

## Sportshall Athletics Training Event – Sunday 20<sup>th</sup> January 2019

Our third and final training event will take place on Sunday 20<sup>th</sup> January 2019 from 10.00am - 12.30pm at Yeovil College Sport Centre (see below).

**This training event will enable us to make final preparations for the Regional Final, to provide the athletes with further opportunities to practice the various events and to allow them to continue to get to know one another.** It's really important that your athlete attends training so that we can maximise their chances of success at the Regional Finals where we expect the opposition to be as challenging as ever.

**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 17<sup>th</sup> 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 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 us for our bank details.

**If you kept your number from last week then please bring it with you, additional pins will be available.** If you removed your number and left it in reception then we will give it back to you. If you have lost your number we will provide a replacement.

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 - please don't bring mud or worse into the sportshall, thank you. 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.

**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.**

Details for the Regional Final will be emailed early next week but outline information is as follows:

**Date:** Sunday 27th January 2019, 11.30 - 3.30pm.

**Venue:** Wellsway Sports Centre, Wellsway School, Chandag Road, Keynsham, Bristol, BS31 1PH. [Click for map>>](#)

**Entry Fee:** £3.00 (subsidised) payable on the day.