



Minors Newsletter

Devon Sportshall League



Well done and thank you to all 47 athletes (& supporters) who turned up to meeting 4. We are now trailing the leaders Erme

Valley Harriers by 305 points. We are however leading five of the eight age groups: U10G, U11G, U13G, U13B and U15B; and lying in third in the U10B with only 6 points between us and second place. The final meeting of the Devon Sportshall League will take place on **Sunday 18th March at Dawlish Leisure Centre starting at 11am**. We would love to see as many of you there as possible so we can hold on to our lead in these age groups.



Individual and team medals for the overall league will be awarded at this event. Please be aware that you need to have been to at least three (but more realistically four) events throughout the season to have a chance of being awarded a medal, but it is a great experience to try out different events or overcome nerves to prepare for future competitions.

There is a condensed timetable for this final meeting to allow time for the presentations and it should be noted that there will be **no high jump or shot** at this meeting. If you require transport please let one of us know asap, as usual we will be laying on a minibus for this event which is free for athletes and £5 for adults.

We would be grateful if all athletes who have competed in the league could remain until the end of this last competition so that we may get a full team photo with all athletes across the age groups and their medals and trophies.

Westward Cross Country League

Well done to all those who have competed in this league over the winter months. Congratulations go to City of Plymouth athletes Holly Reid and Poppy Northcott who came 1st and 2nd respectively in the Under 11 age group.

Training Moving Outdoors

Minors training will be moving outdoors as of **Monday 26th March**. 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.

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.

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 a bit older.

Volunteering

We are a voluntary organisation and are constantly looking for volunteers to assist in any way possible. We also offer full training opportunities to anyone willing to assist with coaching or officiate at competitions. Please speak to Paul if you feel you can volunteer in any way at all.

Spring Warm-Up

City of Plymouth AC will once again host their annual **Spring Warm-Up Event on Sunday 1st April 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 Quad-Kids event for under 8's.

Full details will be available shortly on the club website.

Summer 2018 Leagues & Competitions for Minors Age Groups

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. 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 occasional evening open meetings throughout the season which will also include events for the Panthers age group. You can usually turn up and enter on the day.

South West League (SWL)

This league will comprise of 11 clubs with meetings to be held at Exeter. We compete as part of an Arma-da composite team. This is for age groups under 13 and over and pre-entry is required.

Club Successes

Congratulations to Emily Bee and Sammie Harris on finishing 1st and 4th at the English Under 17 pentathlon indoor championships this weekend.

Well done to all those who were selected and competed for Devon in the regional Sportshall finals over the weekend—we await the results with anticipation.

Congratulations and watch out for City of Plymouth's very own David King (110m hurdles) and James Arnott (T47 100m) who are representing England at the Commonwealth Games in Australia in April. Keep an eye out for David's mum waving the City of Plymouth Flag!

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:

- *Sunday 18th March*
Devon Sportshall League, Dawlish
- *Sunday 1st April*
Spring Warm Up, Plymouth, Brickfields
- *Saturday 7th April*
Par Warm Up, Par, Cornwall
- *Sunday 8th April*
Ken Trickey Open, Exeter
- *Sunday 22nd April*
Devon Open League, Brickfields, Plymouth
- *Sunday 6th May, SW League, Exeter*
(U13, school year 6 and over, pre-entry only)
- *Sunday 13th May,*
Devon County T&F Champs, Exeter
(U13, school year 6 and over, pre-entry only)
- *Sunday 3rd June, SW League, Exeter*
(U13, school year 6 and over, pre-entry only)
- *Sunday 10th June*
Devon Open League, Braunton, N.Devon
- *Sunday 8th July, SW League, Exeter*
(U13, school year 6 and over, pre-entry only)
- *Sunday 15th July,*
Devon Open League, Tavistock
- *Sunday 5th August, SW League Cup, Exeter*
(U13, school year 6 and over, pre-entry only)
- *Sunday 12th August*
Devon Open League, Braunton, N.Devon
- *Sunday 2nd September, SW League, Exeter*
(U13, school year 6 and over, pre-entry only)

Age Groups from 1st April 2018

From 1st April age groups are as follows:

Age 8 to school year 5	- Under 11
School years 6 & 7	- Under 13
School years 8 & 9	- Under 15

A few competitions may have an U10 age group which is age 8 to school year 4.