



Headquarters

## SOLIHULL & SMALL HEATH ATHLETIC CLUB

[www.solihullac.co.uk](http://www.solihullac.co.uk)

Tudor Grange Leisure Centre

Blossomfield Road

Solihull Tel. 0121 705 6371 22.03.09

Dear athletes and parents,

Congratulations to you all on a very enjoyable season of Sportshall Athletics. It has been a success in every aspect, from your regular weekly attendance, with a message from most people explaining if they cannot be there, to your attitude and behaviour at our sessions. The results from our monthly competitions have been excellent. Over sixty athletes have represented Solihull in the competitions at Stockland Green, Coventry and Worcester with 12 going through to the UK Finals at the NEC today, Sunday 22<sup>nd</sup>. March as representatives of the West Midlands (Birmingham) Team. We congratulate them on fantastic results at that Final where we came away as UK Champions in the Under 13 Girls and Under 13 Boys and Under 15 Girls, with the Under 15 Boys coming third. This adds to a very successful Under 11 Regional Competition in Coventry in January where we were winners in both the Under 11 Boys and Girls Competitions. A wonderful set of results!

The last Sportshall sessions are on Monday 23<sup>rd</sup> and Thursday 26<sup>th</sup> March. **The first Monday and Thursday sessions on the track will be Sprint trials.** These will be held on Monday 30<sup>th</sup> March and Thursday 2<sup>nd</sup>. April and last from 6.30-8pm. There will be the normal charge at the track (see charges below). We shall be timing you over 75m or 100m, 150m or 200m, 600m or 800m depending on your age. **Please make an effort to attend one of these sessions as it will probably give you a PB to start the season!** Make sure you bring plenty of warm clothing as there will be a lot of waiting around as, after a group warm-up and drills, we will not be coaching but merely timing you all over the various distances.

**We shall restart outdoors proper every Monday from 20th April.** This will be a combined group, including Years 4, 5, 6,7& 8. You will be grouped mainly in ages for this coaching. We shall give you a chance to try most events. These will include sprints, hurdles, middle-distance, long & high jump, shot putt, soft hammer, javelin & discus. Transferring everyone to the same night enables us to have more coaches and therefore more variety of events for you to try. These Monday sessions will continue until the end of August (except on Bank Holidays). **Please note there will be NO multi-event coaching on Thursdays.**

If you wish to continue outdoors next term you will have to pay £1.90 at the counter, or £1.70 if you are a Club member. These track fees are reduced ONLY if you show your membership card. Our sessions **start at 6.30** and finish at 8pm. **You should aim to arrive at the track at about 6.20 as it takes a while to pay. It is important you bring a drink, a waterproof top and warm clothing as it can get cold & damp by the end.**

If it is raining at 6.30 or has been wet all day it is unlikely the session will be held. A decision WILL have been made at 6pm, so if in doubt please phone me, or Tudor Grange Leisure Centre rather than have a wasted journey. No parents should drop their child off and drive away without checking the session is being held.

It has been a real bonus to receive offers of help with coaching from a number of our older athletes and some parents. Obviously the more help we have the greater the opportunities we can offer the youngsters. We can never have too many helpers, so if you want to come along we would be delighted.

A BIG thank you to: Lloyd Barton, Andrew Webber, Dawn Georgiou, Emily Bragg, Katie Jacks, Louise Burton, Bev Cook, Alex Currie, Kate Derry and Emma Spragg for their help. This is in addition to that of our adult Club coaches: Phil McDonald, Sue Taylor, Sharon Jacks, John Derry, Stella James and Rob Davies .

We send you all good wishes for a very happy Easter.

Lynne & the Coaching Team. Tel: 01564 739459 or 07971 874 702