

## Training 2 – Sunday 12<sup>th</sup> January 2020

Our second training event will take place on **Sunday 12th January 2020 from 10.00am - 12.30pm** at Yeovil College Sport Centre (see below).

**The 2<sup>nd</sup> training event will enable us to continue 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 the last training event so that we can maximise their chances of success at the Regional Finals. However, we recognise that athletes have other activities and sports events taking place. The last training event on 18<sup>th</sup> January is possibly the most important one!

Details for the 3rd training event on 18<sup>th</sup> January 2020 will follow in due course but will be much the same as for this one. Details of the arrangements for the Regional Final on Sunday 26<sup>th</sup> January in Keynsham will follow the last training event.

**In order to allow us to finalise our plans, please would anyone who is unable to attend confirm this by email no later than 9.00pm on Wednesday 8th January, 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 (no fee or restrictions on Sundays).

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. Please bring the number allocated to your athlete at the trials event. If you have lost it we will issue another. The number is for easy identification (please keep this for the last training event). We will also 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 contact us for our bank details.

The Somerset T-shirts have been ordered and will be available on the day at the Regional Final.

You are welcome to stay and watch and there is some seating upstairs on both sides of the sports hall, or benches in the sportshall itself. **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.

We look forward to seeing you on Sunday 12<sup>th</sup> January; 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 it is not advisable for them to come along as experience shows that they are unlikely to perform at their best under such circumstances.**