

Sportshall Athletics Training - Sunday 16th December 2018 from 10.00am - 12.30pm

Congratulations once again to your athlete for being selected to represent Somerset at the Regional Sportshall Athletics Finals on Sunday 27th January 2019.

Our first training event will take place on Sunday 16th December 2018 from 10.00am - 12.30pm at Yeovil College Sport Centre.

In order to allow us to finalise our plans, please would anyone who is unable to attend confirm this to us by email no later than 9.00pm on Thursday 13th December, unless you have already done so.

The post code for the training venue is BA21 4DR. The Sportshall is just on the left hand side of the entrance from the A37, the Ilchester Road. Parking is limited in this area. For map link [click here>>](#)

Please arrive by 9.45am at the latest, registration will start at 9.30am. Each athlete will need to be registered and given a number for easy identification (please keep this for future training events) and we will collect the £6.00 training fee at the same time - cash (correct amount please) or cheque made payable to "The Academy of Combined Events". If you would prefer to pay electronically in advance, please email me for our bank details.

We aim to provide each athlete with a Somerset T-shirt to wear for the Regional Final so please let us know which size is suitable by completing the form that will be available from the registration desk - we hope to have examples of small, medium and large T shirts to try on.

If you aren't able to attend the training, please let us have information to enable us to order a suitable T-shirt for your athlete.

You are welcome to stay and watch and there is some seating upstairs on both sides of the sports hall. **If you decide not to stay please ensure that we have a contact telephone number for you in case it's needed.**

If we haven't already collected information about any particular needs your athlete may have, or about any medication they require, please let us know at registration and ensure the athlete brings anything they require, such as inhalers.

Athletes should wear 'typical' PE kit - shorts and t-shirt and a pair of clean trainers - bring a warm top as the sportshall can sometimes be cold at this time of year. Please bring a drink in a bottle with a sports top (not a screw lid, and no fizzy drinks please). Two and a half hours is quite a long time, so a banana or snack bar or two would help.

The training events will enable us to prepare and coach the athletes in the various events and to provide them with an opportunity to practice and improve. It will also allow them to get to know one another. *It's really important that your athlete attends this event and also the 2nd and 3rd training events in January so that we can maximise their chances of success at the Regional Finals. However, we recognise that this is a busy time of year and athletes have other activities and sports events, the last training event on 20th January is possibly the most important one!*

We look forward to seeing you on the 16th December, meanwhile please contact us if you have any questions or concerns.

Details for the 2nd training event on 13th January 2019 and the 3rd on 20th January 2019 will follow in due course but will be much the same as for this one.

Finally, if for any reason your athlete is unable to attend please let us know as soon as possible by email, text or phone. If your athlete is unwell or injured it is not advisable for them to come along as experience shows that they are unlikely to perform at their best under such circumstances.