

# U11/U13 NEWSLETTER

## SPRING/SUMMER 2016

### Welcome to U11/U13 news.

We hope you're all enjoying your training sessions and looking forward to entering some of the **Competitions** coming up shortly. Here are a few to try.



#### Exeter Open Meets

On the last Tuesday of the month, instead of training, at 6.30pm

26<sup>th</sup> April, 31<sup>st</sup> May

28<sup>th</sup> June, 25<sup>th</sup> July

30<sup>th</sup> August, 27<sup>th</sup> Sept

#### Devon Open Series

A series of 4 competitions for all age groups.

Informal and fun. Under 10's lookout for the **Quad Kids competition**

24<sup>th</sup> April – Plymouth

12<sup>th</sup> June – Braunton

10<sup>th</sup> July – Tavistock

14<sup>th</sup> August – Braunton

**Devon County Champs**  
**15<sup>th</sup> May, Exeter - U13 & Above**

Open to athletes born/living in Devon

#### SWAL – For U13s & Above

If you'd like to be part of the Exeter Harriers' Team then please "sign up" on the sheets on the Welcome Desk and the Team Managers will contact you.

#### U13 G – Vanessa Freeman

#### U13 B – Debbie Blatchford

Fixtures;

8<sup>th</sup> May – Exeter Arena

5<sup>th</sup> June – Yeovil

3<sup>rd</sup> July – Yeovil

31<sup>st</sup> July – Exeter (Cup Match)

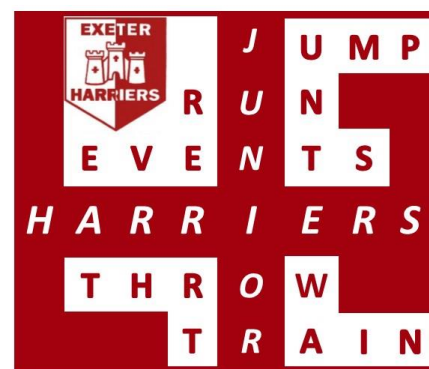
4<sup>th</sup> September - Exeter

#### 25<sup>th</sup> September Combined Events Competition, Exeter

**U11** Mini Hurdles, Long Jump, 60 metres, Shot (2kg), 600 metres

**U13** Long Jump, Hurdles, Shot, High Jump, 800 metres

More info can be found on the club website or ask the Welcome Desk.



#### Volunteers Wanted

Exeter Harriers is supporting the England Athletics South West Inter-Counties Competition at Exeter Arena on 7<sup>th</sup> August. We're looking for young volunteers to help on the day. A fun way to get involved, learn more about athletics and earn yourself a goodie bag. Sign up on the Welcome Desk.

#### ESAA Badges

We operate the ESAA badge scheme and if you meet the required standard, whilst competing, you can earn yourself a badge; Bronze, Silver or even Gold. Simply join the scheme by signing up – just see Dawn and she'll enrol you.

For those of you in; Brownies, Guides, Beavers and Cubs why not link this to a Sports Badge?



## Club Kit

You may like to buy a club vest or hoodie? They come in various sizes simply ask at the reception desk if you'd like to try one. They're not needed for Open competitions but will be required for others. Also second-hand kit is available from the Welcome Desk.



## Results & Reports

We write regular competition reports which we send to the local paper (Express & Echo) and put on the website so keep an eye out for these too as you might get a mention!

## MUMS & DADS BIT!

### Competitions/Training

The club website will have all the latest info on competitions. simply click on "competitions" on at the top of the home page and they'll all be listed in the drop down menu. An athlete's age group is calculated as at 31<sup>st</sup> August 2016.

Training continues to run during the school holidays. Don't forget to show your

membership card to the reception desk volunteers.

## Power of 10

Lists and ranks all EA registered athletes (U13+) and their performances. Well worth a look.

<http://www.thepowerof10.info/>

## Off Track Running Group

An opportunity for you to keep fit, on a Tuesday, whilst your child is training. There's a 3 or 5 mile route suiting complete beginners or the more experienced runner. Full details available from the website.

## Social Media



You can also keep up

to date by following us on twitter @exeterharriers & Facebook. We run a closed FB group. To join simply put in a request and also email

[membership@exeterharriers.org.uk](mailto:membership@exeterharriers.org.uk) with your child's details so we can match up your request with a registered athlete.

## Sainsbury's Active Kids



We're collecting vouchers and

welcome any donations. Just pop them in the collection box on the Welcome Desk. Our target

is 6779 vouchers - enough for a Sportshall standing long jump mat.



## Easy Fundraising

A great way to earn £s for the club when you shop online. Register at

**easyfundraising**  
.org.uk

## Volunteering

The Club is run solely by volunteers who offer their services in all kinds of ways;

**Admin, Coaching, Officiating, Photography, Welcome Desk Helper, Reception, Premises Management, Marketing.**

If you think you might like to get a little more involved have a word with the Welcome Desk.

