



ORWELL PANTHERS A C

Affiliated to UKA, England Athletics, SCAA

Coaching Secretary: Margaret Nicholls
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Hi All

We have 3 more normal training evening indoors – but we might use the outdoors for those who remember spikes and warm clothing.

Our last training session on March 29th will be the Indoor Easter Challenge – individual competition using the activities we have practised. See FORM below for attendance.

Parents are welcome to watch in the hall.

Outdoor training starts on Wednesday, April 5th, 6.30pm to 8.00pm

Please could we all come dressed in your Orwell Panthers kit – dark trousers/Red T-shirt/ Black sweatshirt/ red waterproof jacket/ white athletic socks and trainers (with a good sole on them), gloves and hats.

You will also need spikes for the track racing.

Bring a drink, but not fizzy please.

NB. No mobiles are allowed on the track or field.

Dates of fixtures to note down so far:

April 22nd – Open Day for your friends and others who have any disability. 1pm til 4pm – this is an extra practice for you and to show others what we do.

Another FORM at the bottom to fill in.

April 23rd - Ben is hopefully competing in the London Marathon for us!!!

April 30th – Special Olympics training day for those selected for Sheffield at Bury St Edmunds from 10.00am to 3pm.

May 6TH – Regional Disability Day at Chelmsford – coach provided – all to enter please. This will be all day from 8.00am leaving, back at 5.00ish!! Forms later.

May 13th - Special Olympics orientation day for those selected for Sheffield at Ware, Herts from 10.00am to 3pm.

May 14TH- County Championships at Ipswich for those reaching the required standard – we will be doing times and distances to see who we suggest to compete.

June 11th Special Olympics Competition at Eton

June 17TH – Metro games for Partially sighted and Blind in London.

July 1st/2nd – National Championships for Under 20 who achieve the standard and are selected at the Regional Competition in Chelmsford – this is in Warwick.

Own transport.

July 26th - Training at 5.00pm to 7.00pm followed by the vets match at Northgate when Yvonne will be competing, so we could stay and watch and learn!!!

August 7th to 14th – Special Olympics Nationals for those selected at Sheffield.

NOTE – no training that evening August 9th.

Forms to be completed this week if possible, or by next week please.

Lastly, a big big thank you to all our coaches who are volunteers and give up their time and energy for nothing, except their love for the sport!!! (and me!!!!!!!!!!)

Margaret





RWELL PANTHERS A C

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To Margaret

Indoor Easter Challenge – Wed, March 29th – normal £2.00 with an Easter Egg!!

My son/ daughter will be at this event.

Signed Dated

Open Day – Saturday, April 22nd - no charge for this session.

My son/ daughter will be at this event.

I am there to help greet any new people and give information.

Name

Signed Dated

