

TrackUpdate



JUNE/JULY 2021

IN THIS ISSUE : MEET THE COACH, COMMITTEE CORNER, AVEAC IN THE NEWS,
COMPETITION TIME!

JOIN US! - VOLUNTEER AS A PARENT HELPER OR BECOME A COACH!

Coaching Sessions ... at Rutland Sports Park

The club offers a range of sessions during the week - all our sessions are run under current EA guidelines and are classed as being run in a COVID-Secure environment - sanitiser stations and social distancing where possible are enforced. Please remember at the moment we are not able to allow parents to spectate on-site during sessions:-

Saturday - full club training sessions 10.00-11.30 but from **3rd July this will revert to 10.00-12.00**

Tuesday & Thursday - coach 'invite' sessions for specialty groups including Javelin, Long Jump, Middle Distance Running, Hurdles & Sprints - Times are event specific but are generally 6.30-8.00 your coach will confirm time!

Wednesday session for Recreation / Transition group is starting **7th July!** - these will be 6.30 - 8.00 - Have an athlete that wants to come on a Wednesday? - why not consider helping out? We are looking for volunteers who can take a register, help organise and maybe even help with sessions? - just ask a coach!

Derbyshire Athletics Competitions

Mini League

The first mini-league competition of the year will take place on Saturday 3rd July. The outline programme is listed on the right. We would encourage all our u11/u13/u15 athletes to attend, however for our youngest athletes who do not feel ready for a competition just yet, Rich - our rec group coach is putting on some taster sessions on days when the mini league takes place - details below!



We are hoping to get some new faces into the club - it would be very useful if some of our existing recreation group athletes came along to help show any new athletes the ropes! If you want to 'chance your arm' at minileague simply turn up, ideally having selected the events you would like to participate in

and bring your entrance fee (£4) in a sealed envelope with your name on, to the team managers - Anna Fitzpatrick, Andrew Shore or Damian Banks - latest updates regarding minileague will be posted on our facebook page!

For all the latest news and reports on Amber Valley Athletes, remember to check our club [website](#) and our [facebook](#) page

MATCH 1 Saturday 3rd July 2021 PROGRAMME OF EVENTS

| TRACK | | FIELD | | |
|---------|------------------------------|---|------------|--|
| 10.00am | 70m Hurdles | U13G | Long Jump | |
| | 75m Hurdles | U13B | 10.00 U11B | |
| | 75m Hurdles | U15G | 11.00 U13G | |
| | 80m Hurdles | U15B | 12.00 U15B | |
| 80m | U11G U11B | High Jump | | |
| | | 10.00 U11G | | |
| 100m | U13G U13B U15G U15B | 10.45 U13B | | |
| | | 11.30 U15G | | |
| | | Howler Javelin | | |
| 50m | U9's | 12.00 U11G & U11B | | |
| | | 15 min break for officials | | |
| 600m | U11G U11B | Shot | | |
| | | 10.00 U13G | | |
| | | 10.45 U13B | | |
| 800m | U13G U13B U15G U15B | 11.30 U15G | | |
| | | 12.15 U15B | | |
| | | Discus | | |
| | | 10.00 U15B | | |
| 150m | U11G U11B | 10.45 U15G | | |
| | | 11.30 U13B | | |
| | | 12.15 U13G | | |
| 200m | U13G U13B U15G U15B | All start times are approximate and are dependent on numbers of athletes entering. The given time is the event start time NOT report for warm up. | | |
| | | U17 women and men can compete as guests with U15s in track events (not hurdles) and in certain field events where U17 weight implements are the same as U15 implements used. Results available on http://derbyshireathletics.org.uk | | |
| | | 4 x 100m | | |
| | | U11G U11B U13G U13B U15G U15B | | |

CONGRATULATIONS!

Amber Valley & Erewash A.C. athletes shine at the British Athletics Championships! Medals and personal bests galore! A full report will be published on our website very soon, but while you're waiting...

Want to re-watch the action? Click [HERE](#) for the British Athletics TV pages

Meet the Coach!

our first article on AVEAC's coaching staff - it seems appropriate we should learn a little about our coach and current Chair of AVEAC - **Bob Boyd**



- An active athlete from 1959 until 2013, competed in the throws, specialising in the discus.
- Won the English schools discus in 1966 and was top UK junior in 1965.

Qualified as a coach in 1969 whilst training to be a PE teacher.

Taught in schools until 1999 when I took up the position of manager of Learn by Design, having been a head of two departments, a deputy head, head of two schools and a school inspector.

Qualified Club coach at all events, with level 3 at discus, shot, hammer, long jump, triple jump and sprints. I have coached National finalists at discus, shot, hammer, high jump, sprints, middle distance and 400m hurdles as well as a CC runner at the World Championships.

Coached at AVEAC since it was formed in 1999.



InsideTrack - 'Committee Corner'

In a new feature for our newsletter, we will lift the mystery around what the committee does, and how it helps shape the club.

We will delve into how the committee operates, and how it affects you – subsequent articles will give you a 'spotlight' on a committee member so you can not only put a name to the face but introduce you to what they do for the club. Hopefully you'll be encouraged to join us!

Just prior to the covid pandemic hitting our shores, the committee were looking into the feasibility of moving the type of club we are from a Community Amateur Sports Club (CASC) to a club with full charity status.

After many consultations with England Athletics, and with assistance from the EA legal team, the club has now successfully completed the transition to full charity status. In terms of day-to-day operation little will change but being a charity will open up more opportunities to the benefit of the club, and will also offer liability protection for the committee and our club members. More about how we will capitalise on being a charity will be detailed in forthcoming issues, but if you have any questions at all regarding this, please let us know!

NEXT ISSUE: More featured content and some new ideas are already being planned!

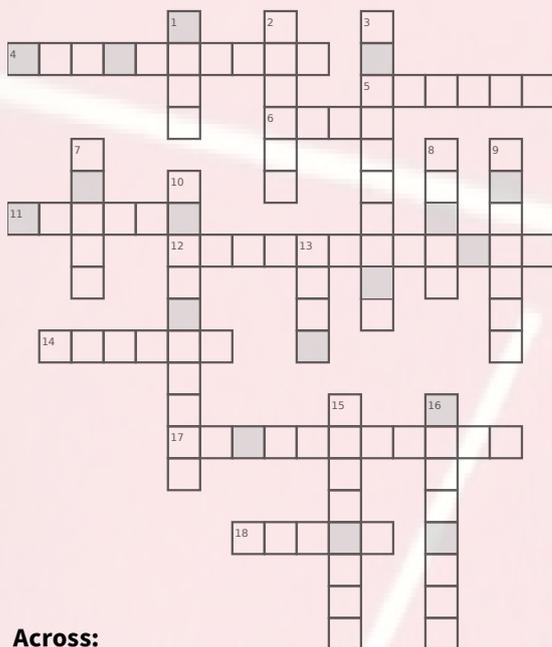
»Words: Joe »Design: Chris

»Want to send us an article? eMail:- newsletter@aveac.club

COMPETITION TIME!

This month we have a quick-crossword for you - the winner will receive one of our

Brand New style AVEAC Track Jacket in the size of their choice!



Down 1.Our u13G Javelin record holder

2.Amber Valleys' original training base

3.Clocked 10.97 to win the womens 100m at the British Champs

7.Englands 10,000m specialist with medals galore!

8.What the Y in YDL stands for!

9.Which implement weighs 800grams for a senior man and 600grams for a senior woman?

10.Hop, step, jump are part of which event?

13. Current Chair of Amber Valley & Erewash A.C.

15.The Nation's greatest DECATHLETE... His son is also pretty good!

16.The best athletes gather at this event every four years

Across:

4.Our training group for the youngest athletes

5.u11's throw this instead of a Javelin

6.If you throw a DISCUS or a HAMMER, you do so from inside this!

11.This AVEAC Athlete is going to the Olympics!

12.Norwegian brothers Henrik, Filip and Jakob the middle distance superstars

14. This AVEAC athlete holds our decathlon record

17.Jess Ennis's former coach, now coaching one of our athletes!

18.The surname of our u20 100m woman record holder

**Complete the crossword,
(some answers can be found on
the club website)**

www.aveac.org.uk

take the letters in the grey squares - unjumble them into a recognised place and send this answer to:

newsletter@aveac.club

answer in next issue along with

winners name

Good Luck!