

# Abbey Juniors Newsletter

**November 23<sup>rd</sup> 2011**

Dear all,

Welcome to the first Abbey Juniors Newsletter! I will try to produce one every month from now on (but no promises!). The plan is to distribute the Newsletter through the Abbey Juniors email list, but I will also bring paper copies along to the following Junior training session. If you receive a paper copy but don't also get one emailed to you, then that is because I don't have your current email address on my list. You can remedy this by emailing me at [m.s.hetherington@leeds.ac.uk](mailto:m.s.hetherington@leeds.ac.uk)

## **Abbey Junior Runners Information**

We are currently compiling a database of information, some of which we intend to put onto a card file system, which can be brought along to each training session in case of emergencies, etc. As a minimum, we need to keep the following information on file:

- Child's Name, Date of Birth & Home Address
- Name and contact number (preferable a mobile no.) for the child's parent(s) / guardian(s)
- Whether there are any health issues that are relevant (e.g. exercise-induced asthma)
- Whether the child carries any medication (e.g. inhaler for asthma)
- Whether there are any child protection issues that we need to know about

If you are happy to provide this information *via* email, then please do. If not, please come and see me either at the start or at the end of training. Alternatively, you can call me on 07753 614

## **PECO Cross Country League Junior Races**

We are keen for as many Abbey Juniors as possible to take part in these relatively low-key, fun (but still competitive) events. There is a 1 Mile (approx.) race for 8 – 10 year olds and a 2 Mile (approx.) race for 11 – 16 year olds at each of the 5 PECO Cross Country League fixtures over the coming winter.

The first event takes place at Fitzwilliam Country Park this Sunday (Nov 27<sup>th</sup>). The 1 Mile race starts at 10.00am and the 2 Mile race starts at 10.20am. Registration is open 9.00 – 9.45am and the race entry fee is £1 *per* head. For more details, please see the League web site:

[www.pecoxc.co.uk](http://www.pecoxc.co.uk)

## **Abbey Juniors T-Shirts**

We have T-shirts available at £6.00 each. Sizes are Ages 7-8, 9-10, 11-12 and XS adult (which are slightly bigger than the 11-12 size). XS are currently 'out of stock', but more have been ordered and should be with us soon. Please see me, preferably before Monday evening training, if you want to buy a T-shirt.

## **Training Dates & Times**

We train from 6.00pm – 7.00pm on Monday evenings (school term time only). During the winter months, we train on the Astro turf pitch at Adel Sports & Social Club. It would be appreciated if every effort could be made to get children to the club car park by 5.55pm at the latest, so that we can all start to warm up together, and as close to 6.00pm as possible.

Training dates until Xmas are:

**Mon 28<sup>th</sup> November**

**Mon 5<sup>th</sup> December**

**Mon 12<sup>th</sup> December**

Training will resume in the New Year on **Mon 9<sup>th</sup> January**

## **Training Kit: What to Wear on Monday Evenings**

During the winter months, it is important to wear several layers for training sessions: the idea is to remove layers as you warm up, then put them back on again at the end to stop you cooling down too quickly. A hat and a pair of gloves are also useful, as it always seems to be colder on the Astro turf pitch than anywhere else in Leeds!

## **Eating Before Training**

A difficult subject, but one worth thinking about: we always seem to have a few children who complain about getting a 'stitch' during training (and sometimes I even believe them!). When questioned, it almost always turns out that they have eaten within the previous 2 hours. Although not a foolproof way of avoiding a stitch, it is generally agreed that it is sensible to leave a minimum of 2 hours between eating (especially anything 'heavy') and running. Drinking before, and during, training is usually fine (in moderation), but try to stick to water or dilute squash – most 'energy drinks' are not really suitable for young children.

## **And Finally....**

Congratulations to everyone who ran in the Abbey Dash Junior Race (even if some of the runners got a bit lost in the fog). There were some top quality performances from Abbey Juniors, and it was great to see so many club T-shirts on display!

Mark Hetherington (Abbey Runners Junior Section Co-ordinator)