



City of Plymouth Athletic Club

Minors Newsletter

10th May 2010



Jade Wins Silver Medal at Aviva National Sportshall Finals

City of Plymouth Athlete Jade Simson took the Silver Medal in the Standing Triple Jump at the Aviva National Sportshall Finals in Birmingham last month with a jump of 6.97m. Despite Devon, as a team, failing to reach this final, Jade was selected to compete as an individual following her impressive win in the Standing Triple Jump at the South West Regional Finals.

Consent Forms

We will be asking all of you to read, check and sign new consent forms over the next few weeks. Please can you ensure that all the data is correct and up to date, including any changes to address, contact numbers, or medical information, before you sign.

Standing Orders

The club is doing some general housekeeping activities and it has become apparent that not everyone is paying the correct amount on their standing orders.

Under 13	£13 per month/per child
Over 13	£22 per month/per child
Family	£30 per month

Please could everyone check their standing order to ensure they are paying the correct amount. The club will be doing an audit and will be asking those defaulters to pay any arrears so be warned!!

Smashing Club Records

Congratulations to City of Plymouth athletes who have broken several club records over the last month.

David King broke the club U17 100 m hurdles record twice in the space of 2 weeks, taking him to no.1 in the UK for this age group.

Chantelle Rowe broke the U15 Hammer record to take no.1 spot in her UK age group.

Bobbie-Leigh Lenahan-Hodge broke the Senior, U20 and U17 club records in the Hammer.

Sophie Mason achieved an English Schools qualifying distance in the Javelin giving her the no. 3 spot in the UK rankings for her age group.

Matthew Sumner broke both the Senior and U20 club records in the 400m hurdles putting him at no. 2 in the UK rankings.

Victoria Weir broke the U13 600m club record.

Track Rules & Discipline

Now that we have moved outdoors it is worth reminding everyone, both athletes and parents, of the importance of adhering to the rules relating to the use of the track. If we do not use it correctly we will lose access to it.

- Listen to coaches
- Do not cross infield during throws
- Wait to be told before you throw
- Do not collect throwing equipment until instructed
- Treat the track like a road, look both ways before you cross
- Spectators should remain behind the fence or in the stand unless supporting the coaches

Can you help?

Any help on a Monday night would be gratefully received. Raking the long jump sandpit or helping to collect javelins would help the coaches enormously. Please see Paul if you can help.

Dates to remember:

- Monday 31st May, Bank Holiday
No Minors or Panthers training
- Sunday 16th May, Bath
National Young Athletes League

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