



Waveney Valley AC

Newsletter June 2019

The track and field season is well underway and we have a few updates for you.

Firstly, the club championships will take place on Thursday 13th June and Saturday 15th June. A timetable is attached. Under 11 training will still take place on Thursday but not in its usual format.

We have updated our rules and we would like you to take the time to read them please. New rules include:

No games before training, athletes are playing football and chase and are tired before they even start to train.

Parents must keep away from the training areas. The area near the tennis courts would be a safe area. It is distracting for athletes and coaches when parents are near by and also more importantly goes against our health and safety regulations.

Timing watches are only to be used on long runs. We have recently had people timing themselves on runs as short as 200m and this has cost people places because they are fiddling with watches. Times are available shortly after the races have finished. During track training the coaches will give the athletes their times.

We will also be changing the way we train on a Thursday. U11s and U15/17/seniors will remain the same. All U13s will now cover all events on a rotation basis and will train together away from the sprint/endurance groups they may have trained with, this to more

widely develop their athletic abilities and follow the Athletics 365 programme.

Could I remind people that if they haven't paid their £30 affiliation fee then the athlete will now not be eligible to compete. We will send reminders out to individuals shortly.

When arriving for training on a Monday or Thursday, please be sensible with any meal and how long before training it is eaten. Athletes have arrived for training recently having eaten a large meal shortly before training. Meals need time to be digested before training in both sprinting and endurance!

The competition dates are on the website and regularly updated. A few new dates are:

Lowestoft Scores race Sunday August 25th – entries will be open soon.

Juniors (and now some seniors) awards night on Friday 20th September.

We hope to add a club road race, XC and Sportshall championships to replace the interclub races. More on this at a later date.

Thanks.

WVAC coaches