



# CLUB NEWS

Issue 4 – December 2018



**ORWELL PANTHERS A C**

Affiliated to UKA, England Athletics, SCAA

[www.orwellpanthers.co.uk](http://www.orwellpanthers.co.uk)

Charity No: 1163145

Thank you to all members who came and supported the club at the Annual General Meeting on 7 November 201 and many congratulations to Chris and Mel our new Club Captains for 2018/19.

The Elections of Officers and Committee members took place and the outcome was as follows:

President (ex-officio) – Ann Negus

Vice President – Mike Oakley

Chairperson – Mitzi Read

Vice Chairperson – Ann Brown

Honorary Secretary – Anita Abbott

Honorary Treasurer – Tony Cheatham

Membership Secretary – Ann Negus

Coaching Secretary – Margaret Nicholls

Publicity Officer – Paul Davis

Minutes Secretary – Anita Abbott

Trustee – Colin Hindle

Trustee – Yvonne Holmes

Trustee – Sam Brown

Trustee – Ian Ling

Trustee – Jenny Lau

Trustee – Jane Hunt

Child Protection Officer (male) James Crawford

Child Protection Officer (female) Sam Doubledee





## Subscriptions for 2019

<b>Annual Membership/1<sup>st</sup> Child</b>	<b>£56.00</b>
<b>2<sup>nd</sup> Child</b>	<b>£51.00</b>
<b>3<sup>rd</sup> Child</b>	<b>£46.00</b>
<b>Associate</b>	<b>£7.00</b>
<b>Second Claim</b>	<b>£7.00</b>
<b>Weekly Subscription</b>	<b>£2.00</b>

Please note payment of your annual subscription is due in January – thank you

### Club Kit/Training

All athletes should come to training wearing club kit; this identifies athletes from other users at Northgate.

Please arrive for training at 6.15pm to register and help get the equipment out in the hall. The indoor space is available for the club from November through to and including the end of March. Training finishes at 7.30pm and again if we could ask for help from athletes to put the equipment away, it would be greatly appreciated. No adults other than coaches will be admitted in the hall during training, the hut will be available or upstairs.

Weather permitting, some groups will be going outside for all or some of the training session, so please all come prepared with thick track suits, gloves, hat and spikes.

All athletes to bring a drink (not fizzy)

Coaches will be continually assessing athletes for competitions which start at the beginning of May with the Suffolk County Championships so the hard work starts now!

Training sessions continue to be held at Northgate Sports Centre throughout the year on Wednesday evenings.

Winter training indoor/outdoor 6.30pm-7.30pm

Weekly subs per athlete £2.00

**Cancellation details will be put on the Website and Facebook pages or you can contact Northgate Sports Centre direct on 01473 433611**



## **Dates for your Diary**

Last training session before Christmas will be Wednesday 19 December 2018. Training starts again on Wednesday, 9 January 2019.

Please note there will be **no training** on 21 November 2018 as there will be Sight Awareness training for all coaches and **no training** on 26 December 2018 or 2 January 2019.

## **Competitions 2019**

Suffolk County Champs (those who qualify with required standard) – 12 May 2019, venue to be confirmed.

Regional Championships – 16 June 2019 @ Chelmsford (transport/coach will be provided)

National Junior Games (those who qualify with required standard) – 6, 7 July 2019 @ Warwick

(Please check out the website for updated competition information)

## **Trustee Meetings**

Trustee meetings for 2019 include:

11 February 2019

8 April 2019

20 May 2019

23 September 2019

AGM 6 November 2019 @ Northgate Sports Centre

Please note these meetings are subject to change, if you have any questions you would like put to the committee please email or speak to any member of the trustees.

## **News from Friends of Orwell Panthers**

Friends have arranged a 10 Pin Bowling event on 2 February 2019 starting 5.30pm @ Namco, Ipswich, further information will be sent out shortly.

Friends are also setting up a 100 Club – subscribers to the club buy numbered tickets which are entered into a regular draw, when the tickets are drawn a percentage of the profit is given as a prize and the remainder goes to the club. For further information please contact Lynn Lynch.



## Fundraising News

Jenny Lau will be taking part in the Virgin London Marathon and raise funds for the club – many thanks Jenny and good luck from us all.

We are still collecting printer cartridges and raising funds for the club, please pass these on to a member of the committee.



Our total raised so far is:

**£134.45**



Please keep up the good work and don't forget to tell all your family and friends about the great work you're doing!

Not already signed up?

Please join us on [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and raise free donations each time you shop online. From clothes to car insurance, it won't cost you a penny extra!

Here's our page:

<https://www.easyfundraising.org.uk/causes/orwellpanthersac/>

Thanks again for all your support



Don't forget you can follow us on Facebook

You can access directly from the website by using the icons on the web page, but the link to the Facebook page is:

**Orwell Panthers Athletics Club**

<https://www.facebook.com/groups/326192537891113/>

**Friends of Orwell Panthers**

<https://www.facebook.com/groups/961280823933220/>

We currently have **32** followers on the Club Facebook page, **53** followers on Friends of Orwell Panthers Facebook page!

Further information about the club can also be found on our website:

[www.orwellpanthers.co.uk](http://www.orwellpanthers.co.uk)

**HUGE THANK YOU TO OUR SUPPORTERS FOR 2018**

