



City of Plymouth Athletic Club

Minors & Panthers Newsletter

July 2011

Thank You & Goodbye to Charlotte

We unfortunately have to say goodbye to Charlotte Stus who has been running the Panthers group for the last year. We would like to say a very big thank you to Charlotte for all the time and effort she has put in over the last year in ensuring the Panthers enjoy great training sessions. Charlotte is in the Royal Navy and has been posted for 2 years away from Plymouth. We all wish her the very best in her new posting.

This does leave the Panthers without a lead coach which becomes a big problem when we move indoors at the end of September. The hall, as we found out last year, just is not big enough for both the Minors and the Panthers to train together and is unfair on both groups. The Panthers have the sports hall booked from 5pm until 6pm, but unless we can find a coach to lead them we may have to stop their training. If anyone knows anyone who is willing to fill this rewarding post please let Paul or Tamzin know asap. The club will pay for training anyone who may be interested.

Therefore the last training session for the Panthers for the summer term is on Monday 18th July. Training will resume on Monday 5th September at 6pm until 7pm down at the track for 3 weeks, after which time we will have to review the situation dependent on available coaches. Panthers are due to train between 5pm and 6pm in Brickfields Sportshall from Monday 26th September.

Quadkids & Devon Open

Well done to everyone who took part in the Quadkids event held on Monday 20th June. Despite the foul weather there were nearly 100 athletes. Full results can be found on the club website within the calendar.

Thank you and well done to the few who turned up to represent the club at the Devon Open Meeting yesterday. Results will be posted on the web as soon as we have them.

Devon Sportshall 2011/12

The Devon Sportshall League is an indoor competition which is held throughout the winter months as a series of 5 meetings for athletes aged 8 and above. The first meeting is usually held at the beginning of October. We do not yet know the list of dates and venues for this season but we will let you know as soon as we do via newsletters and the website. It would be fantastic if we could get more athletes to compete at these events. The few athletes who do compete for our club usually do really well, however when other clubs are able to enter 2 athletes into each event for each age group we do not have a hope of getting enough points to give them any real competition. Last year we averaged around 15 athletes at each meeting whereas Plymstock Roadrunners had over 40!

This is a fun friendly series of events and really helps to build a team spirit amongst the Minors. It would be great if we could get a few more along to compete.

Summer Break

Panthers last session is Monday 18th July returning on Monday 5th September at 6pm at the track.

There is no Minors on Monday 15th, 22nd and 29th (Bank Holiday) due to the unavailability of enough coaches to safely run the sessions. Minors training will resume on Monday 5th September at 6pm at the track.

Committee Vacancies

The current club Chairman, Gary Sansom, and club Secretary, Chris Carpenter have both announced their intentions to end their tenures in these positions at the coming AGM in March 2012. Both have continued in these positions for many years despite their own children having left the club years earlier.

They are giving notice early to attract all interested parties as soon as possible to enable a smooth hand-over for the club. It would be useful between now and then for the incoming people to start as Vice Chair and Secretary for this period to ease them into the roll. Anyone who may be interested please contact Gary or Chris directly or speak to Paul.

The Treasurer is also in the same position and would like to hand over to a suitable person.

These three committee positions are critical to the continuation of Plymouth AC as a club. Everyone involved with the club are volunteers and all the coaches already give a huge amount of their time to the club. The club is already running with the bare minimum number of committee members.

Please, please, please consider whether you could give some of your time either as a committee member or as a coach (the club will pay for training for you) to allow the ongoing success of the club.

Dates to remember:

- *Monday 18th July, last Panthers training of the summer term.*
- *Sunday 31st July, 35th Duchy Open, Carn Brea, Cornwall.*
- *Sunday 7th August, 5 Star Young Athlete Pentathlons, Par, Cornwall.*
- *Monday 8th August, last Minors training before a 3 week break.*
- *Sunday 21st August, Devon Open Series, Braunton, North Devon.*
- *Monday 5th September, Minors & Panthers training resume.*
- *Monday 26th September — training moves indoors.*

For further copies of this newsletter or for further details on any of the events please see the club website:
<http://www.plymouthac.co.uk>