



Minors Newsletter

Devon Sportshall League Champions 2015/16



Well done and thank you to all those athletes who have competed for us in the Devon Sportshall League this season - we are the champions for the fifth year in a row!!!! We are also age group winners in Under 10 Boys, Under 10 Girls, Under 11 Boys and Under 11 Girls; second in the Under 13 Boys; and third in the Under 13 Girls and Under 15 Girls. Overall we got 39 individual medals and 3 relay golds. This is a team event so well done to everyone who competed whether they got medals or not you all contributed to the team winning the championships.

Training Moving Outdoors

Minors training will be moving outdoors as of **Monday 4th April**. Please meet and register in the clubhouse. Please bring wet weather gear and warm clothing as the hall will not be available and it can get very windy and cold on the track.

Warm drinks and snacks are often available for purchase from the clubhouse.

Please remind your children as we move outdoors to listen carefully to their coaches as track safety and discipline procedures are paramount to the enjoyment and safety of all users. Parents are reminded that they must remain in the spectator areas around the track and not walk across the track or field at any time unless specifically requested by a coach. If you would like to assist or become a coach yourself, please speak to Paul.

We do not allow Minors to wear spikes during Monday evening training sessions for safety reasons. Spikes are allowed during competitions but as they take some getting used to we would not recommend it until they are older.

Spring Warm-Up

City of Plymouth AC will once again host their annual Spring Warm-Up Event on Sunday 3rd April 2016 at Brickfields. This is the first competition in the area to start the outdoor season. There will be events for all age groups from the age of 8 (on the day) and up. Events start at 11am and entry can be made in advance or on the day. There will also be a Panthers QuadKids event. Full details are available on the club website.

From 1st April age groups are as follows: age 8 to school year 5 are Under 11, school years 6 & 7 are Under 13, school years 8 & 9 are Under 15.

Summer 2016 Leagues for Minors Age Groups

South West League

City of Plymouth AC form part of the Armada team in this league. Armada has entered a team in this league since 2006 drawing its athletes from several clubs in the Plymouth and surrounding area. There are four league fixtures and a cup competition. This league includes age groups for Under 13 and up.

Devon Open Series

This is a series of events similar to the Devon Sportshall League but outdoors and for all ages from 8 upwards. Entry can be on the day or in advance. There is often a QuadKids competition for Under 10's at some of the meetings. Full details will be available nearer the time at www.tavistockathletics.co.uk

Open Meetings

Various clubs hold open meetings throughout the season—these are usually open to anyone to attend but check details online first. City of Plymouth AC hosts the Spring Warm Up and three evening open meetings throughout the season which will also include events for the Panthers age group.

Membership Registration & Communication

We operate an online membership system which enables us to send out age specific news and competition information. Please register through our website: www.plymouthac.co.uk

Also please join our facebook group 'City of Plymouth AC' for all the latest club news, successes and information from coaches.

Diary Dates:

- *Monday 28th March, No Minors training*
- *Sunday 3rd April
City of Plymouth AC Spring Warm Up*
- *Monday 4th April, Minors training outside. Registration in the clubhouse*
- *Saturday 9th April, Newquay & Par Warm Up*
- *Sunday 17th April, Ken Trickey Open, Exeter (pre-entry only)*
- *Sunday 24th April, Devon Open League, Brickfields, Plymouth*
- *Monday 2nd May, No Minors training*
- *Sunday 8th May, South West League, Exeter*
- *Sunday 15th May, Devon County Track & Field Championships, Exeter U13 and up (pre-entry only)*
- *Wednesday 18th May, Plymouth Evening Open Meeting*
- *Monday 30th May, No Minors training*
- *Sunday 5th June, South West League, Yeovil*
- *Sunday 12th June, Devon Open League, Braunton*
- *Wednesday 15th June, Plymouth Evening Open Meeting*
- *Sunday 3rd July, South West League, Yeovil*
- *Sunday 10th July, Devon Open League, Tavistock*
- *Wednesday 20th July, Plymouth Evening Open Meeting*
- *Sunday 31st July, South West League Cup, Exeter*
- *Sunday 14th August, Devon Open League, Braunton*
- *Saturday 27th August, Open Jumps Meeting, Par*
- *Monday 29th August, No Minors training*
- *Sunday 4th September, South West League, Yeovil*
- *Sunday 18th September, Last Ditch Throws, Par*