



# Trackside!

MEMBERS NEWSLETTER – MARCH 2018

## Editor's Note

Hi everyone!

Looks like Winter's still here but we're not afraid of the "Beast from the East" as our athletes continued to collect medals as the Indoor fixtures draw to a close. See below for news from all of February's fixtures and their achievements

Believe it or not, the Outdoor season has arrived and we are **still short of team managers!** See below for further information.

The Committee have assembled and are planning the year ahead! Listen out for their news over the coming weeks!

Finally, should you have any queries regarding the Club, please email William at [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com), the **welfare officers**, speak to the coaches, team managers or contact a member of the Committee listed below.

See you at the Centre!



## FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
4 <sup>th</sup>	All	All	Downs XC League	Epsom Downs	Club	The Hancocks
10 <sup>th</sup>	All	All	Inter County XC Champs	Loughborough		
17 <sup>th</sup>	All	All	ESAA XC Champs	Leeds		
17 <sup>th</sup>	All	All	Crawley Open	Crawley		
24 <sup>th</sup>	U15 – U20	All	SLAN	Tooting	Club	Paul Lockyer

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

## 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 Michelle at [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com).



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

For more information, email William at [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com)

Members of all ages welcome!

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

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



## ANNOUNCEMENTS

**Have you renewed your membership??** Deadline was 1 March! For any questions regarding registration, please contact Michelle at [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com).

**\*Calling all GCSE teachers\*** - Mocks are over and now our athletes are getting ready for the real thing! If there are any teachers who are able to offer athletes support through this stressful period, please email the **Editor!**

**Congratulations** to **Steve O'Sullivan**, our club photographer, whom having received accreditation as a photographer, is covering the **IAAF World Indoor Championships!** Steve will be editing and uploading photos during breaks in the sessions. Look forward to finding out who he finds most photogenic!



Please ensure that you Speak to your coach(es) as additional kit may be required for some **winter training** sessions as locations are subject to change.

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

If you missed the last Club Officials and/or Coaching Assistant courses, future dates can be found on: <http://www.englandathletics.org/courses-and-bookings> or contact Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk). Whilst online, you will also find all of the [Club's documents](#), including the 'Code of Conduct' and various guidelines.

Still seeking **volunteers!** Please see the Club's [website](#) regarding our quest for **Team Managers** for outdoor fixtures.

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.**



Finally, **would all new members** please see **Paul Lockyer** for **Club Vests** on training nights. These must be worn when representing the Club at fixtures. Additional Club Kit can be purchased seasonally e.g. hoodies, tracksuits and jackets via this link [https://eclubshop.co.uk/index.php?route=product/category&path=33\\_109](https://eclubshop.co.uk/index.php?route=product/category&path=33_109). Information regarding the next shopping window will be posted onto the noticeboard and Club website.

### UNDER STARTERS' ORDERS!



**Congratulations to Nicole Williams** who has qualified for the **Surrey Indoor Sportshall Team** competing on Sunday 4 March and was **also named U13G of the league!** We are very proud of all our athletes who attended these trials and wish Nicole and the Surrey Team the best of luck at the Finals!

**Congratulations to all** our athletes who have competed at the recent cross country and indoor fixtures.

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
<a href="#">Surrey Indoors DWLC</a>	Reahna Wilson Jones	U15W/60m	PB
	Thomas Hughes	U17M/60m	
	Georgia Duthie	U20W/Pole Vault	
	Sid Walters	U23/High Jump	SB
	Yasmin Henlon	Sens/High Jump	SB
<a href="#">Epson Downs XC</a>	Max Naylor	U13/XC	
<a href="#">60m Sprint Series</a>	Imani-Lara Lansiquot	Sens/60m	PB

See the [website](#) for photos of all our medal winners! **Well Done Everyone!**

### SOCIAL/FUNDRAISING EVENTS

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" whom having donated the prizes for the Xmas raffle, are now following the Club's achievements via Twitter! Any ideas for future fundraiser(s)? Please email the [Editor](#).

**Winter** is still here but the sales are almost over, until Easter! But if you are still shopping around and trying to snap up a bargain online, don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and

raise a free donation every time you shop! 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! It is as easy as 'on your marks, get set' ... so what are you waiting for? Open the link: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and start shopping! **You spend, we collect!** Go!!

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 "COMMITTED" COMMITTEE 2018!

**Chairman:** William Ofei-Kwatia

**Treasurer:** Shaun Chessell

**Membership Secretary:** Michelle Welch

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

**Website Manager:** Steve O'Sullivan

Honorary Vice Presidents: Paul Lockyer & Alex Starr

Social/Fundraising Officer: **Vacant**

**Club Secretary:** Mandy Walters

**Development Officer:** Darren Piper

Officials Secretary: Keith Field

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

Ordinary Members: Claire Bryant & Julett Reid-Wilson

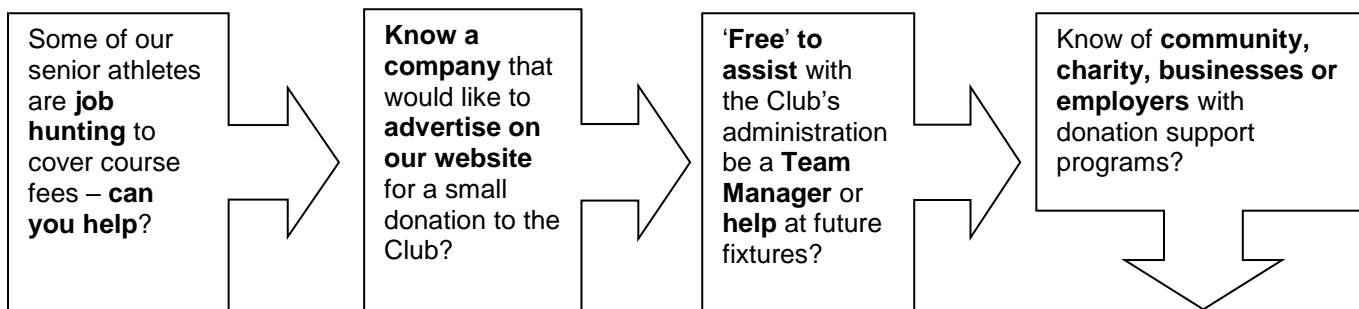
Athletes Representatives: Thomas Keenan & Niles Cook

Veterans: **Vacant**

**Safeguarding our Athletes!**

### THE 'CLUB HOUSE'

Set a New Years resolution to help other members seeking employment, invaluable experience and funding:



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 25<sup>th</sup> to the **Editor** or visit the Club **website** for more information