



## NEWSLETTER

JANUARY 2019

HAPPY NEW YEAR!!!

Just a few points for the coming year. Any children who are in year 6 and were training with the under 11s will now train 7-8 on a Thursday.

Endurance runners will do some sprint and core strength work.

All athletes should dress for the weather, we will take all athletes outside, some athletes will be doing some athletes will have some light endurance work added to their training this year. Please don't have too bigger tea before training!

If your athlete is injured or ill, or competed with school on the day of training please don't send them to training.

From April 2019 our membership policy changes for junior members. You will have to of competed in four team based events over the year to be considered for membership in April 2020. There are several events spread out over the year for athletes to compete in. We encourage athletes to compete in all events but the team ones are most important to us as a club. Please see one of the coaches if you need clarification on which events are relevant to membership. (Norfolk Sportshall, Yarmouth performance meetings, and club champs do not count towards this).

If you require any kit please speak to me, the kit ordered before Christmas should be available tonight (except 12-13 hoodies, apologies)

If you have any problems with any of the coaching or want to know more about what we do please speak to us. We appreciate that parents want to encourage their children at competitions but these are events to be enjoyed foremost, and parents coaching children from the side lines is off putting for athletes and may not be what the coaches have told them. We are happy to speak to you.

Later in the year there will be an officials course for those that expressed an interest. We will notify you when this happens.

We can always do with help getting out equipment and putting it away, please don't be afraid to ask if you'd like to help!

We would all like to thank you for your continued support and look forward to the coming years events!

Kaly, James, Cavell, Ian, Tracy, Simon, Rik, Michaela, Julia, Cheryl, and Emma

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