

## Training 1 – 15/12 19

Hi All - Congratulations once again to your athlete for being selected to represent Somerset at the Regional Sportshall Athletics Finals on Sunday 26 January 2020.

We have some extremely strong athletes again this year and Simon and I are very excited at the prospect of working to prepare them for the Regional Final, where as usual we expect them to give the other teams some stiff opposition!

Our first training event will take place on **Sunday 15th December 2019 from 10.00am - 12.30pm** at Yeovil College Sport Centre (see below).

**The training events will enable us 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 also the 2nd and 3rd training events in January so that we can maximise their chances of success at the Regional Finals. However, we recognise that this is a busy time of year and athletes have other activities and sports events, the last training event on 18th January is possibly the most important one!

Details for the 2nd and 3rd training events on 12th & 18th January 2020 will follow in due course but will be much the same as for this one.

**In order to allow us to finalise our plans, please would anyone who is unable to attend confirm this to me by email no later than 9.00pm on Wednesday 11th December, 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 go to:

<https://www.google.co.uk/maps/place/Yeovil+BA21+4DR/@50.9482202,-2.6402285,17z/data=!3m1!4b1!4m5!3m4!1s0x4872402ef1af385f:0xbb5111063c1f0763!8m2!3d50.9479295!4d-2.6376013>

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 future training events). 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 email me for our bank details.

We aim to provide each athlete with a Somerset T-shirt to wear for the Regional Final so please let us know which size is suitable by completing the form that will be available from the registration desk – we will have samples of the T shirts to try on (all sizes just in case - see below) so that you can select the appropriate size for your athlete.

**If you aren't able to attend the training on Sunday, please let me have information to enable me to order a suitable T-shirt for your athlete, including chest size. I will need this information to place the order on Tuesday 17 December (see below).**

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, meanwhile please contact me 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.**

**T-shirt sizes**

Age:	3-4	5-6	7-8	9-11	12-14
Chest (to fit):	26	28	30	32	34
Size:	XS	S	M	L	XL