

INVITE – SPORTSHALL COMPETITION SQUAD



Dear Athletes / Parents,

Once again this year I'll be leading the St Helens Sutton Sportshall warriors into battle against the marauding armies from South of the Border (otherwise known as Cheshire).

Last year we had a really successful year qualifying teams for the Finals and having athletes selected to represent Merseyside in the Inter-counties finals. This year I want to do even better and our objective must be to get every team in every age group qualified and to have athletes representing the U11 County team.



For those of you new to the club, Sportshall is really the 1st step on the competition pathway. Athletes compete in a number of events including sprints, middle distance, standing jumps and Chest Press (precursor to Shot Put). Athletes must be over 9 years old to compete and under 15 on 1st September 2014.

As a club we treat the competition seriously as a team, but with **absolutely** no pressure on the individual athletes. The emphasis is very much on having fun, cheering each other on and giving athletes and parents a great experience of competitive athletics. Competitions start at 12.30pm and finish at 4.30pm.

**The Sportshall Squad train on
Tuesday's between 7pm and 8pm.**

Unfortunately space at these sessions is limited to those who are committed to attending competitions.

To accept this mission and join the team please complete the form overleaf and bring it to training

Please note: To compete in the Sportshall Team, you do not have to have attended indoor training if you prefer an alternative session outdoors. For example, athletes in the endurance and throws groups are welcome to attend the competitions. However, **YOU MUST BE A CLUB MEMBER!**

Thanks,
Ant



NW Sportshall League 2014/15

Team Manager: Ant Young
Contact: 07767 310204 or info@dreamtrailrace.org.uk

Fixtures

12th Oct	NW Sportshall League - Rd1	Kingsway Leisure Centre, Widnes, WA8 7QU	12.30pm – 4.30pm
16th Nov	NW Sportshall League - Rd3	Kingsway Leisure Centre, Widnes, WA8 7QU	12.30pm – 4.30pm
7th Dec	NW Sportshall League – Rd4	Kingsway Leisure Centre, Widnes, WA8 7QU	12.30pm – 4.30pm
18th Jan	NW County's - U11's	Sportcity, Manchester	TBC
25th Jan	NW Regional Finals - U13&15	Kingsway Leisure Centre, Widnes, WA8 7QU	TBC
8th March	NW County Finals	Sportcity Manchester	TBC

Events in each round

EVENT	Number of Scoring competitors	U11 Girls	U11 Boys	U13 Girls	U13 Boys	U15 Girls	U15 Boys
2 LAP	2	✓	✓	✓	✓	✓	✓
4 LAP	2	✓	✓				
6 LAP	2			✓	✓	✓	✓
4 X 2 RELAY	1 team	✓	✓	✓	✓	✓	
8 LAP PAARLAUF	1 team						✓
SPEED BOUNCE	2 from 4	✓(20s)	✓(20s)	✓(30s)	✓(30s)	✓(30s)	✓(30s)
ST. LONG JUMP	2 from 4	✓	✓	✓	✓	✓	✓
ST. TRIPLE JUMP	2 from 4	Rd 3	Rd 1,2	Rd 3	Rd 1,2	Rd 3	All
VERTICAL JUMP	2 from 3	Rd 1,2	Rd 3	Rd 1,2	Rd 3	Rd 1,2	
CHEST PUSH (1kg)	2 from 4	✓	✓				
SHOT	2 from 4			2.72kg	3.25kg	3kg	4kg

Your age group is determined by your age on 1st Sept 2014

NUMBER OF EVENTS PER ATHLETE

- **Under 11 & Under 13 age groups:** competitors are limited to 3 events plus a relay
- **Under 15 age groups:** competitors are limited to 4 events plus a relay

Please tear off and return the slip below to training to give us an idea of numbers

I would like to join the Sportshall Squad for Training and plan to attend the following competitions

12th Oct NW Sportshall League - Rd1 Widnes

16th Nov NW Sportshall League - Rd3 Widnes

7th Dec NW Sportshall League – Rd4 Widnes

Name:

Age on 1/9/14

Parents Mobile No:

Parents Email Addr: