



## WELCOME

A very warm welcome to this month's newsletter. The track and field season is now well under way and our athletes are, as always, putting in some fantastic performances. However as well as our athletes making themselves available to compete we also need the support of parents in officiating at many of the league meetings. Please do consider volunteering at the remaining meetings of the season - without enough officials the team loses points! We really do need your help and it's also a fantastic opportunity to get involved, have fun and meet new people.

Yours in athletics,  
Rob Pinton, Chairman

## Club Records

It's been a great start to the season and we've already seen some club record-breaking performances. Congratulations to the following athletes:

- Elliott Harris (U15 Boys) - won the 80m hurdles at the Warwickshire County Championships in a club record time of 11.35s. This currently ranks him 2nd in the UK.
- 4\*300m Relay Team (U15 Boys) - the team of Jamie Russell, Joe Masterson, Elliott Harris and Adam Visram Cipolletta ran a time of 2.41.0m which ranks them 3rd in the UK.
- Chris McLeod (U17 Men) - currently ranked 4th in the UK after running a club record of 8.36.49 in the 3000m.
- Ashleigh Bailey (U17 Girls) - her performance in the shot put of 13.12m currently ranks her 10th in the UK.

## Helping at Competitions

Thank you to all those who have already helped with officiating at competitions this season - your support is critical and much appreciated.

We have had fewer offers of help at competitions this season and it is already proving difficult to find enough people to officiate events. With a shortage of athletes competitions will still go ahead but they cannot run without a full team of officials. For this reason teams are awarded points for officials. It would be such a pity for our athletes, who train so hard and give their best on the day, if their team lost points because we were unable to provide our full quota of officials.

If you have not returned a Relatives & Friends Availability but are able to help at any of the meetings, please get in touch with Annette at [sshacofficialssec@gmail.com](mailto:sshacofficialssec@gmail.com). All offers of help gratefully received!!



## Spikes Exchange

TAKING PLACE IN THE STAND ON THE THIRD THURSDAY IN THE MONTH 6.30 – 8.10PM

The next Exchanges will be on Thursday 15th June, Thursday 20th July & Thursday 17th August. .

If you have running or jumping shoes you have grown out of that are still in good condition, please donate them by putting the size and type of shoe on a piece of paper in one shoe and tying the laces together. They can then be brought to this event or placed in the box in the corner of our equipment portacabin at any time during coaching sessions. (Most coaches have a key).

\*\*\*Please don't take shoes from the portacabin as this needs to be done in an organised way.\*\*

Any Club athlete can choose a pair of shoes that fits them. There is no charge for any shoes you want to take from the spikes exchange - simply return them when you have outgrown them.

Smaller sizes are now needed please!

## Equipment Wanted

We are currently trying to build up our stock of throwing and training equipment. If you have any throwing implements, starting blocks etc that you no longer use and might consider parting with, or you know someone else who has, please get in touch with Lynne ([lynnemoody@btopenworld.com](mailto:lynnemoody@btopenworld.com)) or Annette ([sshacofficialssec@gmail.com](mailto:sshacofficialssec@gmail.com))

## Quadkids & Super 4 Competitions – Your Chance to Have a Go

The Quadkids and Super 4 competitions give us a chance to invite all athletes in the correct age groups to represent our Club in competitions - unlike the Midland, Youth Development and Heart of England Leagues we take part in, which are highly competitive with a chance of promotion or relegation so Team Managers usually put in the most capable athletes. Unfortunately, this means that a lot of athletes, usually in the lower half of the age group, do not get selected to take part in these Leagues.

However, in Quadkids and Super 4, rather like some Cross-Country leagues, any number of athletes are allowed to take part. This means all of our Club members can put on a vest and represent SSHAC. We are in competition with Leamington and Stratford Athletic Clubs.

Quadkids has a competitive league structure in age groups and there are trophies presented at the end of the season, the top four scores from each Club being taken into account, in each age group

Super 4 has no league and simply gives athletes a chance to compete in a track event of their choice (excluding hurdles) and one field event from four: shot, javelin, long jump or high jump. Most competitions end with inter Club relays, as do Quadkids, when time and weather permit.

Please try to enter the remaining Quadkids or Super 4 competitions if you can. It is a chance to try out the skills you have been learning whilst attending our training sessions!

Quadkids is at Solihull from 6.30-9pm on 7th July and in Stratford on 9th June, for athletes in Year 4-6.

Super 4s are at Leamington on 23 June, Stratford on 14 July and Solihull on 18 August, 6.30-8.30pm for athletes in Year 6-9.

Please contact Lynne Moody if you want to take part in any of these.

([lynnemoody@btopenworld.com](mailto:lynnemoody@btopenworld.com))



## Training Courses

### Coaching Assistant

Courses are available this year as follows:

15 <sup>th</sup> & 16 <sup>th</sup> July	Loughborough University	booking deadline 14 <sup>th</sup> July
23 <sup>rd</sup> & 30 <sup>th</sup> September	Rugby	booking deadline 11 <sup>th</sup> September
7 <sup>th</sup> & 8 <sup>th</sup> October	Gloucester	booking deadline 25 <sup>th</sup> September
21 <sup>st</sup> & 22 <sup>nd</sup> October	Alexander Stadium	booking deadline 9 <sup>th</sup> October

Details [here](#).

### Athletics Coach

There is a course being run at Alexander Stadium on 28<sup>th</sup> & 29<sup>th</sup> October 2017, 9<sup>th</sup> December 2017 and 10<sup>th</sup> March 2018. To attend you must be 18 and have been qualified at either UKA level 1 or above, or Coaching Assistant, for at least 3 months. You must also be available to attend on all four days. Booking deadline 9<sup>th</sup> October. Details [here](#).

### Leadership in Running Fitness

The next two dates for this 1-day course are:

3 <sup>rd</sup> September	Dudley	booking deadline 21 <sup>st</sup> August
16 <sup>th</sup> September	Stourport	booking deadline 4 <sup>th</sup> September

Details [here](#).

### Officials Level 1 – Track or Field

14 <sup>th</sup> & 28 <sup>th</sup> June (eve)	Nuneaton	booking deadline 9 <sup>th</sup> June
13 <sup>th</sup> & 20 <sup>th</sup> Sept (Field)	Rugby	booking deadline 4 <sup>th</sup> September
13 <sup>th</sup> & 27 <sup>th</sup> Sept (Track)	Rugby	booking deadline 4 <sup>th</sup> September

If you are interested in attending any of these courses, or would like further information, please contact Annette Brown ([sshactraining@gmail.com](mailto:sshactraining@gmail.com)). Although online booking is now available for some courses, you will need to obtain authorisation for attendance/reimbursement of fees before booking.



Fixtures List		
	Event	Location
<b>June</b>		
9th	Quadkids	Stratford
10th	County Schools Championships	Various
10-11th	Midland Senior/U20 Championships	
17th	Schools Mason Trophy	
17-18th	England U20/23 Championships	Bedford
18th	YDL U13/15	Rugby
23rd	Super 4	Leamington
24-25th	Schools Regional Combined Events	
25th	YDL U17/20	Brierley Hill
<b>July</b>		
1-2nd	British Championships & World Trials	Alexander Stadium
2nd	Heart of England League	Rugby
7th	Quadkids	Solihull
7-8th	English Schools Championships	Alexander Stadium
14th	Super 4	Stratford
15th	YDL U13/15 Promotion Match?	
16th	Midland League	Tipton
23rd	YDL U17/20 Promotion Match?	
29-30th	CAU & England Senior Championships	Bedford
<b>August</b>		
5th	Midland League	Stourport
18th	Super 4	Solihull
19-20th	Midland U17/U15 Championships	
26-27th	England U17/U15 Championships	Bedford
<b>Sept</b>		
2-3rd	YDL National Finals	
16-17th	English Schools Combined Events Final	Boston
23rd	Midland Road Relays	Sutton Park