

# HOLLAND SPORTS AC NEWSLETTER

**JANUARY/FEBRUARY 2011**

The terrible weather before Christmas meant that the track was dangerous and many sessions had to be cancelled. Many of you will have lost fitness as it has been too difficult to train. I even joined a gym, as I know a few of you have, so I could continue training.

## **CHANGES TO TRAINING SESSIONS**

Please note there will be a major change to training once clocks go forward and we have light evenings. As we have many young athletes there is not enough track space and we have not been able to spend enough time coaching the older athletes. We have also had to restrict the numbers of U11s joining the club which could mean we lose them forever to other clubs.

So U13s will train from 6.30-7.30 and 13 & upwards will train from 7.30-8.30. Throwers of all ages will train from 7.30 onwards

Please also note that I take a **seniors** group (15 & upwards) on a Wednesday night from 7pm-8pm, which includes sprinters and middle distance runners of any standard.

## **COMPETING IN TRACK & FIELD THIS YEAR**

This year we want to see all our athletes competing. There are opportunities for 9 and 10 year olds to compete in the Lily B League for girls, and in the Downs League for boys, as well as Open Events. See the dates below we have for leagues and open meetings but we will put details of more open meets on the notice board by the track and also on our website.

Our main focus as usual will be the NYAL (National Youth Athletes' League), which we will compete in our own name, and the Southern Men's League. The other leagues we are competing in are as a combined team with DMV (Dorking & Mole Valley).

We are aiming that most if not all of our athletes from age 9 upwards will compete for us this season. Also we will have a notice board at the entrance to the track which will highlight future events so there are no excuses! Also our excellent website ([www.hollandsportsac.org.uk](http://www.hollandsportsac.org.uk)) not only gives details of future events but the results as well with photos!

After the Track & Field season ends and before Cross-Country starts we are arranging a Prize-giving Event/Disco in the Club House!

# **DATES FOR THE DIARY**

## **REMAINING X COUNTRY FIXTURES**

- Sunday 20<sup>th</sup> February Downs League – Epsom Downs U15, U13 & U11 Boys & Girls
- Sunday March 6<sup>th</sup> Downs League

## **TRACK & FIELD LEAGUES – AGE GROUPS ETC**

### **NYAL – Boys & Girls U13, U15 & U17 Age Groups - Sundays**

- May 8<sup>th</sup>
- May 22<sup>nd</sup>
- June 5<sup>th</sup>
- June 19<sup>th</sup>

### **SOUTHERN MENS LEAGUE – 15 years old upwards – Saturdays**

- May 7<sup>th</sup> – Lewes (note single fixture so different timetable)
- June 4<sup>th</sup> – Crawley
- July 9<sup>th</sup> – Crawley (this double fixture is with the women's league)
- July 30<sup>th</sup> – Gillingham
- August 13<sup>th</sup> – Crawley

### **LILY B LEAGUE – Girls U11, U13, U15 & U17 – Saturdays (We compete in a Joint Team with Dorking & Mole Valley DMV)**

- April 16<sup>th</sup> – Tooting
- May 28<sup>th</sup> – Guildford
- July 2<sup>nd</sup> – Sutton
- July 16<sup>th</sup> – Kingston

### **EBBISHAM LEAGUE – Boys – U11, U13, U15 & limited U17**

- April 10<sup>th</sup> – Sutton
- June 26<sup>th</sup> – Kingston
- July 24<sup>th</sup> – Croydon

### **SOUTHERN WOMEN'S LEAGUE – U15 & Over 15**

- April 30<sup>th</sup>
- May 21<sup>st</sup>
- July 9<sup>th</sup>
- August 20<sup>th</sup>
- September 5<sup>th</sup>

## **SURREY CHAMPIONSHIPS**

- May 14<sup>th</sup> & 15<sup>th</sup> (Note the Surrey Schools Champs are on Saturday 11<sup>th</sup> June)

## **OPEN EVENTS**

- Sunday 3<sup>rd</sup> April – Hercules Wimbledon, at Crystal Palace – for entry form see our website
- Sunday 27<sup>th</sup> March – Crawley Open
- Sunday 24<sup>th</sup> April – Crawley Open
- Wednesday 22<sup>nd</sup> June – Crawley Open
- Wednesday 13<sup>th</sup> July – Crawley Open
- Monday 29<sup>th</sup> August – (Tom Lintern Medal Meeting)

For entry forms for Crawley AC Open Meets go on their website

<http://www.crawleyac.org.uk> and click on *Entry Forms*. You can also enter on the day but need to get there at least 45 minutes before your event

## **BANSTEAD WOOD TIME TRIALS**

All middle distance athletes of all ages, once a week you should go on a long run of approx 3 miles. Banstead Wood Time Trials enables you to do this as it is run every Saturday off road at 9.00am & is free of charge. Look on website

<http://www.parkrun.com> and click on Banstead Woods for more details . There are Park Runs all over the country – eg Roundshaw (off Purley Way), Bromley, Bushy Park, etc.

# **STAR FOCUSES**

**Name: Zoe**

Date of birth: 15.8.1996.

Personal bests: 100 metres 13.9, 300 metres 49.16, Long Jump 4.19m, Discus 21m 10.

Most pleasing performance: Discus 21m 10.

What I enjoy most about training: The people & friendly atmosphere.

What I like least about training: Very tiring at times.

Aims (In life as well as athletics): Pass my GCSEs and play lacrosse for England.

Hobbies: Lacrosse, music, athletics and tennis.

Favourite food: Mince pies and yoghurt (not together!).

Favourite TV programme: Merlin, Hollyoaks, Being Human.

Favourite music/artist/group: Lou Reed, Michael Jackson, Bruno Mars, Nancy Sinatra and Donna Summer.

**Name: Max**

Date of birth: 7.1.2001

Personal bests: 400 metres 1m 45

Most pleasing performance: As above.

What I enjoy most about training: I like running long distance.

What I like least about training: Sometimes my legs feel like jelly

Aims: I want to get 1m 40 for 400 by end of year.

Hobbies: Athletics, Football, Swimming and Horse Riding

Favourite food: Baked Beans

Favourite TV programme: Doctor Who & Merlin

Favourite music/artist/group: Queen and Michael Jackson

## **SNIPPETS**

### **U13 BOYS**

In the Surrey County Athletics Association review of Track & Field performances for 2010, the club's U13 boys once again improved their ranking so that we are now the 11<sup>th</sup> strongest club in the county at that age group. Points are scored depending on an individual's best performances over the season. These are the performances that we award certificates for at Presentation Night so everyone who receives a certificate with a "National Grade" or "Surrey Standard" has scored points for the club in the rankings chart.

In the last 4 years the U13 boys have improved from one athlete gaining 2 points, to 9 athletes gaining 40 points. And although not as dramatic, there have been improvements by the U15 boys as well as the U13 and U15 girls. So well done to all our competing athletes and let's keep it going!

## **NEW OFFICIALS**

Congratulations to Ian and Anne Miles who have passed their officials course. We also have a few people doing coaching courses. However we always need more graded officials and coaches – speak to Ian and Anne if you are interested in helping the Club by becoming an official - once qualified you need only help at the events in which we compete. Speak to any of the coaches if you are interested in becoming a coach or assistant coach.

## **MEMBERSHIP FEES**

These are due in April.

## **SHOES**

Please make sure on training nights that you wear good trainers which includes sprinters who also bring their spikes.

Middle distance runners – when you buy spike shoes the shop usually give you 9mm spikes. For X Country you need to buy a set of 12mm, and for the track either 5 or 6mm.

## **ENERGY DRINKS**

Chatting with the Mum of one of the top female heptathletes, her daughter has been advised not to drink all these so-called energy drinks as they have little benefit and attack the enamel on the teeth. She has been advised to drink plenty of water and eat bananas.

## **ROME MARATHON - 20 MARCH**

Finally if you want to sponsor me in the Rome Marathon there is still time. You can make a secure online donation using your credit or debit card. Click on the link below:

<http://my.artezglobal.com/personalPage.aspx?SID=297252>

By contributing online and ticking Gift Aid this provides more funds to the hospice. However, if you would prefer you can give me a cheque made out to Helen & Douglas House. Do not forget to predict my finishing time (hours, minutes and seconds) as there is a bottle of champagne for the nearest time (I am very slow).

## **AND FINALLY...**

Finally finally all letters and articles gratefully received.

*Nigel Bongers*

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