



# Trackside!

MEMBERS NEWSLETTER – OCTOBER 2018

## Editor's Note



Hi everyone!

Following a much needed break, our athletes have returned to the vigour of winter training.

During this 'down time', the Committee have been prioritising the safeguarding and wellbeing of our athletes and Club, as well as finalising the plans for our End-of-Year celebrations. All will be revealed soon!

If you have any specific questions/queries, see the relevant Committee contacts listed below or, if you have yet to introduce yourself to the Chair, email William: [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com).

See you at the Centre!

## TEAM MANAGERS FOR 2018

See below our **Team Managers**:-

- Surrey Mens XC League - Nick Hancock
- East Surrey XC League - Maureen & Nick Hancock
- Surrey Womens XC League – Maureen Hancock
- Epsom Downs XC League - Thomas Keenan
- Ebbisham – Julett Reid-Wilson
- SLAN Super 8– Miriam Hodgins/Julett Reid-Wilson
- SLAN - Paul Lockyer
- Lily B– Thomas Keenan/Caitlin Williams
- SAL– Mandy Walters
- Rosenheim– Mandy Walters/John Harris/Colin Rawlings

# WANTED

## DEFINITELY ALIVE

Development Officer

**\*Closing Date: 15 October 2018\***

Track/Hurdles Coach (*experience preferred*)

Veterans Representative

Fundraising Officer

Team Manager – Rosenheim

Club Officials

If you are able to help, please contact either William: [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com) or Mandy: [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk).

## A YEAR OF LEARNING AND FUN

## FIXTURES

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
13 <sup>th</sup>	U13 upwards	F	Surrey Ladies C/C	Putney Vale	Club	Maureen
13 <sup>th</sup>	U13 to U17	M	Surrey Mens CC	Petersham	Club	Nick
14 <sup>th</sup>	U13 to U15	All	Sportshall	Spectrum (Guildford)	Club	tbc
27 <sup>th</sup>	U13 to U17		Bruce Judd C/C Relays	Stoke Park (Guildford)	Club	Maureen & Nick

Please check with your coach(es) regarding the above fixtures **AND** any registration deadlines

## THE COMMITTEE

**Chairman:** William Ofei-Kwatia

**Club Secretary** (General enquiries) Mandy Walters

**Treasurer:** Shaun Chessell

**Membership Secretary:** Michelle Welch

**Welfare Officers:** Miriam Hodgins & Hassan Hussein

Officials Secretary: Keith Field

**Disability Officers:** Miriam Hodgins & Hassan Hussein

Social Officer/**Editor:** Wendy Forrester

Honorary Vice Presidents: Paul Lockyer & Alex Starr

**Web Manager:** Faye Scantlebury

Ordinary Members: Claire Bryant & Julett Reid-  
Wilson

Athletes Representatives: Thomas Keenan & Niles  
Cook

Veterans: **Vacant**

Fundraising Officer: **Vacant**

**Safeguarding** our Athletes!

## TRAINING SESSIONS



There are places available on our **U13 Development Group** and **UKA 365 Programme** for junior athletes or siblings who would like to **master track and field events**. Sessions are **Tuesdays & Thursdays, 6pm to 7pm**.

Spaces are also available for **High Jump training sessions on Tuesdays at 7pm**. Although popular, we always aim to accommodate our younger members.

Please email Mandy:  
[clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk)  
for more information.

As part of our training program, we are offering our **older athletes** the opportunity to **master track and field events!** The sprinters can try throws and/or jumps and our field athletes, sprints. This could be in addition to or alongside your current training supported by our coaching squad.

If interested, please email Mandy: [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) who will put you in touch with coaches who can help you or see the website for information on our **coaches** and their specialised events.



Learn how to protect yourself inside and out at the **Strengthening & Conditioning** sessions held every **Monday from 6:30pm**.

There are also **sports massage treatments** available (by appointment only). 50% discounts for Club members. Insurance policies accepted.

For more information, please email William, the Club's chairman:  
[chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com).

## ANNOUNCEMENTS

***Xmas Party: Sunday 16 December!***

***Look out for the posters!***

**Voluntary Club Development Officer needed!** If you are interested in finding out more about this role please contact Mandy: [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk). Deadline for applications: **15th October 2018**.

**Coaching Assistants needed!** For information on training dates and how to book, see the website: <http://www.englandathletics.org/courses> or contact Mandy: [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk). For official guidelines including the 'Code of Conduct' and details on 'Safeguarding', see the [Club's documents](#).

With more members on-board and **child safety** our priority, please be aware that unless participating in a centre or club organised activity, **playing on the sporting equipment or using the Centre's facilities 'without permission' is prohibited**. Therefore, for the safety of the children, please ensure that they are **supervised at all times**.



If you would like to purchase e.g. hoodies, tracksuits and jackets for winter fixtures, see **Paul Lockyer** on training nights. All athletes **must** wear the Club vests when competing at Club fixtures.

## UNDER STARTERS' ORDERS!



***Congratulations*** to all our athletes on their successes last season.



***Congratulations*** to all our athletes who were selected to represent Team GB last season!

For all local meetings see: <http://www.londonathletics.org/competitions-and-fixtures> or on the [England Athletics](#) website. For the results from all track meetings and athletes profiles, see the [Power of 10](#) website.

**Please speak to your coach(es) before registering for any track meetings not listed on our Fixtures calendar.**

## WINNING POST!

As our **winners** are resting before the Season ahead, no results to report this month.  
Expect to hear news of our medal winners over the coming months!

***Well done*** to all our athletes who competed last season and 'thanks' to the coaches and parents who supported them. See the [website](#) for photos and match reports! **#GoSutton #MedalWinners!**

### ***Xmas Party: Sunday 16 December!***

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" are fellow Tweeters!

**Fundraising ideas needed!** If you have any suggestions, or are interested in the role, please email the [Editor](#).

**With less than 3 months until Xmas**, don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrict.ac> and raise a free donation every time you shop! Once registered, you will receive reminders and links for over 3,000 shops and sites including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's to use online, then the Club will collect a % of your total balance. So download the app, and start saving! **You spend, we collect!**

**Need spikes?** Do you know the difference? There are currently a couple of 'good, reusable condition' spares at the Centre so feel free to speak to your coach(es) on training nights or email the [Editor](#) if interested.

*Another vacancy!  
How can I fill it  
asap?*

*Where can I  
promote my  
business for a small  
fee?*

*Got 'free time',  
how can I help  
the Club?*

*Donation programs  
sponsoring local  
organisations – wonder if  
they'd support the Club?*

Sound familiar? If so, email the [Editor](#)!

Please feel free to forward any feedback and/or future submissions by the 25<sup>th</sup> to the [Editor](#) or visit the Club [website](#) for more information