



Trackside!

MEMBERS NEWSLETTER – APRIL 2018

Editor's Note

Hi everyone!

Spring has finally arrived and the athletes are already making their presence known! See below for news from recent fixtures!

We are **still short of volunteers and team managers** for the outdoor fixtures! See below for information on how you can help the Club.

Finally, there is an 'All members' meeting on Friday 6 April starting at 7pm. Come along to meet the Committee, coaches and other members of the Club. If you are unable to attend please email William at chairsuttondistrictac@gmail.com. For any specific questions/queries, see the relevant Committee contacts listed below.

See you at the Centre!



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
1 st	All	All	Crawley Open	Crawley	Open	
6 th			Club Meeting!!	DWLC		
8 th	All	All	Hercules Open *Registration closed*	Wimbledon Park	Open	
14 th			"Corrective Exercise Workshop"	DWLC		William Ofei-Kwatia
28 th	U17 – Sens	All	SAL *See Mandy ASAP*	DWLC	Club	Mandy Walters
29 th	U13 – U15	M	Ebbisham	Ewell	Club	Julett Reid-Wilson

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

THE COMMITTEE

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Welfare Officers: Miriam Hodgins & Hassan Hussein

Disability Officers: Miriam Hodgins & Hassan Hussein

Honorary Vice Presidents: Paul Lockyer & Alex Starr

Ordinary Members: Claire Bryant & Julett Reid-Wilson

Veterans: **Vacant**

Club Secretary (General enquiries): Mandy Walters

Membership Secretary: Michelle Welch

Website Manager: **Vacant**

Social Officer/Editor: Wendy Forrester

Athletes Representatives: Thomas Keenan & Niles Cook

Officials Secretary: Keith Field

Fundraising Officer: **Vacant**

TEAM MANAGERS FOR 2018



Ebbisham U11 to U17 – Julett Reid-Wilson

SLAN Super 8 U11 to U15 - Julett Reid-Wilson

SLAN U15 to U20 - Paul Lockyer

Lily B U11 to U17 – Thomas Keenan/ **VACANT URGENT**

SAL U17 to Seniors – **VACANT URGENT**

Rosenheim U17 to Seniors – **VACANT URGENT**

Surrey Mens XC League - Nick Hancock

East Surrey XC League - Maureen & Nick Hancock

Surrey Womens XC League – Maureen Hancock

Epsom Downs XC League U10 to U15 - Thomas Keenan

To replicate the success of 2017, volunteers needed!

TRAINING SESSIONS

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**, please email Mandy at clubsecretarysutton@live.co.uk.



Learn how to protect yourself inside and out at the **Strengthening & Conditioning** sessions held every **Monday from 6:30pm**. There are also **physio/massage treatments** available (by appointment only). 50% discounts for Club members. Insurance policies accepted.

For more information, email William at chairsuttondistrictac@gmail.com

Spaces are also available for **High Jump training sessions** on **Tuesdays at 7pm**. If interested, please email Mandy at clubsecretarysutton@live.co.uk.

Although popular, we always aim to accommodate our younger members.

See website for **all** other multi-discipline training sessions.



ANNOUNCEMENTS

Dates for the diary:

- Friday 6 April - Club Meeting – 7pm to 8pm.** All members are invited to join the Committee to discuss future proposals for the Club. Agenda points include: membership/committee responsibilities, athlete transitions and media communications. Feel free to bring any snacks/drinks with you.
- Saturday 14 April – Corrective Exercise Workshop -12 – 4pm.** Another opportunity to learn more about posture and corrective exercise. Details below or contact William at chairsuttondistrictac@gmail.com.

If your [Membership](#) has still not been renewed, **please contact Michelle** at membershipsuttondistrictac@gmail.com. (NB: all athletes must have England Athletics registration to compete for the Club which is included in the membership package.)

Calling all GCSE teachers - Exams are weeks away! If there are any teachers who are able to offer athletes support through this stressful period or members who would be interested in additional support, please email the [Editor!](#)

The Club are still seeking a **Track (Hurdles) Coach!** If interested and have the relevant coaching experience, contact either William at chairsuttondistrictac@gmail.com or Mandy at clubsecretarysutton@live.co.uk.

We are still seeking **volunteers** for **Team Managers & Officials!** Future dates for Club Officials and/or Coaching Assistant courses can be found on: <http://www.englandathletics.org/courses-and-bookings> or contact Mandy at clubsecretarysutton@live.co.uk for further information. For official paperwork including the 'Code of Conduct' and various guidelines, see the [Club's documents](#),

With more members onboard 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 vests, hoodies, tracksuits and jackets, **the kit window is open** until **31 May 2018.** Please see **Paul Lockyer** on training nights or shop online via this link https://eclubshop.co.uk/index.php?route=product/category&path=33_109. Note: Vests must be worn when representing the Club at **all** fixtures.

UNDER STARTERS' ORDERS!



Congratulations to both Ricky Lutakome and Dominique Corradi who competed at the **UK CAU Inter Counties XC Championships at Loughborough** under very challenging weather conditions.

Congratulations to Paul and the SLAN athletes (Upper League) who made a great start to the season, achieving PBs with some good all-round performances. For a full match report, see the [website](#).

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!

See below our **winners** from last month. Full results available via links provided.

Meeting	Athlete	Event	SB/PB
SLAN	Luke Morley	U20M/100m & 200m	SB/PB
	Karen Abiwu	U17W/100m & 200m	SBs
	Matthew Dyer	U20M/400m	PB

See the [website](#) for all match reports! **Well Done** to everyone who competed for the Club!

SOCIAL/FUNDRAISING EVENTS

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" who follow the Club's progress via Twitter.

The Sales are still on so if you are a virtual shopper don't forget that the Club receives a free donation every time you complete a purchase using: <http://www.easypundraising.org.uk/causes/suttondistrictac>! By registering, a % of your total online spend comes directly to our Club and members and, if you download the app, you will receive

reminders to use the links when shopping online. There are over 3,000 shops and sites on board including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's and it doesn't cost you a penny extra! **You spend, we collect!**

Seeking spikes? Do you know the difference? Well, the **Spikes Swap Shop** is "Open" so, if in need of a pair, or have either old track or field **spikes** in a '**good, reusable condition**', feel free to speak to your coach on training nights or email the [Editor](#). We have:-

Offered:

7 (track)
7.5 Jumps (x3 pairs)
9 (High Jump)

Wanted:

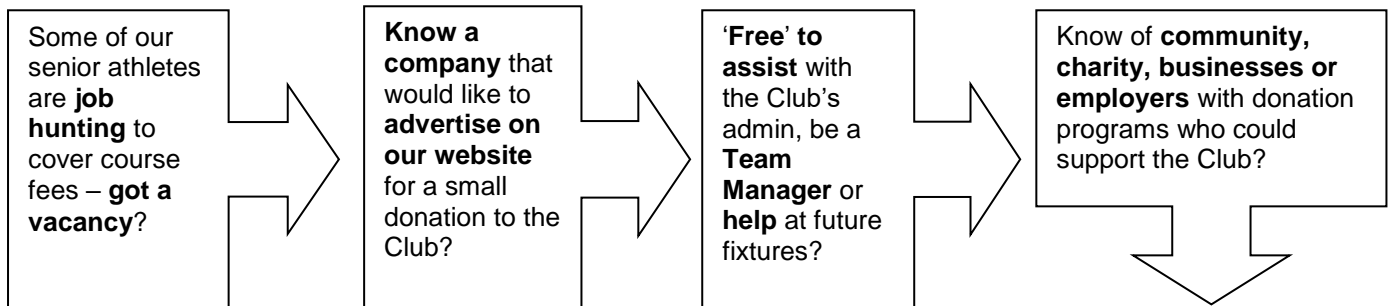
7.5 (track)
10.5 (High Jump)

NB: New members - please speak to your coaches to clarify what spikes are suitable for what events.

All requests will be treated in the strictest of confidence.

THE 'CLUB HOUSE'

As part of the Club community, are you able to help?



If any of the above resonates with you, please email the [Editor](#) quoting '**Club House**'.

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

Aftershock Total Fitness Ltd

Corrective exercise for sport



One day workshop

Covers the fundamental theory of optimum posture

Study of the cumulative injury cycle and postural distortion patterns

Practical application of corrective exercises for the hip, knee, shoulder and ankle

Venue:

David Weir Centre, Middleton Road, Carshalton SM5 1SL
12-4pm
Sat 14th April 2018

For more information or to enrol onto this course
call : 07956 944072 or email : info@aftershockfitness.co.uk

