



*Welcome* to the May edition of the newsletter. The outdoor track and field season is now well under way and we've already seen some great performances. However we do still desperately need more officials and helpers at each event. Please read Annette's article below and do get in touch if you think you can help.

Yours in athletics,  
Rob Pinton, Club Chairman

## More Qualified Officials and Helpers Still Needed

First I should like to thank everyone who has braved the cold and wet to help with officiating at Track and Field competitions already this season.

We are still desperately short of qualified officials, which means at times some of us are on duty for three days in the same weekend. I'm also having to ask the same few parents to help each time because no-one else has volunteered. Please consider training as a Technical Official or volunteering to help when your child is competing. Having more people to choose from would enable us to spread the workload and give everyone a chance to watch their child compete.

We are hosting a Midland League meeting on Sunday 9<sup>th</sup> June, a CSW U12 competition on the evening of Friday 21<sup>st</sup> June and the YDL U13/15 Promotion Match on Saturday 20<sup>th</sup> July. Help needed includes officiating events, moving equipment, erecting tents, results running and making officials' lunches. There are jobs for all ages and abilities.

Please see the Training Courses page of this Newsletter and contact me for more information on how you can help.

Thank you

Annette Brown  
Training Officer, Officials Secretary & Meeting Organiser [sshacofficialssec@gmail.com](mailto:sshacofficialssec@gmail.com)

## Throws Cage News

Modifications to the throws cage to bring it in line with the current UKA specification unfortunately took longer than scheduled. The majority of the work has now been completed and the cage is available for use in training and competition. When throwing from the cage, please follow the instructions on the adjacent information board and any other health and safety guidance provided. Happy throwing!

## 'Trofeo Opitergium' U20 European Road Race

Congratulations to Chris McLeod who represented England in the U20 Mens 10k race finishing in 11th place (32.08) and the third England runner. It is a fantastic achievement and a great result - well done Chris!



## Nutrition Workshop

In April some of our young athletes attended a question and answer workshop with Richard Kirby. Richard is currently working with Wolves Football Club as the 1st team Strength and Conditioning lead.

If you follow football you will have noticed that Wolves have had a very successful season. One of the main reasons for this success is that they have the best record on injury prevention in the premier league.

It was an excellent evening and our young athletes posed some well constructed questions for Richard, which he answered in great detail. The athletes gained vital information on what and when to eat in training and during competitions. Training and recovery recommendations formed a key part of the evening.

### Nutrition and Recovery

#### Top Ten Tips for athletes and Parents

1. Avoid added sugars
2. A ripe banana gives the best energy hit 30-40 mins before an event or training.
3. Refuel as soon as possible after training or competition. A mix of carbs, protein, fats and vitamins.
4. Minimum of 8 hours sleep each night.
5. No blue light 2 hours before bed
6. Start hydrating 24 hours before competition day - water and no sugar cordial are best.
7. Nuts are your new best friend (unless you are allergic)
8. Up your protein consumption, especially after injury (eggs, lean meat, legumes, dairy and fish are best)
9. Try and stick to your usual meal times.
10. Pre-event meal options (90 mins to 2 hours before kick off) porridge with fruit, rice, pasta,

## New Members

Welcome to 11 new members:

Conor Synott, Theo Hall, Amber Creasey, David Manson, Christian Walker, Riordan Cox, Roscoe Cox, Harvey Nelson, Dan Sherman, Thomas Dainty and Dominic Jones.



## Training Courses

The following courses are available locally. Other courses are scheduled for later in the year and more courses in various disciplines are being added so please look out for updates.

### Officials Level 1

9 <sup>th</sup> June	Health & Safety plus Field, Track	Cheltenham	booking deadline 2 <sup>nd</sup> June
11 <sup>th</sup> June	Timekeeping	Leicester	booking deadline 4 <sup>th</sup> June
18 <sup>th</sup> & 26 <sup>th</sup> June	Field *	Leicester	booking deadline 11 <sup>th</sup> June
26 <sup>th</sup> June	Health & Safety	Nuneaton	booking deadline 19 <sup>th</sup> June
10 <sup>th</sup> July	Timekeeping	Nuneaton	booking deadline 3 <sup>rd</sup> July
10 <sup>th</sup> & 23 <sup>rd</sup> July	Field *	Nuneaton	booking deadline 3 <sup>rd</sup> July

N.B. For these courses you must complete the Health & Safety module (if you have not already done so). This can either be done by attending one of the above courses or you can complete it online.

\* This course takes place over two evenings.

Details [here](#) & [here](#)

### Coaching Assistant

13 <sup>th</sup> & 14 <sup>th</sup> July	Loughborough University	booking deadline 1 <sup>st</sup> July
21 <sup>st</sup> & 22 <sup>nd</sup> September	Gloucester	booking deadline 9 <sup>th</sup> September

Details [here](#) & [here](#)

### Athletics Coach – Days 1 & 2 of a 4 day programme

No local courses currently available.

Once booked the candidate must select their Day 3 & 4 event technical option – Endurance, Speed, Jumps or Throws. All 4 days must be completed. Details [here](#).

### Leadership in Running Fitness

9 <sup>th</sup> June	Leicester	booking deadline 27 <sup>th</sup> May
7 <sup>th</sup> July	Telford	booking deadline 24 <sup>th</sup> June
13 <sup>th</sup> July	Nottingham	booking deadline 1 <sup>st</sup> July
15 <sup>th</sup> September	Stourport	booking deadline 2 <sup>nd</sup> September

Details [here](#)

### Coach in Running Fitness

28<sup>th</sup> & 29<sup>th</sup> September, 9<sup>th</sup> November, 29<sup>th</sup> February 2020 Nottingham booking deadline 16<sup>th</sup> Sept

Details [here](#).

### Event Group Training – Sprints & Hurdles, Endurance, Jumps, Throws

The Event Group Coach programme is designed to provide licensed Athletics Coaches with a greater understanding and awareness of the issues involved with coaching athletes at the Event Group Development stage of the athlete development pathway. It is comprised of an online distance learning module and an in person 'Integration Day'. Details [here](#)

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.



**SOLIHULL & SMALL HEATH A.C.**  
**Fixture List Summer 2019**

**June**

2 Sun	HOE	Radley
7 Fri	CSW Super 4 U13/15	Leamington
8 Sat	County Schools Champs	Various
9 Sun	Midland L	Solihull
15 Sat	Schools Mason Trophy	Alexander Stadium
16 Sun	HOE	Banbury
21 Fri	CSW for U12s	Solihull
22-23 Sat-Sun	England U20/23 Champs	Bedford
23 Sun	YDL U13/15	Milton Keynes
30 Sun	YDL U17/20	Milton Keynes

**July**

5 Fri	CSW Super 4 U13/15	Stratford
6 Sat	Midland L	Banbury
7 Sun	HOE	Sutton Coldfield
12-13 Fri-Sat	English Schools Champs	Alexander Stadium
19 Fri	CSW for U12s	Leamington
20 Sat	YDL U13/15 Promotion Match?	Solihull
27-28 Sat-Sun	England Senior Champs	Manchester
28 Sun	YDL U17/20 Promotion Match?	Banbury

**Aug**

3-4 Sat-Sun	England U17/15 Combined Events	Manchester
4 Sun	Midland L	Stourport
10-11 Sat-Sun	Midland U17/15/13 Champs	Nuneaton
18 Sun	Muller Grand Prix	Alexander Stadium
24-25 Sat-Sun	British Athletics Champs	Alexander Stadium
31-1 Sat-Sun	England U17/15 Champs	Bedford

Link to all the results from club fixtures:

<http://solihullac.co.uk/#/res-summer-2019/4594592660>