

Newsletter – October 2019

What a busy time we have had this season.

A very good regional competition at Chelmsford in June – not many other competitors but some great results from our athletes. (results posted)

We have also entered some Special Olympics competitions where the athletes have shown a great knowledge of the rules and competed with real enthusiasm.

We finished it with a nice friendly competition for the Barnes Cup on Saturday, September 28th-we will be awarding this and all the other cups at the AGM on Wednesday, November 6th at Northgate – **no training that night.**

Many thanks to all the athletes, parents, officials and coaches for making this a very easy competition to run. (results posted)

We must thank all our coaches for turning up on Wednesdays whatever the weather and provide the skills for our athletes to gain confidence to take part in these competitions.

I must particularly praise our young coaches who have completed their assistant coach courses or will be in the near future. Also a big well done to all coaches who completed their First Aid course on October 2nd and in preparation for their Safeguarding course on November 13th – and thanks to Matt, Jenny and Graham who helped cover the coaching on 2nd and hopefully the 13th.

We are indoors from November 20th – but a few may be working outside – please bring all outdoor and indoor equipment with you.

Reminder – please wear Orwell Panthers kit (not Special Olympics) for all sessions so we can identify our club members:

Black shorts and track bottoms

Red T-shirt

Black sweatshirt

White socks

Sports trainers – with good soles on – not fashion shoes or boots

Spikes if training in the winter outside.

Bring a bottle of drink

Bring warm clothing in case.

Margaret Nicholls (Coaching secretary)