

TrackUpdate



MAY 2021

OUR FIRST NEWSLETTER IN A WHILE : AS TRAINING HAS RESUMED AT RUTLAND SPORTS PARK AND SOME NORMALITY IS BEGINNING TO RETURN TO THE COMPETITION CALENDAR, NOW IS A GOOD TIME AS ANY TO RESUME! HIGHLIGHTS INCLUDE; UPCOMING COMPETITIONS, INFORMATION ABOUT AGE GROUPS, THE NEED FOR VOLUNTEERS TO HELP RUN THE CLUB AND INFORMATION ABOUT MEMBERSHIP, TOGETHER WITH SNIPPITS TAKEN FROM OUR WEBSITE

What age group am I in? - sounds fundamental but we are asked this every single year!

The best way to know which age group an athlete belongs to is to look at the school year they are in:

- Under 11 – Year 4 and 5
- Under 13 – Year 6 and 7
- Under 15 – Year 8 and 9 - English School's *Junior Age Group*
- Under 17 – Year 10 and 11 - English School's *Intermediate Age Group*
- Under 20 – Year 12 and 13 - English School's *Senior Age Group*

Under 20 can also have a 3rd year in this age group if their birthday falls between 1st January & 31st August.

Derbyshire Athletics Competitions



Mini League

Two Mini League competitions will be held for athletes Under 11 to Under 15. The friendly format of the league makes it an ideal way to introduce competition to athletes in these age groups. There will be two fixtures this year instead of the normal four and these will take place at Moorways Stadium, Derby on:

Saturday 3rd July
and
Saturday 24th July

Further details about start times and team management on the days will follow.

Derbyshire Schools Championships

The Derbyshire Schools Athletics Championships will take place at Moorways on Saturday 12th June.

Unlike previous years when athletes were selected for their District School's team to take part; this year you can enter directly through your PE teacher in charge of athletics. Athletes who wish to take part from the Club should contact their PE teacher directly. Athletes can only take part in one event at the Schools Championships so it is important that they pick their strongest event. The Derbyshire Schools event will only include Junior (Year 8 and 9) and Intermediate (Year 10 and 11) age groups. Athletes who meet the required standard will be eligible for selection for the English Schools finals which will be held in Manchester in July. Athletes in the Senior age group who wish to be considered for selection for the national event should contact their Coach and PE teacher.

County Championships

The annual Derbyshire and Nottinghamshire County Athletics Championships which weren't held last year due to COVID, will take place this year at the Harvey Haddon Stadium, Nottingham on the weekend of 11th and 12th September.

There is a full range of Track and Field events from Under 13 to Masters. There is also a Quadkids event for Under 11s.

More details about how to enter will follow later in the season.

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

Youth Development Leagues – YDL



AVEAC enter both the Lower and Upper YDL leagues. The Lower League age group is for athletes in the Under 13 and 15 age groups. The Upper League is for Under 17 and 20.

The Upper League Age Group will be team managed by **Karen Yates** and **Jayesh Davé**. Both managers will be in contact with athletes in these age groups about availability. There are four fixtures and they are all local this year:

- Sunday 30th May – Moorways Stadium, Derby
- Sunday 27th June – Paula Radcliffe Stadium, Loughborough University
- Sunday 25th July – Snobnall Leisure Centre, Burton on Trent
- Sunday 5th September – Harvey Haddon Stadium, Nottingham

The Lower Age Group will include three local fixtures and these will take place on:

- Saturday 5th June - Snobnall Leisure Centre, Burton on Trent
- Saturday 17th July - Harvey Haddon Stadium, Nottingham
- Saturday 4th September – Moorways Stadium, Derby

The coordinator for the Lower Age Group league is **Sarah Kaye**.

Volunteers...

are at the heart of our club – Can you spare some time to help? A Club only functions well if it has plenty of volunteer helpers. Without volunteers athletics at our club simply would not happen. We always need volunteers and we are asking for parents or grandparents to come forward to play a more active role in supporting the young athletes who attend the club. All offers of help would be welcome and it doesn't need to take up a lot of time – an hour a week would be great. Some of the roles you might wish to consider include; supporting Coaches with setting up and putting away equipment, raking the jumps sand pit, helping at the registration desk, becoming an assistant coach or official (the club will pay your fees if you fancy doing a basic coaching or officials course), assisting with teams at league competitions... If you can spare some time please speak to Bob Boyd, Club Chair, or one of the Coaches or current helpers on the Registration Desk at training.

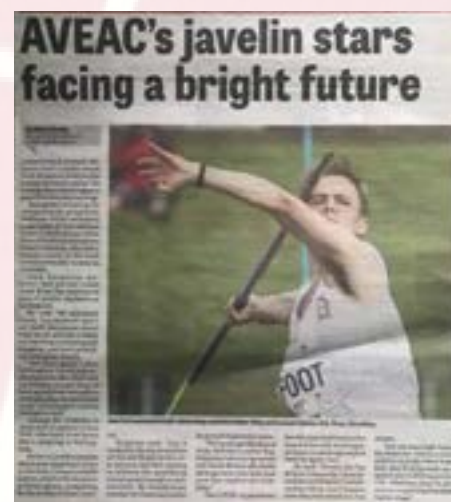


Membership is now due !

Athlete membership is now due. Forms are available from Andrea Collings who is at the Registration Desk on Saturday mornings. Older Athletes who attend specialist event groups on Tuesdays and Thursdays should have received these [forms](#) during the last few weeks. Completed forms and fees should be returned to Andrea.

AVEAC in the PRESS!

Our Javelin Squad featured in a recent article in the [Derbyshire Times](#)



NEXT ISSUE: Includes more features including a 'meet the coach' article, a new regular feature 'InsideTrack' - giving details of how the club/committee works, together with the usual roundup of AVEAC news. If you wish to submit an article - or you have an idea for one, please get in touch!

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