

# Update Newsletter – March 2012



## **Very Important – Junior Training Time Changes**

As we come into the summer season in April the training times for some Junior Groups will be changing a bit. Please keep your eyes open for the details via letter, web site and Facebook.

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## **Social Events**

Thank you for your feedback at the Presentation Evening. We are now pleased to announce some new social events for 2012 as a direct result of your feedback. Please do your best to support the events and come along to enjoy the social side of athletics.

**Sports Relief Mile** – at training, Thursday 22<sup>nd</sup> March, 6.30pm

Run a mile around the track in your pyjamas, get sponsored and raise money for Sports Relief! Juniors, Seniors and Guests all welcome. Sponsorship forms will be available soon at the subs desk.

**Easter Chocolate Bingo & Sports Quiz** – Friday 30<sup>th</sup> March, 7.00pm, Rainhill Sports Club. One for all the family, traditional bingo & quiz rounds with Chocolate goodies as the prizes. Tickets only £2 from the subs desk.

**Ambleside Sports Day & Camp** – Thursday 26<sup>th</sup> July & Friday 27<sup>th</sup> July

We are arranging a trip up to Ambleside to compete in the annual traditional sports day. It includes grass track races and fell races for Juniors and Seniors. We will then camp over at a local site. Cost is approximately £30 per tent + 2 people. Additional people and dogs etc are extra. Please register interest by the end of March on the board at the club.

**Aviva Diamond League Coach Trip, Birmingham** – Sunday 26<sup>th</sup> August

Watch the top Track & Field stars in action live and close up. It was a great event last year and we got loads of pictures and autographs of stars from all over the world. We will arrange tickets, coach and lunch if there is enough interest. Tickets cost approx £22, coach £10 and lunch £10. Tickets are selling fast so we will be placing an order on Friday 16<sup>th</sup> March. Please email [ayoung@demuto.eu](mailto:ayoung@demuto.eu) to place your order.

We are also trying to arrange a race night for later in the season. Look out for more news.

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**Internal Pentathlon Challenge** – Sunday 25<sup>th</sup> March – Closing Date Thursday 8<sup>th</sup> March

This is an internal comp for U11's & U13's as well as any U15's that have never competed before. We are hoping for a great turnout so have waived the track fees. Please get your entry forms in by the 8<sup>th</sup>.

We are also asking the older athletes and any interested parents to get closer to the action by becoming track & field judges for the day. Training will be given and you will get a better appreciation of how it all works.

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**Summer is here!** (almost)

The Track & Field season starts in April and runs through to September. The new fixture list is available at the club. We wish you an enjoyable and successful season and are here to help if you need any advice on how to plan the events to attend.