

GIAAC JUNIORS

Dear Athlete / Parent

Welcome to GIAAC Juniors.

I know that moving up a group can be both exciting but also a little bit scary but I hope you will continue to enjoy your athletics with the club.

I have put together a few notes which I hope will help you.

- ❖ The Juniors meet on Tuesday and Thursday evenings from 6:00pm until about 7:30pm. Tuesday nights is training whilst Thursday nights is competition. Both nights are important, Tuesdays are the night to learn and improve technique whilst Thursday shows how well you are doing. The Thursday competitions are also important for the coaches as it gives us an idea of strengths and weaknesses of each athlete.
- ❖ Athletes need to be at Footes Lane ready to start their warm up's by 5:50pm.
- ❖ Athletes need to wear suitable clothing for athletics and should also have a tracksuit for cooler evenings as well as hats and gloves in winter (remember Footes Lane can be chilly even in summer) and a lightweight shower proof jacket in case it rains.
Club tracksuits, polo shirts and hoodies are available from Podgers at L'islet. Whilst they are not compulsory, we would encourage athletes to have them especially if competing off Island.
Club vests are available from Fletchers Sports in the Arcade and are required for all off Island competitions.
Foot wear must be suitable for athletics, spikes are strongly recommended but if trainers are worn please remember that fashionable ones may look good but may be unsuitable. **For health and safety reasons athletes may not be permitted to take part in certain throws and jump events in wet weather, unless they are wearing spikes.**
- ❖ It is important for both the smooth running of the session and for the safety of all concerned that athletes listen to and follow all instructions given by coaches.
- ❖ If you have any questions or need any more information, please ask either myself or one of the other coaches or email me on stephenallaway@msn.com or check out the club website at www.guernseyathletics.org.gg/junior
- ❖ Most importantly is that all athletes try their best and enjoy their athletics.

Steve Allaway
Senior Coach
GIAAC Juniors