

Sadac

NEWSLETTER - AUTUMN 2010

The first thing to say in this Newsletter is THANK YOU to all those athletes who competed for the club this season and thank you to the coaches and parents for giving up their time to support the club by attending, supporting and getting you there. There were some great performances this season and also fantastic team efforts.

In addition, thanks to all those who have supported the club by going on coaching and officials courses, this has really helped at the very busy periods over the summer. If you would like to find out more about becoming a coach or official please see the noticeboard or talk to Steve the Club Secretary regarding this.

However, following the letter sent out earlier in the season it was still very disappointing that we have so many athletes who train at the club but, who do not turn up to compete for their club! This really did affect the league matches and let down the athletes who did compete. Some coaches have already talked to their groups regarding this and have outlined how they want the club to progress for next season with more athletes showing commitment to the competitions.

We now have a new look website www.sadac.co.uk many thanks to Alex Penfold for setting this up and keeping it very much up-to-date. All match reports, fixtures, results and newsletters can be found on this site. Don't forget that details can also be found in the club room on events.

Finally don't forget your coach is there to support your training and if you are thinking about trying other disciplines in athletics, have any concerns, feedback they are always happy to talk to the athletes and parents about this. We also have a new Welfare Officer, Jan Jackson-Holt who if you are not sure who she is, is the friendly face who has been running the tuck-stall. If you have any welfare concerns please also see Jan regarding this.

ROUND UP OF LEAGUE RESULTS:

Lily B - 5th in the league. This position meant the team progressed to compete for the trophy. Unfortunately on the day the turnout was very poor and we came in 5th which was disappointing for those that did make the effort. Thank you to Paul, Team Manager, this year and to the coaches; Roy, Mark, Steve, athletes and officials.

Ebbisham League - 2nd in Division 1. A great result this year having only just been promoted. Again though we were so close to winning this league but unfortunately we regularly had gaps on the card. Thank you to all those athletes who filled in and tried events they have never done before!. Thanks to Mandy, Team Manager, Colin, all the athletes and officials.

NYAL - 2nd in A24 Division. Awaiting news on whether we gained promotion. Some fantastic performances from the teams this year. Once again athletes stepping in to help out. Thanks to

Nick & Maureen, Boys Team Managers, Mark and Kelly Girls Team Managers and again all the athletes and officials.

WSL - 8th in League. All girls who turned up and competed once again proved themselves and showed great team effort. Thanks to Roy, and Paul who Team Managed this, and again all thanks to all those who gave up their time to help and compete.

MSL - 2nd in League. Won their final match at Portsmouth to gain promotion. A fantastic team performance for this match secured victory. The U17 are now ranked as one of the fastest all time 4x400m relay teams. Thanks for Colin, Team Manager and all those who competed and helped out. We're still awaiting news on where we will be competing next year.

This season the following athletes went onto represent their club, county and country in the following competitions, congratulations to all of them:

Great Britain - U20 - Yimika Adewakun made the 4x400m squad

England - U20 Indoor International - Joe Lawrence TJ

Wales - U20 Indoor International - Sarah Abrams TJ

Super 8 Glasgow - Sarah Wellstead LJ represented London

Challenge Final Cardiff - Sarah Wellstead LJ and Joe Lawrence TJ

English Schools - Yimika Adewakun 400m, Daniel Ghosh 200m, Jahisha Thomas LJ, Sarah Abrams TJ, Joe Lawrence TJ, Emma Wakrim 200m,

England Athletics U15/17 Championships - U17 Jahisa Thomas Hurdles & LJ, Daniel Ghosh 100m. U15 Kerri Davidson TJ and U15 Natalie Hooper (U13) competed as U15 with a PB of 2.80m ranking her No 2 in UK.

3A's - U17 - Jahisha Thomas, hurdles & LJ

Inter-counties U15 for Surrey - Daniel Ghosh, Shaun Cooke 400m,

Inter-counties U13 for Surrey - Sid Walters HJ, Craig Rawlings Discus

James Hancock: Broke the all time UK record for a 12 year old at 1000m

Kerri Davidson - Broke the British U15 TJ record

Other news:

Winter Fixtures: Winter training has started for all athletes and coaches have different arrangements for their groups. Please check with your coach on venues for training as some training during the winter may take place off site or at different times.

There are a number of events ranging from Cross Country Meets to indoor Sports Hall events all details on these will be on the club website www.sadac.co.uk. Coaches will issue letters to athletes who are expected to compete at these events. Please inform your Coach or Team

Manager if you are unable to make the competition, on the day is often too late to rearrange the team or include another athlete.

Kit: Please note that from October Kit can only be obtained on a Tuesday evening between 6.30 and 7.30. Kit can be obtained from Maureen Hancock or Mandy Walters. We will no longer be taking kit to events so please ensure you have your vest with you.

Meet and 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. For information, we will also be reinstating the induction process for all new members shortly. *Please note that GLL do hold weekly training sessions for all age groups especially the younger age groups.*

Membership: All memberships should have been renewed by July but it's been brought to our attention that a number of athletes have competed this season without renewing. 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 will be starting shortly and if you have no membership you will be unable to enter the club for training.

The Quiz night: We hope to run a quiz night on Friday 26th November. Gerry will be selling tickets in advance for this event, and on the night too. If anyone has any Raffle Prizes they can donate for this event please see Gerry. All funds raised from this event go to the Helen Ritson Fund which helps assist our athletes in physio fees and equipment.

Tea stall: Thank you to Jan and Mrs Thorn for keeping this going throughout the season.

Finally enjoy your winter training and good luck to those competing in Cross Country and Indoor events over the next few months.

Code of practice for junior members

Sutton & District Athletic Club is fully committed to safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with their coach.

As a member of the club, you are expected to abide by the following junior code of practice:

- All members must play within the rules and respect coaches and officials and their decisions.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit for training and match sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

Code of practice for parents/carers

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Encourage and guide performers to accept responsibility for their own performance and behaviour.
- You are responsible for your child whilst she/he is training or competing at Sutton Arena or other venue, please ensure that you or your representative are in attendance.

SUTTON ARENA TRACK ETIQUETTE

- * **ENTERING OR CROSSING THE TRACK.** To avoid collision with other athletes who may be on the track already, treat the track like a road and look both ways!
- * In order to warn slower runners of your approach and allow them to move out of the way **SHOUT "TRACK"**
- * **JOGGING AND WARMING UP** please do not jog in the inside lanes. Lane 8 is available for jogging and warming up.
- * **NEVER RUN** or **WALK** across the **INFIELD** due to field events equipment being used.
- * **HURDLE DRILL & TRAINING** must be carried out in the **HOME STRAIGHT** using lanes 5, 6 & 7
- * **TRAINING FOR MIDDLE DISTANCE** must be carried out in lanes 1 & 2
- * **TRAINING FOR SPRINT** must be carried out in lanes 2, 3 & 4
- * **CHILDREN** under the age of 12 must be supervised by an **ADULT** at all times
- * **EQUIPMENT** will only be issued to **ADULTS AND ATHLETES OVER 16 YEARS OF AGE** accompanied by a qualified coach.
- * **CORRECT FOOTWEAR** must be worn on the track.
- * **NO SMOKING**

www.sadac.co.uk