



DIARY DATES:

13th March Inter counties/
UK cross coun-
try ,Birmingham.

13th March Indoor mini-
competition, Chelmsford.

14th March Cambridge
throws Competition.

20th March English Schools
Cross Country Champs,
Manchester.

2nd April Chelmsford
Throws Festival.

3rd April Chelmsford Open.

17th April Bedfordshire
AAA open, Luton.

24th April SWL, Ipswich.

25th April EYAL , Bury St
Edmunds.

Congratulations to:

Athletes of the
Month

November
Beth Tooley
Calum Morton

December
Sophie Tooley
Seb Anthony

January
Emily Baker
Alex Dunbar

Club Records

Luke Allen
Senior Men's
60m Hurdles
9.27secs
London Indoor
Games
Lee Valley.

West Suffolk Athletics Club

EST.1973

News



Letter

ISSUE 4

FEBRUARY 2010

Happy New Year

Happy new year to all our members, coaches and parents. This is the first news letter of 2010, and I must apologise for the delay, as this was supposed to be issued last October, but due to other commitments I have only just got around to it. The new year hasn't started too well due to the weather causing track closures and cross country cancellations, but hopefully we have seen the last of the snow. In case of further snow please remember, to ring the Sports Centre and check the track is open before setting off.

In November we held our AGM and presentation evening with our special guest Andy Turner. Congratulations to all our trophy and certificate winners. Every one who attend enjoyed the evening and the question and answer session with Andy, however it was a little disappointing that so few members turned up. The committee for 2010 was elected, and it was great to see so many willing to help and join the committee, and it is hoped that new committee members, Bob Cross, Diane Cross, Emily Cross, Lynda Rogers, Emily Rogers,

I'm sure you are now all aware that our new club house has arrived at the track, although at the moment it doesn't look much like a club house. The building is situated behind the equipment sheds, and in its former life was a toilet block, but I'm sure with a little work it will make an adequate if not totally ideal club house.



Darren Baker, Emily Baker and Alex Dunbar will bring new ideas and enthusiasm to the club and help us plan for the future. I suppose the bad news was that due to increased club expenses the club fees have had to be raised, this was agreed at the AGM, with new fees of:
1st Claim £13/month
2nd Claim £7/month
Family £36/month
If you haven't already changed your standing order amounts

please do so. Please do not send the new forms (which you should have all received) to Caroline, or give them to Dave, please send them directly to your bank.

Can I wish all athletes and coaches every success in the coming season, and I hope the weather interruptions haven't caused too much disruption to your training schedules.

Club facilities

The arrival of the hut marks the end of extensive talks with Abbey Croft Leisure, the Local Council and the St Edmunds Pacers with whom we will share the facility. I would like to thank Mr Neil Anthony, for his help in making this project happen. Now the work really starts, we have to convert the building. The club doesn't have enough funds to employ builders, so we are looking for volunteers to help.

Initially the work will involve ripping out the old toilet fittings, so if you can wield a hammer please help. We then need to plan the re-fit and finish off the work. So if you think you have the time and skills please help. We have particular need for a qualified electrician to isolate some equipment and fit some power sockets. So if you know of an electrician who may be able to help please contact Derek or Dave.



**Quote of the
Month:**

**An important key
to success is self
confidence, an
important key to
self confidence is
preparation
Arthur Ashe .**

**Athletics
Trivia**

Why was the javelin redesigned in 1984?

Answer from last issue:

Michael Johnson
1996, Atlanta.

Nearly three years ago our daughter decided she would like to have a go at athletics and being supportive parents we took her to West Suffolk AC. After attending four training sessions her interest was heightened, so she became a member, this involved attending training sessions twice a week and competing for the club at various athletics meetings. We found the club very welcoming, the more we went the more interested we became and the more

people we got to know.

The meetings are great days out with tremendous team spirit, everybody cheering for everyone else in their particular events. As parents the days are filled with highs and lows as we watched our daughter do well or not so well, we were there for the smiles and the tears.

After some time attending the training sessions and supporting our daughter and the team at league meetings we were casually asked if we were interested in helping with the club. We said yes and consequently we were eased into officiating. This involves anything from spiking, measuring, raking, retrieving and raising the high jump bar. This keeps us busy and recently we have joined the committee and hope to help with other aspects of club life.

We would say to any parent whose children train at the club to stay on at the track on the odd night as you might find some interest for yourselves, you never know you may decide to become a coach or official, courses are available, just speak to anyone on a club night and they will point you in the right direction.

Many thanks to the author of the above article.

The article makes an important point. The club always struggles to get help, and we appreciate that parents are busy people and they may use this time to train themselves or just relax, but for the club to continue to grow we need willing helpers. Last season we unfortunately lost two coaches Wendy Meadows-Smith and Len Johnson, which leaves us desperately short of coaches and limits the events available to athletes. Also with the membership at 140, we may have to limit membership in the future. So if any parents fancy helping out with coaching etc. please contact a committee member.

NEWS IN BRIEF

Congratulations to Peter Vince who has qualified as a level 2 coach and is now able to coach endurance and sprint events, he is a welcome addition to the coaching team.

Over the last few weeks a number of athletes have not signed in with Dave when arriving at the track. It is important that you sign in as we need to know who is training for emergency purposes. Can I also remind members

that if they need to leave the track for the toilet etc. please inform your coach and Dave as you leave the arena. Please also make sure that you wait inside the arena for parents to pick you up and don't wait in the car park outside or drift off into the sports centre at the end of the training session.

A warm welcome to new members: Cameron Redden, Georgia Allen, Alexis Currin, Christopher Morton, Nancy Martin, Chloe Ames, Anastasia Chandler, Felicity Tomkins, Siobhan Fitzsimons, Christy Fitzsimons, Evie Pittingale, and James Curran.

Farewell to leavers: Bethany Castle, Natasha Levy, Adam Weller, Ellie Stevens, Bethany Yapp, Eddie Hurren, Jamie Hurren, Alex Gray, Joanne Ely and coaches Len Johnson and Wendy Meadows-Smith.

Winter Training. Why?



It's always a disappointment to me when the cold winter nights start to arrive, but what is even more of a disappointment is the dwindling numbers of athletes turning up for winter training. I know that it is hard to stay motivated and to leave a warm house to spend two hours at the track on a cold and wet night (and that's just the coaches!). So its not surprising that some athletes prefer to stay at home. I know we are in competition over the winter with football, rugby, and netball

etc. and I know that many of our athletes compete in these sports and training nights clash. For the rest, whose main sports focus is athletics there is no real excuse.

Winter training is not easy, it is a time of the year when the hard work is being put in, for instance the sprint group for the first 3 months after the summer season have been putting in high volumes of endurance work with hill sessions, long steady runs and general fitness work. Sprinters are not the most energetic of athletes and usually anything further than 200m is a marathon for them! I've lost count how many times I've heard the words 'we're sprinters why do we have to run so far?', well it's simple, winter training is all about training to train, it is important to gain a level of fitness that will enable the athlete to condition and

prepare the body for specific event training later on in the training year. The above not only applies to the sprinters, but equally to the jumpers and throwers, who require similar types of winter training. The sprinters will be glad to know that we are now entering another training phase in which the distances will get shorter, but don't get too excited as the intensity will increase. There are no guarantees, but one thing you can be sure of is that if you put the hard work in over the winter you will reap the rewards in the summer competitions, whether it be winning your event, setting a PB, or simply enjoying your performance more. If you don't believe me ask your coach as I'm sure they will agree, if you still don't believe ask one of our all year round athletes in the endurance squad or ask one of our more experienced track athletes, Tania or Luke who train rain or shine whether it be winter or summer. So if you normally hibernate during the winter, why not give it a go. You never know you might enjoy it!

New Club Sponsor

Many thanks to club member and now new club sponsor Darren Baker. Darren has kindly agreed to sponsor some club flags through his company D.R. Baker Solicitors, he will also sponsor some goodie bags for the schools cross country races next year.

If you know of any other potential club sponsors please let a committee member know.

Very few athletes complete their careers without sustaining some kind of injury, and although rest is a great healer, sometimes professional treatment is required. Some of you may have had to have specialist treatment and will know that it doesn't come cheap. As a club we are aware of this and we have managed to secure discounts for members with two practices in the Bury area.

Members are eligible for a 10% discount at:

Bury Physio
Maynewater Lane
01284 748200

and discounted treatment with

Jo Tweed
Sports Therapist and Podiatrist.
07881 626861

Club Mark



West Suffolk AC are currently working towards Clubmark accreditation, a nationally recognised scheme, to provide recognition for clubs that provide a safe and successful environment for young athletes.

Some of the benefits of clubmark accreditation are:

- Funding opportunities
- Volunteer recruitment
- Club development
- Opportunities through the Suffolk Essex Athletics Network
- Links with schools
- Raising the profile of the club
- Improved Club structure
- Improvement in the way the club is able to recruit and retain athletes

As part of the clubmark process West Suffolk AC have reviewed and formed several new club documents including the club's emergency procedures. All coaches are aware of the process, however we would like to make athletes aware that in the event of an incident /emergency all club members should meet at the 200m start and not at leisure centre assembly point which is situated in the centre of the field (full copies of this can be viewed on the club website / at the track)

Members can keep up to date with this information through the club website: www.westsuffolkac.com or by asking for details at the club desk.

To qualify for club mark accreditation we are also required to elect a male and female welfare officer.

The club's welfare officers are:

David Spurling – 01284 769955

Caroline James – 01284 723282 / jcarolinej3@aol.com



Have you visited the Power of 10?

The power of 10 is a national athletics website where you can view your performances from competitions, keep a record of your best performances and find where you are currently ranked within the club, eastern region and nationally. Have a look at the website by visiting:

www.thepowerof10.info

Interested in coaching?

We are currently seeking more coaches in order to develop and expand the club. The club is looking to begin an introductory group for under 11's and new members, and require volunteers to assist with this process. You do not need to be experienced in athletics as this involves assisting a fully qualified coach at club sessions. We would welcome anyone interested to speak with a committee member at any training session.

Attention all Coaches, Athletes and Parents.

You will have noticed that this issue is a little bigger than normal. This is partially due to the long delay between issues, but mainly because I have received two guest articles. I hope to maintain the length of the news letter, but can only achieve this with more support from guest articles. So please can I have more contributions. I would especially like to include articles from our athletes. If you would like to submit an article or have an idea for an article please contact me at the track, or drop me an email at jkingfisher@aol.com.

Thanks Derek.