



Handforth Wilmslow Alderley Athletics Club

2014 Summer Season Briefing

Competition Dates

Club QuadKids

19th June Wilmslow High School

Track & Field League (Sundays)

11th May Trafford AC, Stretford

15th June Macclesfield

6th July Deeside AC, Connah's Quay

7th Sept Macclesfield

Meet at venue by 11:20 am please

Junior Multievents

14th Sept Macclesfield

Venues:

Trafford AC: Longford Park, Ryebank Road, Stretford, M21 9TA

Macclesfield H&AC: Macclesfield Athletics Track, Priory Lane, Macclesfield, SK10 4AF

Deeside AC: Deeside College, Connah's Quay, CH5 4BR

Club QuadKids

Not competed before? Have a go in our club competition and set some Personal bests to use as targets!

QuadKids is just 4 events completed in one evening: 100m and 600m races, long jump and howler throw.

Parents: We need lots of help for this one. Please contact Mark Norman now if you can help.

Track and Field League FAQs

How old do you need to be to compete?

You can compete if you are in Y4 at school or older. See the table on page 2 to check your age group.

How many events can I take part in?

Three individual events and a relay. Your points for these count towards our club total.

When do I choose my events?

Choose your events in advance and let us know at Thursday training or by email/phone (see below). See the timetables given out with this sheet or check our website.

What about if I'm unsure about the rules?

Talk to the team manager and older athletes. The officials are really helpful too!

Is it just for young athletes?

No. There are senior events so parents can join in too—it all helps our points tally!

Multievents Championships

You need to book this in advance. We'll give out forms later this season. Members from other clubs pay a fee, but as we organise it, it's free for our members!

Contacting HWAAC

Chair: Mark Norman 07784 282991

Senior coach: Mike Bullock 01625 525592

Secretary: Julie James 01625 252873

Email: hwaac@hotmail.co.uk

Website: www.hwaac.typepad.co.uk

More news and info on page 2

Which age group am I in?

For the summer season this is worked out by considering your age on 31st August this year. Use this table to help:

School year	Age group
Y4 & Y5	under 11
Y6 & Y7	under 13
Y8 & Y9	under 15
Y10 & Y11	under 17
Older athletes	Ladies/Men

Summer Training

Training will continue through the summer including during school holidays.

As our competition is now outdoors, we'll train outdoors too! Please come equipped with extra layers of clothing in case the temperature drops suddenly. Also it's wise to have a waterproof to hand as we'll stay outside in the event of light rain.

Initially everybody trains from 7pm to 8pm. As the daylight hours lengthen we'll extend to 8.15 pm for under-11s and 8:30 pm for the older athletes.

Clara helps Cheshire to bronze

Following strong performances for the club in the North West League, **Clara Edler** was picked to represent Cheshire in the under 11s Fun in Athletics regional final at the indoor arena at Sport City in Manchester. The Cheshire team faced seven others representing the other parts of the North West region.

Clara's events were the 100m hurdle relay, where the Cheshire girls came first, and triple jump. Overall Cheshire came third so we were delighted to present Clara with a bronze medal at training a few weeks ago.

Roll of Honour

Some of our under-11 and under-13 athletes are well on their way to good club awards points scores thanks to their performances in the Sportshall League over the winter. Well done to:

Dominic Aston, Megan Branthwaite, Isabel Cathery, Joseph Cathery, Clara Edler, Sam Firth, Stuart Harwood, Jamie Henshaw, Brandon Horne, Libby Hutton, Phoebe Hutton and Morgan Keep.

Congratulations to Dominic, Megan and Morgan for making their debuts in competition for the club.

Nervous about competing?

It's normal to be nervous before a match! But there's lots to be gained by taking part:

- A chance to beat yourself! In athletics you're always trying to improve on your personal bests (PBs) - there's no better opportunity than a match against other athletes your own age
- You earn points for the club—everyone who takes part can do their bit!
- Earn points toward the club 5-star awards and put yourself in the running for a trophy in November!
- Chances are, you'll enjoy it too!

Enquiries about joining HWAAC

We have a steady stream of enquiries from parents of potential new members. To help us manage them effectively, we ask that enquiries are routed through Julie sent by email to the club account (see Page 1) giving the following details:

- Name of athlete
- Date of birth
- A contact phone number
- If possible, an email address

We currently have a waiting list for under-11s, so a little patience is required in this age