



## NEWSLETTER MARCH 2021

Hello all,

Hope you are all keeping well and active during what is hopefully the end of lockdown. As you may be aware, clubs are making steps to resume training in the near future, and we are hoping to be no different. We are still planning to return to the East Point Academy site and working with them to agree a start date for club training, this will be no earlier than the 12th of April. We anticipate this return to training will be outside only. Currently, we are unable to say how many athletes we will be able to accommodate, due to Covid protocols and the limited number of coaches we have available.

You will shortly be receiving membership information, for the 2021-2022 year. The membership cost is for England Athletics affiliation only. Waveney Valley itself is waiving membership costs again this year. This provides insurance to train and compete, so please complete this promptly. We will pass on updates of potential competitions this year as it becomes available. We understand it will not take the form of the usual EAL/EYAL meetings but more likely to be a series of open competitions.

Please be aware that should your athlete wish to participate in any organised competitions, you will need a current England Athletics registration number to enter. Unlike previous years, you will be responsible for the entry costs. These will not be covered by the club, as this was usually paid from the club membership. We will make every effort to train as many athletes as we can in our sessions, only athletes who have renewed their EA membership will be considered for a place.

To keep our athletes engaged in the absence of training, we currently have a speed bounce challenge on our Facebook page, this is just for fun for all ages and we would love to see your videos, please take a look and upload your attempts!

We have had some changes in our coaching team. As such, we are looking to recruit new coaches. We are all volunteers. If you feel able to give some of your time, please let us know and we can give further details of what this entails. Training is twice a week if you can commit to one or both evenings it would be much appreciated! Coaching courses are available from England Athletics. The more coaches we have available, the more athletes we can accommodate at training.

I am hoping to see as many of you back as possible and look forward to training as soon as we can.

Stay Safe,

Natasha

