

Sportshall Athletics Training Event – Sunday 13th January 2019

Our second training event will take place on Sunday 13th January 2019 from 10.00am - 12.30pm at Yeovil College Sport Centre (see below).

This training event will enable us to prepare and coach the athletes in the various events and to provide them with an opportunity to practice and improve and for us to think about allocating athletes to events. It will also allow them to continue to get to know one another. It's really important that your athlete attends this event and also the 3rd and last training event so that we can maximise their chances of success at the Regional Finals on Sunday 27 January 2019. The last training event takes place on Sunday 20th January and is possibly the most important one!

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 10th January, if you have already done so and can remind us that would be appreciated.

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 (no fee or restrictions apply on Sundays). For map link go to:

<https://www.google.co.uk/maps/place/Yeovil+BA21+4DR/@50.9482202,-2.6402285,17z/data=!3m1!4b1!4m5!3m4!1s0x4872402ef1af385f:0xbb5111063c1f0763!8m2!3d50.9479295!4d-2.6376013>

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 **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 have now placed the order for the Somerset T-shirts for athletes to wear for the Regional Final and these will be given out on the day.

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.**

Spare pairs of hands are always welcome so if you are willing to help the coaches or even do some coaching yourself please let us know with any preferences.

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.

As before, 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.

We look forward to seeing you on Sunday, meanwhile please contact us if you have any questions or concerns.

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 on the day it is not advisable for them to come along as experience shows that they are unlikely to perform at their best under such circumstances.