

MHAC Track & Field Newsletter



March 2018

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NEWS

- The Club Track and Field Season opens with the **Youth Development League event on Saturday 21st April** for athletes in the Under 13 and Under 15 age groups
- Team managers and coaches will be assessing your performance prior to selecting the teams - watch out for your selection letter and make sure you accept the invitation to compete
- Pick up a calendar of events from the club house and make sure you have all T&F dates marked on your calendar
- Why not test yourself at the Trafford Open on 2nd April or the Warrington Open on 8th April
- The first match for Under 17s and Seniors is the Northern League on Saturday 5th May at Preston

ENTRY INFORMATION

The Cheshire T&F championships are being held in Macclesfield on 12th and 13th May 2018 - make sure you enter!

All ages and abilities are welcome to enter these championships, so please take advantage of this opportunity - our target this year is to have 60 athletes competing - from a club of over 600 members this should be an easy target! Entry forms will be available online in due course at: www.cheshireaa.com

COACHING CLINICS

Coaching clinics are back in 2018 - your chance for some in depth specialist coaching from our excellent coaches. Application forms are available in the Club House. Dates: Wed 28 March & Wed 18 April for Over 17s. Sat 24 March, Sat 28 April & Sun 1 July for Over 11s to Seniors.



CLUB AWARDS EVENING

All are invited to attend the Awards and Social evening on **Friday 16th March at 7pm in Bollington Arts Centre**. Food will be provided and there will be a bar. Please join in the celebrations and meet with members from all sections of the club.

COACHES CORNER

A warm welcome to our newly qualified Assistant Club Coach, George Orphanides, who joins our Under 13 coaching team. Congratulations also to Charlie Bird who is completing her Club Coach qualification. Other coaches recently attended development sessions at the Leisure Centre and further afield. We thank all the coaches for the time they spend planning and delivering the sessions and keeping their qualifications up to date. Please remember, all officials and coaches at MHAC are volunteers - unlike other sports clubs, coaches are not paid. Your progress and commitment to competing for the club are all we ask in return for our time. Please respect your coaches by trying your best, turning up on time with a positive attitude and competing for the club when selected.



If you have any items for the next newsletter or would like to help compile the newsletter please contact Barbara Murray at: barbaraannemurray@hotmail.com

TRACK SAFETY



As a reminder in the interests of safety, U11s and U13s have priority use of the track from 6 - 7 pm. After 7 pm all other groups should ensure their route is clear and a polite shout of 'track' will warn of your presence if you feel you have not been seen. Please also remember to park in the leisure centre overflow car park and walk to the club house. Our policy of no cars on the access road (apart from those with equipment to drop off), is to avoid accidents and maintain clear access in case of emergencies. Thank you for your co-operation.

FORTHCOMING EVENTS

- **Frid 16 March:** Club AGM and Awards Evening, Bollington Arts Centre
- **Sat 24 March:** 10.00-12.00 Coaching Clinic for T&F events
- **Wed 28 March:** 18.00-20.00 Come and Try Throwing for Over 17s
- **Mon 2 April:** Trafford Open
- **Sun 8 April:** Warrington Open
- **Wed 18 April:** 18.00-20.00 Come and Try Jumping for Over 17s
- **Sat 21 April:** YDL T&F league (U13, U15)
- **Sat 5 May:** Northern League (U17, U20 and Seniors)