



Headquarters

SOLIHULL & SMALL HEATH ATHLETIC CLUB

www.solihullac.co.uk

Norman Green Sports Centre
Blossomfield Road
Solihull B91 1NB

14th July 2008

Dear Athletes & Parents,

Monday evening's athletics groups will continue during the Summer holidays, until 18th August which will be our last session outdoors. Coaches will be present where holiday arrangements permit, any additional help from parents will be appreciated.

If you have an interest, other sessions continuing from 6.30 – 8.00pm at Norman Green which you may join, include:-

Tuesday } – Middle Distance Running	Boys coach – Ollie Wright
Thursday } –	Girls coach – Rob Pinton
Wednesday - Javelin	Coach – Jim James
Thursday- Other Throws	Coach – Martin Ware

Sprint, Hurdle, High Jump & Long Jump training sessions are by invitation.

These sessions will continue throughout the year and are open to Club members only.

The multi-event training you have had this term will transfer to the Sportshall at Solihull College. This will commence on Monday 22nd September for Yrs 5 & 6 and Thursday 25th September for Years 7 & 8 from 6.30 – 8 pm. You will be asked to pay for the 12 weeks training in advance, which is likely to be £ 24 for Club members and £30 for non-members. Athletes who have been attending training for 6 weeks or more should now join as Club members or they will not be permitted to attend our indoor Club sessions. This applies to ALL ATHLETES in Year 7 & 8 in September and all those going into Year 6. The training you receive is freely given by Club coaches, commitment to the Club is your part of the arrangement!

If there are any financial reasons you are unable to join we will be willing to take these into consideration.

Letters to join Mondays' & Thursdays' Sportshall Groups will be given out or sent by the end of August.
All those invited must be prepared to compete for SSHAC in Friday Sportshall Athletics competitions on occasional Fridays if asked to do so.

In order to help us to identify your potential we will be spending some of the Monday sessions testing you all on a number of events, following which you may be invited to join one of the training groups. If you have any results from recent competitions there will be a space on your result sheet to write these down. On these sheets please let us know which weeks you are likely to be away, as this makes session planning much easier!

There is a Star-Trak Athletics week here at Norman Green from 28th July – 1st August. I can recommend this to you, as a full range of athletic events are offered, taught by qualified coaches. For more information please take a leaflet from our Noticeboard.

May we remind you of the KEN DARE OPEN MEETING on September 14th This is open to you all and is to be held at Norman Green.

(Remember the age-groups are for athletes (currently in, not in Sep): U.11 - yrs 4 & 5, U13 - yrs 6 & 7, U15 - yrs 8 & 9, U17 –yrs10 &11)

Please visit the Club's web-site for all up-to-date information and results.(www.solihullac.co.uk)

Solihull Festival's FUN RUN (or WALK!) is taking place again on Sunday 21st September. This has grown in popularity over the years, as well as raising plenty of money for local charities. Please try to get your families involved this year, it will be held here at Norman Green and take you through the grounds of the nearby schools & college.

Congratulations to many of you on your excellent performances in school, borough and regional competitions.

On behalf of all your coaches may I take this opportunity to thank you for your attendance and wish you a very happy Summer Holiday.

Best wishes, Lynne