

SPORTSHALL ATHLETICS is an *indoor form of track and field* for children between the ages of 8 to 16. It was created by George Bunner MBE to provide a safe and warm environment for young athletes to train during the cold and dark winter months. The programme focusses on fitness and multi-skill development providing a grounding for all sports. It is totally inclusive, encourages children to get fit and promotes friendship whilst having lots of fun. For more information on Sporthall visit <http://www.sportshall.org/>



Training & Enrolment

The club participates in the Devon Sportshall League with regular fixtures during the winter months. If you'd like to give some of the Sportshall events a try we will be running training sessions, over the course of the next few weeks, giving athletes a taste of what Sportshall is all about and

practice on the events involved. To compete your child **must be a club member** and their details including; name, date of birth and England Athletics number (if U13 or above) given to the Welcome Desk or emailed to the Team Manager. Club T Shirts will be provided on your first event. **Pre-registration is essential.**

Devon Sportshall League

This fun indoor **inter club competition** for athletes in the **U11 to U15 age groups** is run on an adaptation of the standard outdoor events, using **soft javelins** and **shot, standing long jump and standing triple jump, soft hurdles** and **running** end to end in a Sportshall for the sprint and endurance events with a turning board at each end. At the close of each fixture there are **relay events** which includes all sorts of fun activities for the younger age groups.

All standards of athletic ability are welcome and everyone will gain points for the club. There is also a good level of competition with an opportunity to represent the County in the **Regional Championships** and for the older age groups a possibility of reaching the **National Championships**.

The **fixtures** are held at Dawlish Leisure Centre EX7 0AF and the Plymouth Life Centre PL2 3DG.

- October 18th 2015 – Dawlish (11.15am start)
- November 15th 2015 – Dawlish (11.00am start, incorporating Devon County Championships)
- January 17th 2016 – Plymouth Life Centre (11.00am start)
- February 28th 2016 – Plymouth Life Centre (11.00am start)
- March 13th 2016 – Dawlish (11.00am start)

It is not necessary to be able to compete in all the above fixtures.

Please notify the **Exeter Team Manager** via email sportshall@exeterharriers.org.uk in advance so that you can be pre-entered and get your number, entries cannot be guaranteed on the day without it. Athletes should arrive 1 hour before the start if they have not pre-registered and 30 minutes before if they have. Each fixture costs £2.50 (County Champs £3) and allows you to enter up to 3 events and a relay.