

Newsletter

September 2019

As the summer season draws to a close, indoor training has commenced, however due to the rotation of training, all groups, including the U11's, will train outside, including running off-site (please contact us if you have any concerns with this). Please dress for all weathers. Gloves and hats are very useful in the cold winter months!

Track and Field formally ended on Sunday 8th of September with the East Anglian League (EAL) final at Bury St Edmunds. Alongside WVAC, 20 other teams from across the East Anglian region compete over four rounds. WVAC had two teams who managed to qualify for the final, the U13s Boys and Girls. The teams completed brilliantly, securing 3rd and 8th place respectively.

A big congratulations to all athletes who have competed over the season, it's been a real pleasure to watch you all progress. Personal Bests and Club Records have been shattered, teams have bonded, and all athletes should be proud of themselves, and the club (as should their adults for their continued support). WVAC doesn't have the same facilities as the majority, if not all, of the other clubs (no home ground, no synthetic track, or even a 400 metres track) and it goes to show that no matter what you can all apply yourselves to compete against the cream of the area. Well done everyone!!

As we move indoors, can we remind everyone of some house-keeping rules that must be observed. These are to keep everyone safe and to maximise the time spent on training.

Parents who stay to watch are asked to remain on the balcony in the main hall, as there is not enough space for all in the training halls. Be prepared for a variety of temperatures, it can be very hot and/or cold up there, depending whether the heating has been put on! Nicki and Natasha are planning to sell hot drinks on most training nights, so if you fancy a cuppa please bring a pound. If possible, please bring your own cup, although some are available if you forget. Any children who are not training, but staying, should be well-behaved, as we have had reports of some children fighting over the summer period. There are other clubs using the facilities at the same time, and it is vital we do not disturb their activities, to avoid complaints.

Athletes are reminded to bring water bottles and leave these in the corner of the hall. Older athletes are reminded to wait in the corridor until their session starts and the U11s have left. Coaches will invite them in. It would, however, be a great help, if parents can help to put away equipment at the end of the session. This allows coaches to warm down the athletes properly. On some training sessions, we have a very short window of time to clear the hall, as other clubs use the facilities.

If you would like to talk to the coaches, please do so before the session starts, where possible. The Parent reps, Natasha and Andy, are also available most sessions if you have any questions or concerns, please don't hesitate to ask.

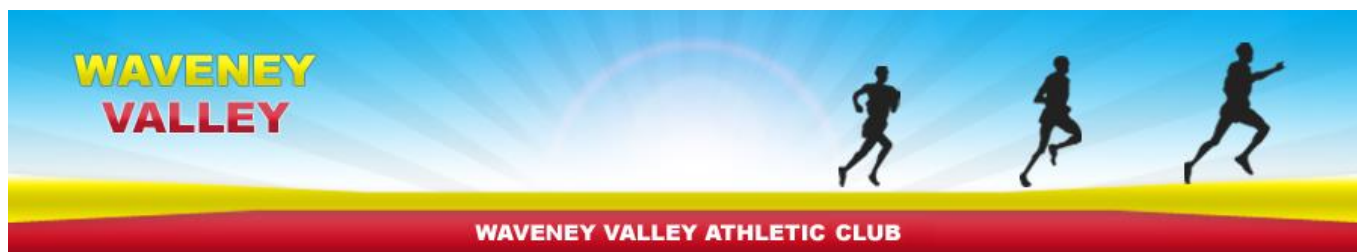


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We are compiling a timetable of competition dates, which is now available. We are updating this list regularly, as soon as dates are confirmed. This includes the Club Championship – Sportshall on 21st September at EPA. Details have been circulated, but as a reminder this will start at 12:45pm and finish about 4pm. Light refreshments will be on sale (incl. hot drinks/cakes/bacon butties). This is an excellent opportunity for all athletes to get some experience of Sportshall before the season starts. All athletes, up to and including U15's are invited and we look forward to seeing as many of you as possible. This year, the decision has been made to concentrate on Suffolk Sportshall and as such we will not be competing in the Norfolk competitions.

The last Track and Field event, at Biggleswade is to be held on 29th September. This event is not part of the EAL or EYAL season, and as such athletes pay for their own fees. Several athletes are going, for those moving up to a higher age bracket next year, it gives a final chance to log a PB at their age range. Details for this have already been circulated.

The Cross Country season will commence on the 3rd of November at Framlingham. This is open to all athletes who are 11 and over – full details will be circulated soon.

Please remember that WVAC is a competitive club, and as of April 2019 one of the conditions of membership is that athletes are to compete. This requirement is for a minimum of 4 competitions over the year. All our coaches are unpaid volunteers and it is felt that 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.

We will have our awards night on Friday 20th September at Rookery Park Golf club, from 7-11pm. Tickets are still available at £10 per family group, from Nicki or Natasha. Athletes Athlete is one of the awards handed out on the night, so please remember to hand in, or return the votes by Thursday 19th September. The night will involve presentation of this year's awards, and a disco and raffle.

As you are all aware, all parents are expected to help officiate at meets; a big thank you to all of you who have done so. Your support is invaluable, as each club are required to provide officials for all meetings. As such, we need people to do a one day officiating course. There is one being held on 30th November at UEA, if you are able to attend, please let us know ASAP. It is important that each athlete have someone who can help with officiating, the more available the easier it is to spread this task around. This also allows the coaches to team manage and aid the athletes during the competitions, whilst also completing their own official requirements.

WVAC kit is available on training nights, from Nicki or Natasha. Athletes that compete are required to wear the black WVAC tops, as part of English Athletics affiliation rules. Some items are on order at the moment, notably girls crop tops, but please don't hesitate to ask for anything you need. We have a variety of accessories, from Beanie hats and neck warmers to kit bags, in stock. Club tops are £20 each, other items vary. 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.

Many thanks!



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