

Newsletter December 2019

It's beginning to look a lot like Christmas! As such, club level Sportshall has completed, with our athletes doing phenomenally well once again - well done all, and thanks to all athletes that competed, it's a team effort and it's great to see so many athletes working together.

We hosted the final round of Suffolk Sportshall, a big thank you to all those who helped by giving their time or rather yummy cake donations. All monies made will be banked and put into the future events/presentation evenings. With respect to the Presentation evening back in September, I would appreciate your feedback, the link to the survey below.

<https://www.surveymonkey.co.uk/r/RDPBSPZ>

We've had a group of parents and coaches participate in Officials training at Norwich, and Assistant Coaches training at Bury St Edmunds. This was enjoyed by all, with lots of questions answered and rules learnt. Thanks to all of those who have participating in this. It's vital for us as a club to continue to grow our numbers with regards to Officials and Coaches, to ensure we can cover our duties at meets and for the club itself to continue. Everyone is a volunteer, and the more we can share the load the more time everyone gets to watch their athletes. There are more Officiating and Coaching courses coming up next year, if you are interested in helping out in any capacity, please let me know. You can also help at training in the first instance, if you want to get a feel of what is expected.

Dates for your Diaries

As you may be aware, we have a large number of athletes moving up from Under 11 to Under 13 this year, with a significant number moving up in all age ranges. Due to this, please be aware of the following timings and dates:

16th December - Last Monday training of the year.

19th December – Fun night U11s 6-7pm. U13s and over 7-8pm.

CHRISTMAS BREAK

6th January – First Monday training, invited athletes only. 6-7pm

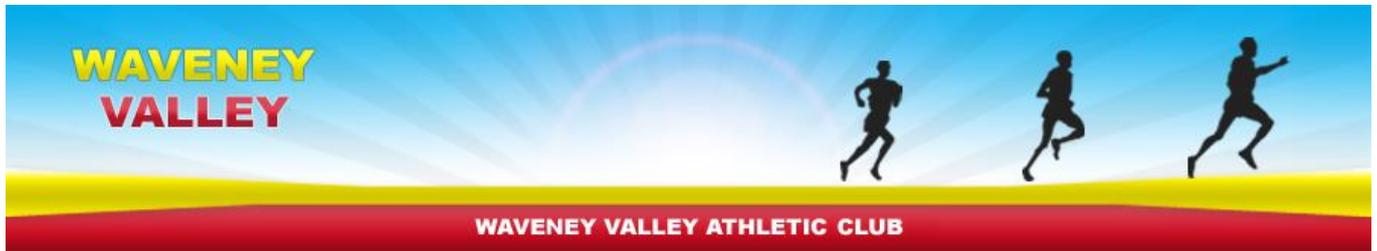
9th January – All athletes commence, in new age groups. U11s 6-7pm., U13s and over 7-8pm.

We are currently planning the training groups for the New Year, with so many athletes transitioning, this is still a work in progress. You will receive emails with more information on this in the near future. Due to a miscommunication from me (apologies all) some emails have already been sent out, please ignore these at present.

For those who currently attend Monday training, the last training session is 16th December and there are a few changes for the New Year. Monday attendance this year does not guarantee Monday invitation in the New Year. Monday invitation emails will be sent out by Friday 3rd January.

For those who do not attend, Monday training is additional training session from 6-7pm. This is aimed at the more advanced/competitive athletes, who are able to participate in more intensive and targeted training. This group changes over the course of the year, and athletes are invited on their own merits. Being indoors, we are very limited with space, but this group typically grows in the summer months when we train outside.





If you would like to talk to the coaches, please do so before the session starts, where possible. The Parent Rep and I are also available most sessions if you have any questions or concerns, please do not hesitate to ask.

Thanks

Natasha

Junior Co-ordinator

