

# Sadac

## NEWSLETTER - SPRING 2010

### YOUR CLUB NEEDS YOU!

As we are rapidly approaching the outdoor season we send a heart-felt plea to parents for help at Home-matches; tea-making, running sweet-stall, officiating, and at league matches as Officials. We are also looking for help with manning the clubroom sweet stall too.

In addition we are still looking for regular coaches and assistant coaches especially to assist our sprint coaches, and coach high and long jump if you know anyone who can help please let us know asap.

Please see Steve or Jan regarding any of the above.

Thank you to those who do currently do help.

#### ROUND UP OF WINTER SEASON:

##### CROSS COUNTRY:

In general there has been a mixed turnout for cross country with some events having good turnout and others where only one or two athletes competed. Thanks to all those who have braved the weather to run for your club.

Congratulations to the U13 boys team consisting of Josh Bartholomew, Ben Barry, Daniel Haughton and Jack Ballard who won silver at the County Cross Country at Lloyd Park.

Epsom Downs League U11/U13/U15 - This event was well attended despite cold winds and weather well done to all those who braved the elements for all 3 league races and congratulations to:

U11 Overall Teams:	S&D A Team - 2nd
	S&D B Team - 7 <sup>th</sup>
U11 Overall Individual:	Amy Hancock - 3 <sup>rd</sup>
	Dario Kan - 4 <sup>th</sup>
U13 Overall Teams:	S&D A Team - 1 <sup>st</sup>
	S&D B Team - 5 <sup>th</sup>
U13 Overall Individuals	Jack Ballard - 3 <sup>rd</sup>
	Daniel Haughton - 4 <sup>th</sup>

## **SPORTS HALL**

Thanks to all those that did turn up and compete at the sports hall events this season. Many Congratulations to Daniel Ghosh and Ayombi Obanubi for making the U15 Surrey team.

However, at the Sportshall again we had very poor turnout and it will be a consideration as to whether we enter this next season. Only at the last event did we have 2 complete girls teams for the U13 and 1 U13 boys and U15 boys team. U15 girls that did attend competed well but had to compete as individuals rather than a team. A huge thank you to Paul and Colin, who gave up their time to these events.

This year we also had some U11 athletes compete as part of the South London Athletic Network (SLAN) at a competition held at Crystal Palace Indoor Arena. Well done to all those who took part and we hope you enjoyed the experience.

Finally, Congratulations and Good luck to Daniel Ghosh who will be attending with the South London Athletic Network (SLAN) the final of the nation competition on April 3<sup>rd</sup>.

## **INDOOR EVENTS**

Congratulations to Harry Aikines-Aryeetey who was selected to represent GB at the European Indoor Championships in Paris.

### **EA U20/U17/U15 INDOOR CHAMPIONSHIPS BIRMINGHAM, 26/27 FEBRUARY 2011**

Congratulations to the following athletes who attended the above event:

Joe Lawrence, Sarah Abrahms, Sarah Wellstead, Natalie Hooper, Kerri Davidson

### **SURREY COUNTY INDOOR CHAMPIONSHIPS**

Congratulations to all those who competed at this event and congratulations to all the medal winners.

U13 Girls - Sophia Henlon - Bronze - 60m

U15 Girls - Racquel Forbes-Welch - Gold - 60m

Rachel Brockman - Bronze - LJ

U17 Girls - Sarah Rawlings - Silver - LJ

U13 Boys - Joel McFarlane - Gold - 60m

Joel McFarlane - Gold - LJ

U15 Boys - Craig Rawlings - Silver - Shot

U17 Boys - Johnoi Josephs - Silver - 60mH

Daniel Ghosh - Gold - Shot

Daniel Ghosh - Gold - TJ

Amoybi Obanubi - Bronze - LJ

### **THROWS DAY:**

Finally thank you to Mike Winch and Alex Starr for organising the Throws Day which was well attended. Remember to those who did attend if you would like to learn more about throwing please talk to Alex who can arrange with you, and your coach, for you to attend training for this alongside the other disciplines you currently train for.

### **OUTDOOR SEASON - 2011**

You will find details of all matches in the club room and dates posted on the website. Some venues are to be finalised but the dates are there. **Please remember if you train at Sutton & District AC you are expected to compete regularly.** If you are available or unavailable for the match please let the Team Managers and your coach know in good time. Letter will go out to remind of events.

This year will see some changes to the outdoor leagues we are competing in these are as follows:

**National Junior League:** Team Manager Steve Holt - events for U20's (and some U17) this league commence on May 1<sup>st</sup> at Hillingdon. This is a new league for us and enables our U20 athletes to take part in higher level competition.

**SWL:** Team Managers Paul Lockyer and Roy Holland - events for U17 to Senior, this league commence on April 30<sup>th</sup> venue Kingsmeadow, Kingston

**MSL:** Team Manager Colin Rawlings - events for U17 to Senior, this league commence on May 7<sup>th</sup>.

**NYAL:** (Boys/Girls) Promoted to Division 1 NE, Team Managers Mark Briggs & Kelly Tuson (Girls) and Nick & Maureen Hancock (Boys) - we will be taking squads to this event as there are no non-scoring places in this league. It will therefore be important that athletes who are selected are clear they can attend as we will not want to attend these fixtures with depleted teams. First event May 8<sup>th</sup>.

**Ebbisham League:** (Boys) - Team Manager Mandy Walters/Colin Rawlings - Events for U11 & U17 non-scoring and U13 and U15 scorers. There are non-scoring places for U13 and U15s too. The first event for this is a home match at Sutton Arena on 10<sup>th</sup> April. Help will be needed with officiating, team making and the sweet stall. Please let us know asap if you can help with this.

**Lily B League:** (Girls) - Team Manager Paul Lockyer - Events for U11 non-scoring and U13/U15 scoring. There are places for U13 and U15 non scorers. The first event for Lily B is on 16<sup>th</sup> April at Sutton (hosted by HH/Croydon).

**Open events:** There are a number of these run throughout the season by other clubs you will find some details of these in the clubroom. If you are attending an Open event please check with your coach first as sometimes these events can interfere with league matches or training schedules. Again it should be priority to attend league events over open events.

### **Club Info:**

**AGM:** The clubs AGM takes part on May 4<sup>th</sup> in the Club Room.

**KIT:** Please note that we are still in the process of redesigning the club Kit but we do have limited stock of vests for sale in the club room. . Please see Paul or Jan regarding this, kit is only on sale on club nights from the sweetstall between 6.30 to 7.30pm.

Thanks to all those who submitted logo ideas. Judging is due to take place shortly with the new logo on kit in time for the winter season.

Please do not expect kit to be available to buy or loan at a match. Last season a number of athletes borrowed kit at matches and it was not returned or payment had to be chased so we will no longer be taking kit.

**MEET & GREET:** If you have friends who are interested in joining the club please note they cannot just turn up and join in the session. The meet & greet process has been set up to ensure that athletes are informed of track etiquette, health & safety issues and gain information on membership and it's also a time when they can discuss what they want to try out. Please remember that parents of young athletes (U11) are expected to stay on site during training sessions. *Please note that currently GLL do hold weekly training sessions for all age groups especially the younger age groups.*

**MEMBERSHIP:** All memberships will be up for renewal shortly and again it's been brought to our attention that a number of athletes have again competed this year without renewing. This is unacceptable and unfair on those that do pay their fees.

Please remember the club is run by volunteers and the monies received from membership pays your fees to England Athletics, insurances, league fees and track hire. Without membership this club would not exist. If you compete and your England Athletics membership is not paid (we do not pay your fee until we receive your funds) you could be disqualified from competing and will certainly not be able to compete for the County or above. For information spot checks on memberships do happen and if you have no membership you will be unable to enter the club for training.

**SWEET STALL:** Thank you to Jan and Mrs Thorn for keeping this going throughout the season. Please do let us know if you can help with this.

Finally **GOOD LUCK** to all our athletes for the forthcoming season.