

IMPORTANT UPDATE – JUNIORS WINTER TRAINING SCHEDULE



Dear Athletes / Parents,

We hope that you have enjoyed the summer Track & Field season.

We feel that it has been a successful one with attendance at competitions significantly increased, league results improving and many dozens of individual PBs, medals and representative honours achieved. ***Thank you for all of your support and commitment.***

We are now entering the winter season where the competition focus switches to Road Relays, Cross Country, Sportshall and Indoor events. This is also a very important training period for older athletes as winter sessions provide good foundations for success next summer. It is therefore important that they try to maintain good attendance at training despite the weather.

From Tuesday 2nd October we will once again have the use of the Sportshall for training. We have tried to create the right balance for athletes of all levels by securing additional use of the hall for those groups that need it. Please take a look at your new schedule and ask your coach if you are unsure.

Tuesday's

6.15pm to 7.00pm

- Beginners / Non-competing athletes - Outdoor Training

6.30pm to 7.30pm

- Dave & John's Sprint Groups (outdoors)
- Joe's jumpers (Outdoors)
- Throw's Groups (outdoors)

7.00pm to 8.00pm

- Sportshall Competition Squad & Ant's Competition Group (indoors)
- Simon, Emma and Sophie's Groups (outdoors)
- Stu's Endurance Group (outdoors)
- John's Endurance Group (outdoors)

Thursday's

6.00pm to 7.00pm

- Beginners / Non-competing - Indoor Training in the Sportshall

7.00pm to 8.00pm

- Dave & John's Sprint Groups (indoors)
- Joe's Jumpers (indoors)
- Throws Groups (indoors)
- Sportshall & Ant's Competition Group (outdoors)
- Simon, Emma and Sophie's Groups (outdoors)
- Stu's Endurance Group (outdoors)
- John's Endurance Group (outdoors)

You will also find the winter fixtures overleaf, it would be great to see record turnouts at all of them.

Thanks and have a great winter!

The Coaching Team

Junior Winter Fixtures 2012

Last Updated 5th September 2012



Date	Competition	Location	Team Manager	Age Groups
15 th Sept	NW County Road Relays	Marbury Park, Northwich	John Woodward	U13 upwards
16th Sept	DREAM TRAIL RACES	Sutton Manor, St Helens	Ant Young	6yrs+
22 nd Sept	Northern 4&6 Stage Road Relays inc Young Athletes	Leigh Sport Village	John Woodward	U13 upwards
6 th Oct	Northern Road Relays	Graves Park Sheffield	John Woodward	U11 upwards
14 th Oct	NW Sportshall League	Kingsway Leisure, Widnes	Ant Young	U11 to U15
20 th Oct	MACCL Cross Country	Heaton Park, Manchester	Helena McGoldrick	U13 upwards
3 rd Nov	English Road Relays	Mansfield	Helena McGoldrick	U13 upwards
Fri 9 th Nov	St Helens Schools	Year 6 Sportshall	School PE Dept	Y6
10 th Nov	MACCL Cross Country	Sherdley Park, St Helens	Helena McGoldrick	U11 upwards
24 th Nov	McCains Cross Country	Sefton Park, Liverpool	Helena McGoldrick	U11 upwards
1 st Dec	MACCL Cross Country	Wythenshawe Park	Helena McGoldrick	U11 upwards
9 th Dec	NW Sportshall League	Kingsway Leisure, Widnes	Ant Young	U11 to U15
28th Dec	Club Presentation Evening	Rainhill Sports & Social Club	See Chris Causer for tickets	All age groups and family welcome!
TBC	Christmas Handicap Fun Run	Sherdley Park, St Helens	Ant Young	All age groups and family welcome!
5 th & 6 th January	County Cross Country Championships	Merseyside, Lancs and Cheshire	See Chris Dempsey for details	U13 upwards
13 th Jan	MACCL Cross Country	Boggart Hole Clough, Manchester	Helena McGoldrick	U11 upwards
20 th January	Sportshall County Finals	Sportcity Manchester	TBC	Selected U11
26 th Jan	Northern County Cross Country Championships	TBC	Helena McGoldrick (juniors only)	U13 upwards
27 th Jan	NW Sportshall League	TBC, Crewe	Ant Young	U11 to U15
2 nd / 9 th Feb	County Schools Cross Country Championships	TBC	Schools should arrange	Y6 upwards
10 th Feb	MACCL Cross Country	Woodbank Park, Stockport	Helena McGoldrick	U11 upwards
12 th Feb	St Helens Schools	Year 7 & 8 Sportshall	School PE Dept	Y7 and Y8
16 th February	NW County Finals Sportshall	Robin Park, Wigan	TBC	Selected U13 & U15
23 rd Feb	National Cross Country Championships	Sunderland	Helena McGoldrick (juniors only)	U13 upwards
3 rd March	NW Regional Sportshall Finals	TBC – Widnes or Robin Park, Wigan	Ant Young	Qualifying teams U13-U15

Note: Fixtures in **Bold Text** are the Priority should you need to make a choice.

Updates can often be found on the web site (www.st-helens-sutton.co.uk)

Facebook Page (St Helens Sutton AC) or Twitter (@sthelenssutton)

Team Managers Email Addresses

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Welfare Officials

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