

## **NEWSLETTER WITH DATES, instructions etc**

We have access to an indoor space through November, December, January, February and March.

We start at 6.30pm which is when the doors will be closed so please get here at 6.15 to register in the hall AND HELP TO GET EQUIPMENT OUT.

We finish at 7.30pm – PLEASE HELP TO PUT EQUIPMENT AWAY.

### **Remember – we are all volunteers**

Unless it is icy and the centre closes we will go ahead with training. On this occasion we will try and put it on the website, otherwise ring Northgate – if no answer, know it is closed!!!

There will be NO adults other than coaches in the hall – the hut is available or upstairs - where we can contact you if needed.

However there are some dates when there is **no training**:

November 21<sup>st</sup> – Sight awareness training for all coaches (no athletes)

December 26<sup>th</sup> – Boxing day

January 2<sup>nd</sup> - New Year

**Dates to note** – Xmas party – December 19<sup>th</sup>

Easter party and competition – March 27<sup>th</sup>

If the weather is decent there will be some groups going outside for all or some of the time, so please all come prepared with thick track suits, gloves, hat and Spikes.

All bring a drink with you (not fizzy).

We will be continually be assessing athletes for competitions which start at the beginning of May 2019 – with Suffolk County Championships so lots of hard work.