**HAYWARDS HEATH HARRIERS**

 **NOTE TO PARENTS/ATHLETES**

**Outdoor Training**

Now we are training at Whitemans Green, please could you ensure that your child comes suitably dressed for training due to the changing weather. It is important that they have a sweatshirt and tracksuit/jogging bottoms with them every week, together with a waterproof jacket. WATER BOTTLES ARE ESSENTIAL EVERY WEEK. Training does continue if the weather is bad, but we are limited on indoor space, so if the weather is extreme, it may be advisable not to attend training that week.

**Haywards Heath Harriers Open Track & Field Meeting**

Our own Track and Field Meeting takes place on Thursday 1st May at K2, Crawley from 6.15pm. It would be great to see a large turnout of club athletes competing at this meeting. Entry is free to all club members providing you enter in advance. Entry forms can be found on Tuesday evenings or on the club website [www.haywardsheathharriers.co.uk](http://www.haywardsheathharriers.co.uk). Help is also required on the night - please speak to me if you are able to assist.

**Mid Sussex 1 mile race**

The club is involved in the organisation of a Junior 1 mile race in conjunction with the Senior Haywards Heath 10 mile race to be held on Sunday 4th May in Victoria Park, Haywards Heath. Entry information is available on Tuesday evenings or via [www.midsussexmarathon.co.uk](http://www.midsussexmarathon.co.uk).

**Sussex Track & Field Championships**

These Championships take place on Sat 24th and Sun 25th May at K2 Crawley for athletes aged 11 and above. There is also a separate U11 and U13 Championship taking place on Sunday 6th July at Brighton. Entry Forms for the May Champs are available on Tuesday evenings or can be found on the Sussex Athletics website [www.sussexathletics.org.uk](http://www.sussexathletics.org.uk).

**Summer Track & Field Leagues**

Below are the dates and venues for the Track & Field Leagues that we compete in:

Sussex U13 League (School years 6 & 7): Thu 15th May – Crawley, Thu 12th June – Horsham, Thu 24th July – Horsham

Sussex U15 League (School years 8 & 9): Fri 16th May – Horsham, Fri 6th June – Horsham, Fri 4th July - Horsham

Youth Development League (School years 10-13) - Sun 27th April – Dartford, Sun 1st June – Medway, Sun 29th June –Ashford, Sun 27th July - Lewes

Southern Womens League (Girls aged 11 and above) – Sat 17th May – Bexley, Sat 7th June – Wimbledon Park, Sat 12th July – Crawley, Sat 9th Aug – Wimbledon Park

Please keep as many of these dates free as possible. Selection Slips for each league fixture will be emailed out prior to the fixture asking for athletes to compete.

**West Sussex Fun Run League**

For those of you who enjoy distance running, the next three fixtures in the West Sussex Fun Run League which have junior races are.

Mon 21st April - Lewes Easter Monday 10km and junior races, Lewes Leisure Centre, BN7 2XG – 10.30am.

Wed 21st May – Trundle Hill, Lavant – 1 mile – 7pm

Sun 8th June – Hove Park – Junior Races from 10am

For your free club entry, enter your name on the club notice board on Tuesday evenings or email me and I can ensure your name is passed to the team manager. Last year we won the ‘Most Improved Junior Team’ award.

**Club Kit**

The new style club vests are now available to buy at a reduced cost of £10 each. Please see Irene Parsley if you wish to purchase one. If you wish to order a Grey with Maroon Lettering Club Hoodie, please could you advise either myself or Irene Parsley on Tuesday evenings or contact me via email. They come in sizes 12/13 years, XS, S, M, L and XL (very generous sizes). The cost is £20 each. Also, if you have paid your membership, but not yet received your club vest, please see either myself or Irene on Tuesday evenings.

**Dropping of Athletes/Signing In and Out**

Please could you kindly ensure that athletes are not dropped off and left alone at the training venue any early than 10 mins before their session starts due to lack of coaches being present. Before this time, we cannot accept any responsibility for any accidents/incidents that arise. Some children are still signing themselves out and walking to the car park to wait for their

parents. Unless your child is in year 10, they are not allowed to sign themselves out - this is partly to comply with our health and safety policy and partly because we as coaches give up a lot of our time already without trying to chase up 30 children after the training session who have wandered and trying to work out whether they have gone home with their parents or not. If you would prefer your child to walk/cycle home from the training venue, we do need a note to say this is allowed. Thank you for your understanding.

**Injuries**

We have some athletes turning up for training sessions with an existing injury. As the training plan is arranged in advance, we are unable to offer additional coaching for someone who is unable to take part in the main training session. We would therefore advise anyone who has an injury not to come to training or call us in advance to see whether the session is suitable.

**Waiting List**

We are still operating a waiting list for junior members under the age of 16, so please refrain from bringing friends along.

**Emergency Contact Forms/Email Addresses**

If any personal details currently on your Emergency Contact Form change, please advise us as soon as possible. Most of the team selection information is sent out via email. If you have not advised us of your email address, please do so. We also need to know if you change your email address.

**Parental Help**

We are always looking out for help in the running of the club, whether it be in officiating, coaching or as a committee member. If you would like to become more involved with the club, please do let me know.

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