

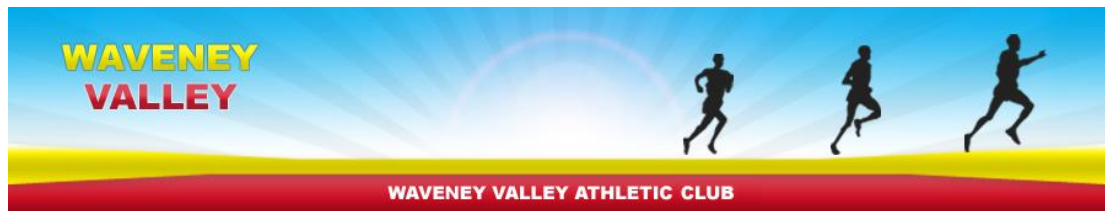
Autumn/Winter 2018 Newsletter

For our Monday athletes, we are now back to one hours training from 10 September and from Thursday 27 September we will revert to indoor training. All groups may however go outside and train so please dress for all weathers. Gloves and hats are very useful in the cold winter months!

We will have our awards night on Thursday 20 September so all athletes will be there for two hours 6pm to 8pm. Please complete the slip below for Athletes Athlete, one male one female and let us have them by email or by hand by Thursday 13th September.

We will hopefully have our AGM soon, and we will be making some changes to our membership. Payments will stay the same, however, athletes will be expected to make themselves available for at least 4 events for the year from April 2019. There are lots of events throughout the year - specifically East Anglian League, Suffolk Sportshall League, Suffolk XC League and Inter-Club fixtures so this shouldn't be too much of a problem. We are a competitive club and recently there have been athletes coming along to increase their fitness for other sports. All our coaches are unpaid volunteers and we feel our time is better spent increasing the ability of athletes who are prepared to give something back to the club and actually compete in athletics so we will not renew membership to those who do not comply.

This year we have had a hardcore of parents who help with the officiating meaning that we only need people for 30/40 minutes throughout the day of competitions - thank you to those parents. However, we need people to do a days officiating course so myself, James and Ian are free to do coaching and compete. An officiating training day could be arranged in Lowestoft if there is enough interest. Please let us know if this is something that you would be prepared to do. Next season each athlete should have someone who can help with officiating, or senior athletes can help out themselves between events.



We are also looking for volunteers to take assistant coaching courses. Hopefully next year we will then be in a position to offer more specific training in field events. We will arrange a meeting with parents in the new year to give more details.

Other jobs that require time and perhaps a parent volunteer are taking a register before each session, taking details of new athletes, getting out/putting away equipment, and sorting out new kit.

We are in the process of sorting out our kit, we are looking for a supplier for cropped tops and shorts so they are ready for next year. Beanie hats and neck warmers will be ready for winter, but any athletes requiring a black Waveney Valley zipped or non-zipped hoodie can purchase directly from Ruth at Admiral Tees, High Street, Lowestoft. These are made to order and will be embroidered with athletes initials. The cost is in the range of £15 to £20 so very reasonable and recommended!

I would like to thank everyone for their patience while we changed over our bank accounts, all payments are to be made by direct transfer.

Sunday 9th September is Lowestoft Scores race which the club organises. The junior race is very reasonable at just £5/£7 and each finisher gets a free technical commemorative t-shirt. You can still enter this, it is a fun course and well attended.

We also have teams in the EAL final on Sunday 16th September, the U13 and U15 boys have done exceptionally well to qualify against some very big clubs. All those that make themselves available to compete but don't get chosen will receive a free sweatshirt. There are no non scorers on finals day.

Parents are invited to stay for the awards night.

Thanks