

## Sportshall Athletics Training Event – Saturday 18th January 2019

Our third and final training event will take place on **Saturday** 18th January 2020, 10am - 12.30pm at Yeovil College Sport Centre (see below).

**This training event will enable us to make final preparations for the Regional Final, to provide the athletes with further opportunities to practice the various events and to allow them to continue to get to know one another.** It's really important that your athlete attends training so that we can maximise their chances of success at the Regional Finals where we expect the opposition to be as challenging as ever.

**In order to allow us to finalise our plans, please would anyone who is unable to attend confirm this to us by email no later than 9.00pm on Wednesday 15th January, if you have already done so and can remind us that would be appreciated.**

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 apply on Sundays). [Click for map link>>](#)

Please arrive by 9.45am at the latest, registration will start at 9.30am. Each athlete will need to be registered **and we will 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 us for our bank details.

The Somerset T-shirts will be available for collection on Saturday. We will provide a list of sizes. Please tick your name off the list and collect the size that you ordered. If for any reason it doesn't fit, please let us know before changing it. We have ordered some spares!

**Please bring your number with you again, it's not needed for the final the following week. Replacement numbers and additional pins will be available.**

You are welcome to stay and watch and there is some seating upstairs or in the sports hall. **If you decide not to stay please ensure that we have a contact telephone number for you in case it's needed.**

Spare pairs of hands are always welcome so if you are willing to help the coaches, or even do some coaching yourself please let us know with any preferences or speak to Simon on arrival.

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.

As before, athletes should wear 'typical' PE kit – shorts and t-shirt and a pair of **clean** trainers - please don't bring mud or worse into the sportshall, thank you. 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 **Saturday**, meanwhile please contact us if you have any questions or concerns.

**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 on the day it is not advisable for them to come along as experience shows that they are unlikely to perform at their best under such circumstances.**

Details for the Regional Final will be emailed early next week but outline information is as follows:

**Date:** Sunday 26th January 2020, 11.30 – 3.30pm.

**Venue:** Wellsway Sports Centre, Wellsway School, Chandag Road, Keynsham, Bristol, BS31 1PH. [Click for map>>](#)

**Entry Fee:** No more than £4.00 payable on the day – we hope it will be less and will confirm this in due course.