

Juniors Update Newsletter – January 2013



Communication

If you haven't had messages of us regarding training or competitions in the last 2 weeks then we **DO NOT** have your contact details and you will be missing event and training news. To rectify this, please write down your mobile number and email address down and pass it to Ant Young. If you have had messages from Teamer please log in and check your profile details, it only takes a second. You should also text back Y or N to invites to competitions so that we know who is attending and who can't.

Please don't forget to follow the club on Facebook and/or Twitter for fast access to news and look on the web site weekly for competition reports.

Summer is nearly here (honest)!!

Competitions

The provisional fixture list for 2013 is now available on the club web site. It starts with the St Helens 2km race for 6-11 year olds on Sunday 10th March. Athletes must enter online at www.sthelens10k.com.

On Sunday 24th March we will be holding an internal club competition for novice (have never done T&F) Under 11's, Under 13's and Under 15's at Sutton. It will run from 9am to 1pm and will give members and parents the opportunity to experience T&F competition. Events will include 75m, 600m, shot and long jump. Please enter by completing the entry form below and paying your £2 deposit which is refunded on the day. More experienced members (who have done T&F before) may enter but may not be eligible for the trophies.

The first major fixtures of the season are towards the end of April and into May when we hope to field strong squads in the Cheshire and YDL Leagues.

Get the comps in your diaries and let's have a fantastic summer for athletes and spectators!!!

Training

We have the Sportshall on Tuesdays and Thursdays for the competition groups until the end of March. However, from the start of March we will try to go outdoors as much as possible so that younger athletes can get used to some of the more technical events before comps start. Please come prepared to do either and wear plenty of layers.

Entry Form - Novice T&F Competition - Sunday 24th March 2013

Please return to the desk with a £2 deposit which will be refunded on the 24th March

Members Name

School Year

Telephone No

Email Addr