotput 1kg	3	\$12.50	\$37.50
AT157 shotput 1.5kg	3	\$12.95	\$38.85
All prices include GST			
Notes			\$729.30
			\$729.30

# Te Kuiti Amateur Athletics Club

C/o Holly Koroheke 16 Tammadge St. Te Kuiti 021173 5432

16-Oct-18	

Customer	Project
Athletics NZ	2018/2019 Affliation Fees

Description	Qty		Amount
2018/2019 Season affliation Fees to Athletics NZ	1	\$130.00	\$130.00
		+ +	
		+	
		+	
Notes			\$130.00
			\$130.00









# **3 ITEMS FOUND**

Sort by: Default











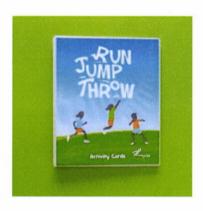
Run Jump Throw Manual and Cards Combo



Run Jump Throw Coaching Manual

\$210.00







Run Jump Throw Activity Cards

\$110.00



Home Customer Service Privacy Policy

Gift Ideas

# TE KUITI AMATUER ATHLETICS CLUB 2018

DO YOUR KIDS ENJOY RUNNING? JUMPING? THROWING?

- Senior Athletics Skills for Year 7 & 8 THIS Wednesday 31st Oct 5pm 6.30pm with Plendy.
- Open Evening <u>THIS</u> Friday 2nd November at Te Kuiti High School fields (next to the gym) with Vicki Coll from Project Energize.



Registrations at 4,45pm

Athletics Rotation starts at 5pm

\*Parents briefing at 5pm\*

Children will learn how to Jump, Run and Throw in a fun and supportive environment for all!

# INFORMATION ABOUT OUR SEASON

Our season will run for 6 weeks every Wednesday and Friday. The club nights are weather dependent and our final evening for 2018 will be Friday 7th December 2018. The season will recommence in Term 1, 2019.



# COST TO JOIN TE KUITI AMATUER ATHLETICS CLUB

Tiny Tots (4 years and under) - \$5

1 child - \$15

2 children (siblings only) - \$25

3 or more children (siblings only) - \$40

Youth 15+ years - \$25

Adult 18+ years - \$30

All costs are for Club Nights only. Registration for Ribbon Days are extra on top of club registration fees.

#### FIRST RIBBON DAY OF THE SEASON

Te Awamutu on Saturday 10th November 2018

\*Please indicate at our open evening if you would like to join us at this Ribbon Day.
Registrations are open for Tiny Tots as well. A super fun day for the whole family!



# PARENT RUN ATHLETICS CLUB

Our club is run by volunteers and we need your help! We require parents to help run events and races. You will be briefed on all you need to know then all you have to do is go and have fun with your kids!

Club President - Holly Koroheke

Secretary - Bridie McKenna

<u>Head Coaches</u> - Graeme Plenderleth and Inneke Cummings

<u>Committee Members</u> - Monique Needham, Belinda Cammock and Amiria Wehi

yamples of two session plans to be run 9th November during club right at Te Kuiti olds: High iump, 60/80 sprints, Overarm throw

Albletics club 5 year olds: High jump, 60/80 sprints, Overarm throw

6 year olds: Overarm throw, High jump, 60/80

7 & 8 year olds: 100/200m sprints, Discuss, Long jump

#### 5 Year olds:

1. High jump, 60/80m sprints, Overarm throw

# High jump -

Warm up game: High 10's

Using cones, set out a marked space. Split group into pairs. Students move around within set space using differing locomotive patterns (run, hop, skip, jump, side step,) when coach calls a number – students find their partner – face each other and do a verticle jump and do a 'high 10' for the same number of times as the coach has called. Purpose of game is to practice technique of height and driving arms up.

Explore which leg is leading. Using skipping ropes either along the ground or a few inches off group (held by parents) have kids take turns at seeing which is their preferred leg – leg closest to the rope/bar goes first.

#### The electric fence

Using skipping ropes – (parents to hold the ropes), have students practice the scissor technique. Encourage the correct angle run up of 30 degrees, leading leg is closest to the rope – reinforce correct technique of driving arms up. Keep skipping ropes low to ensure everyone is able to have success.

Sprints - 60/80m then if time permits the following game

Train Stations – emphasises pumping your arms back and forth (CHEEK TO HIP)

In a set square space, have 4 different coloured hoops (train stations) in each corner. Students move around inside the space (can use different locomotive patterns – run, jump, hop, skip, slow motion running). On command (coach blowing whistle), students stop and wait for coach to call out which colour train station students are to run to (emphasis arm technique).

Overarm throw (side on stance, point finger and toe where they want it to go - big arm circle (uncoil the spring), step

Game to practice technique, then use circle to practice throwing.

#### Cone knock off!

Set up small mushroom cones with tennis balls sitting on top. Have students in a line approx. 5m away from cones. Using bean bags, on whistle signal children attempt to knock off the tennis balls using overarm throw.

#### 6 Year olds:

Overarm throw (side on stance, point finger and toe where they want it to go – big arm circle (uncoil the spring), step and 1.

Game to practice technique, then use circle to practice throwing.

#### Cone knock off!

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#### 2. **High Jump**

#### High 10's

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# **Train Stations** – emphasises pumping your arms back and forth (CHEEK TO HIP)

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3.

### 7/8 year olds:

- 1. Sprints 100m, then 200m
- 2. Discuss. Games as follows then practice discuss from circle.

### The swing

Set up a portable high jump upright (or use rugby posts if low enough). Split class into 2 teams. Object of the game is to get the quoit through the upright (using the side on low to high watch it fly technique). Award 5 points for any quoit that goes through and 2 points for any other sling.

# Quoits - Low to high watch it fly

(side stance – long sling shot arms – low to high watch it fly – release when arms are in a T position)

Split class into small groups (approx. 3-4). Set up a space with zones 5m, 10m, 15m, 20m using different colour cones. First person slings the discus - points are awarded depending on which zone it lands in. First person goes to back of line and second person retrieved the quoit (to discourage walking out the front of circle). \

3. Long jump. Games as follows, then practice getting run up correct and jumping into pit with correct landing.

Jump War!

In teams, jump with 2 feet from a line or cone and place a bean bag or cone where you land. The next person in your team runs to where the bean bag is - (where previous person landed) and takes a jump from there. First team to other marked end wins.

Practice jumping into the pit...

At the side of the long jump pit, set up three spots just at edge (will be take off point on one foot), then place a hoop in the pit, in line with the coordinating spot. Encourage students to land correctly on their motorbike, take off on one foot, fast run up with eyes forward and up, (can give a visual cue to look at), encourage jumping high (can place a small obstacle in front of them), use arms to propel forward (if appropriate).

Friday 16th November

5 year olds: Quiots, long jump, 40/60/80, sprints

6 year olds: 40/60/80m sprints, quoits, long jump

7 & 8 year olds: High jump, 100m/400m, shot put

# 5 Year olds: Quoits, long jump, 40/60/80m sprints

1. Quioits – side stance – low to high watch it fly – arms are last and fast – release when body is in T position

Hoop it! Set up hoops at varying distances away from where the quoit will be thrown. Aim is to use correct technique and see if children can have the quoit land in a hoop. (swing arm so that quoits goes upward when released).

### Low to high watch it fly

(side stance – long sling shot arms – low to high watch it fly – release when arms are in a T position)

Split class into small groups (approx. 3-4). Set up a space with zones 5m, 10m, 15m, 20m using different colour cones. First person slings the discus – points are awarded depending on which zone it lands in. First person goes to back of line and second person retrieved the quoit (to discourage walking out the front of circle).

2. Long jump (fast run up - no more than age in steps. Eyes up – head up, pump arms, take off on one – land on two on motorbike

#### **River Jump**

Create a river using skipping ropes. One end is narrow and gradually widens. (Can make up a story – river has crocodiles in it and they don't want to fall in! Bridge has broken/banks are slippery so they don't want to fall in etc. Begin with 2 foot to 2 foot jump – then progress to 1 foot to 2 feet jump. (Reinforce correct landing). Give students opportunity to practice run up – short and fast with eyes up! See how wide students can jump over the river.

#### Jumping Relay Circuit.

3-4 teams. Spots and hoops marked out in a line (5 spots per group). Then after the spots put down hurdles or cones in a line (5 per group). The aim is for the children to perform a one foot jump from spot to spot, then land on two feet inside the hoop.. Then leap over the hurdle at the end. Once they reach the end they sprint back and tag the next person in the line.

#### Practice jumping into the pit...

At the side of the long jump pit, set up three spots just at edge (will be take off point on one foot), then place a hoop in the pit, in line with the coordinating spot. Encourage students to land correctly on their motorbike, take off on one foot, fast run up with eyes forward and up, (can give a visual cue to look at), encourage jumping high (can place a small obstacle in front of them), use arms to propel forward (if appropriate).

3. 40/60/80m sprints (eyes up head up – so to stay in right lane), pump arms – cheek to hip, light fast feet) Fast feet relay

Split group into teams of 3-4. Set up 5 cones approx. 1-2m apart with a cone at the end approx. 10m away in a straight line. On command, students have to run using light fast feet (and all other techniques) up and over the cones, sprinting to the end cone and running beside the cones on the return run before tagging next person in team. Encourage correct elements of technique.

# 6 Year olds: 40/60/80m sprints, quoits, long jump

40/60/80m sprints (eyes up head up – so to stay in right lane), pump arms – cheek to hip, light fast feet)
 Fast feet relay

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Jumping Relay Circuit.

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4.

# 7/8 year olds: High jump, 100m/400m sprints, shot put

Practicing scissor kick technique

1. High jump - Practice scissor kick on the spot – reinforce toes to the sky (like you are kicking a ball), fast scissor kick (knees should be slightly bent), drive arms up together, (upright trunk eyes forward), (leg closest to the 'bar' kicks first – 30 degree angle).

# The electric fence

Using skipping ropes – (can use seniors to hold the ropes), have students practice the scissor technique. Encourage the correct angle run up, leading leg is closest to the rope – reinforce correct technique of driving arms up. Keep skipping ropes low to ensure everyone is able to have success.

Then move onto jumping onto the high jump mats and bar.

#### 2. 100 m sprint

Fast feet relay

Split group into teams of 3-4. Set up 5 cones approx. 1-2m apart with a cone at the end approx. 10m away in a straight line. On command, students have to run using light fast feet (and all other techniques) up and over the cones, sprinting to the end cone and running beside the cones on the return run before tagging next person in team. Encourage correct elements of technique.

400m sprint

### 3. Shot put

#### **Beat the Ball**

Set up a large square with cones set out at even intervals. Each team member stands at a cone. One member has a large ball which they pass in a clockwise direction. Once ball is passed student runs around the outside of all of the cones before the ball makes it back to the start. Aim for passers is to use a side on pass pushing across the body (as in shot put stance) and beat the runner back to start. Rotate through students as a starting runner.

Practice technique (side on stance – dirty fingers, clean palm, dirty neck, elbows up, power position – chin knee toe, whats the time Mr Wolf and watch it go.

On shot put circle – practice technique – others waiting can be pushing the soft shots in the opposite direction off the cricket pitch while waiting.

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March 8th Prize giving / Break up	60m 80m Overarm throw High jump	80m 100m Quoits Long jump	100m 200m Discuss Long jump
Mar 1st Final night Ribbons	Overarm throw 60m 80m High jump	High jump Overarm throw 80m 200m	100m 400m Long jump Discuss
Feb 29th Points/PB Measure night	60m 80m Long jump Quoits	Quoits 80m 200m Long jump	200m High jump Shotput 800m
Feb 22nd	Long jump Quoits 60m 80m	80m 100m Quoits Long jump	Shot put 100m 200m High jump
Feb 15th	Overarm throw 60m 80m High jump	High jump Overarm throw 60m 100m	100m 400m Long jump Discuss
Feb 8th	60m 80m Quoits Long jump	Long jump 60m 200m Quoits	High jump Shot put 100m 200m
Xmas Break			
Dec 7th	High jump Overarm throw 60m 80m	80m 100m High jump Overarm throw	Discuss 80m 800m Long jump
Nov 30th	Long jump 60m 80m Quoits	Quoits Long jump 60m 80m	100m 400m High jump Shot put
Nov 23rd Points/PB Measure night	60m 80m Overarm throw High jump	High jump 60m 100m Overarm throw	Long jump Discuss 100m 400m
Nov 16th	Quoits Long jump 60m 80m	80m 100m Quoits Long jump	High jump 100m 400m Shot put
Nov 9th	High jump 60m 80m Overarm throw	Overarm throw High jump 60m 80m	100m 200m Discuss Long jump
Nov 2nd Registratio ns Fun/have a go night	60m 80m Long jump Games	80m 100m Games Long Jump	80m 100m Quoits Games
	5 Years	6 Years	7-8 Years

Example of overall plan for club nights for 2018/2019 season

Date:	31/10/2018	Account No:	0449-01
Account Name	Account Name: Te Kuiti Amateur Athletic Club	Last Statement Date: 05/10/20	: 05/10/20

			Account Balance		194.83 CR	374.83 CR	359.83 CR	334.83 CR	54.83 CR
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			Amount So	15.00 CR DC	70.00 CR BP	180.00 CR DC	15.00 DR MR	25.00 DR MR	280.00 DR DE
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lo: 0449-0143714-00	Last Statement Date: 05/10/2018		Account Number	03-0449-0143714-000 50	H S KOROHE 03-0449-0143714-000 50	03-0449-0143714-000 50	03-0449-0143714-000 00	03-0449-0143714-000 00	03-0449-0143714-000 00
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	nletic Club		From Batch Serial/Ref	23/11/17 01:13 1255 0000 heath cody	koroheke	028339	07/03/18 00:57 1251 8206 00000100178	15/03/18 01:25 1251 8224 00000100180	27187643
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31/10/2018	Te Kuiti A	Trading as	Fr	1:13 12	1:13 93	1:19 12	0:57 12	1:25 12	1:56 00
Date:	Account Name: Te Kuiti Amateur Athletic Club		Date	23/11/17 0	23/11/17 01:13 9300 2148 koroheke	02/02/18 01:19 1255 0000 028339	07/03/18 0	15/03/18 0.	19/09/18 11:56 0047 0000 27187643

Account Name: Te Kuiti Amateur Athletic Club 31/10/2018 Date:

0449-0143714-01 Last Statement Date: 12/09/2018 Account No:

From Batch Serial/Ref 17/10/18 14:43 0047 0000 27586688

Date

Payee Account Number

Athletics 03-0449-0143714-001 00

I/C

Amount Source 130.00 DR DE

Account Balance 20.00 CR



Your account	details	Date: 31 October 2018
<b>A</b> : Account number	03-0449-0143714-000	Non Profit Org
<b>B:</b> Account name	Te Kuiti Amateur Athletic ( Trading as	Club
<b>A:</b> Account number	03-0449-0143714-001	Non Profit Org
<b>B:</b> Account name	Te Kuiti Amateur Athletic	Club





# **Clowdy Ngatai**

From: Sent:

Monique Needham <monique@stjosephtk.school. "athletics="" 2="" 2018="" 9:32="" am="" bject:="" clowdy="" day="" friday,="" fwd:="" image001.jpg<="" ngatai="" november="" presentations="" quality="" ribbons'="" rt:="" th=""></monique@stjosephtk.school.>			
Date: Wed, 26 Sep 2018, 8:51 A Subject: RE: Quality Presentati	tions < info@qualitypresentations.com > AM		
Hi Monique			
We are delighted to submit our qu	uotation to supply and print your lapel ribbons:		
1 Artwork / plates ( One off cost )	\$25.00 + GST		
100 – 200 50mm r	ibbons .80c + GST		
Over 200	.75c + GSt		
The above costings are for a ribbo	n with a one coloured print.		
I am only a phone call away if we	can assist further or that you may have any queries.		
Hope to hear from you soon.			
Kind regards			



From: Monique Needham < info@qualitypresentations.com >

Sent: Wednesday, 26 September 2018 7:20 a.m.

To: Info | Quality Presentations <info@qualitypresentations.com>

Subject: Quality Presentations "Athletics Day Ribbons"

#### Name:

Monique Needham

#### **Email Address:**

monique@stjosephtk.school.nz

#### **Phone Number:**

0212372995

# I'm interested in:

**Ribbons** 

#### Message:

Hi,

How much are your small athletics day ribbons? We would buy first, second and third place ribbons. What does it cost to have an athletics club name on the ribbon?

**Thanks** 

#### Monique

#### Attention:

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