

Hi,

So far we have had a great response for this year's Sportshall League. If you haven't already registered for the 1st meeting (which is next Sunday) please can you let me know by email or by registering on the board at the club whether your son / daughter will be attending.

It's a bit hectic on the day so the more admin etc that I can do beforehand the better and your help is appreciated.

For those of you that have never been before here are a few tips / pointers....

- We meet at 11.30am and the 1st event is at 12.30pm. It finishes at approx 4pm.
- It's £2.00 to enter which is payable on the day
- Where possible, athletes should wear a club vest or T-Shirt. I have about 20 spares so don't worry if you don't have one yet.
- Please can you try to wear matching (Red / Black or White) shorts and socks. It's not vital but by looking the part we often perform better and it spooks out the opponents 😊
- Bring a packed lunch but PLEASE try to control what the athletes eat and when. Stuffing down crisps and fizzy drinks just before doing speed bounce isn't great preparation and I want them to start to be responsible for their own nutrition and hydration planning as soon as possible.
- There is a seated area but it gets really busy so please get there early to be guaranteed a seat and to try and sit together as a team.
- The league is Team based so in each event we have scoring athletes and non-scoring athletes. The scoring athletes will generally race 1st and often be up against the best athletes from other clubs.
- We are allowed a limited number of non-scorers in each event. They still get a time so we can use that to develop them further as the season progresses.
- The results and league standings will be found at www.sportshall.org under Results > County Results.

Important

Our aim is to qualify as many teams as possible for the finals! However, I want to make sure that every athlete that attends gets to compete in as many events as possible.

Therefore, I will be selecting who competes in which events on this basis and on who has trained for Sportshall on a Tuesday or Thursday.

You may find that your son / daughter

- Doesn't compete in the event that they really wanted, but I will try and accommodate this as much as possible.
- IS asked to compete in something that they haven't tried before to get some points for the team.

I will try to set up each athlete to be competitive in their event. It's not great for their confidence if they trail in last by a long way and neither is it good if they walk 1st place every time as they start to expect to win rather than training to win.

PLEASE support the coaching team and our decisions as it can get quite stressful trying to meet everyone's needs.

MOST Important

That every athlete is praised when they put in great effort. Everyone is at a different development stage and will either win or lose based on speed and strength at this particular window of their development.

Regardless of whether they win or lose, they need to evaluate what worked and what didn't and continue to develop their skills. It takes 10,000 hours to excel at anything so these 4 hours are just part of that process!

Please use Personal Bests and Technique as a way of focusing on Development and not placings.

Encourage the athletes to stick together, support each other and cheer each other on. Let's have a great season and have loads of fun.

AND Finally...

We need 3 volunteers to help the officials to mark down scores etc. Please volunteer on the day, it isn't hard work, you will be shown what to do and you get closer to your son / daughters field events than the main stand of spectators.

If you have any questions, my details are below. Thanks for your support!

Regards

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