



Newsletter November 2019



Club Membership

The new club year commenced on 1st October. Annual Membership subscriptions are now due to be paid and the cost is £30 per athlete for the year. There are several ways in which this can be done this year:

- Collect a paper copy of the membership form when you register for training. This should be completed and returned with payment either to your coach or at the desk when you register for training.
- A PDF application form is available from the club website www.strathtayharriers.co.uk on the membership page. This can be completed and returned by email. Details for payment by cash, cheque or bank transfer are included on the form
- An online application through Google forms is available from the club website www.strathtayharriers.co.uk on the membership page and details for payment are included.

Nightly Training Fees

Please note that nightly fees are due for every training session which you attend. The cost is £3.00 per athlete per session. This needs to be paid when you register for training.

Winter Training

We have now started winter training when we have access, most sessions, to the indoor games hall. This does not mean that all training will take place inside as we will be outside on the track as much as possible. Please make sure that you bring additional clothes for all weathers, including tracksuit trousers and a waterproof jacket. Access to the Grammar School is through the main car park on Bute Drive. Please do not park in the car park on Gowans Terrace as this may well be locked before our sessions end.

Competitions

We encourage all our athletes to consider taking part in competitions. This is what we train for and, for many athletes, will enhance their athletics experience. To be eligible for competition you must be a paid-up member of the club and also be registered with Scottish Athletics.

Scottish Athletics registration can be done online at www.scottishathletics.org.uk and by clicking on the Sign Up button at the top of the page. This will take you through the entire process and at the end you will receive details of your membership number. The cost for a junior member is £10.00 (£8.00 if you are under 13 at the time of registration).

Once you have these details please email our Competition Manager, Gail Greenwood gail.greenwood@btinternet.com with your name, date of birth and Scottish Athletics registration number. She will then add you to the distribution list so that you receive emails about competitions which we enter as a club. We can also make sure that you get details of other competitions which may be of interest but which you may have to enter yourself.

If you have any questions about competition, please speak to your coach who will be happy to help you.

Spike Re-use Scheme

A new initiative has been started very recently to re-cycle running spikes which no longer fit but are still in good condition. Please see the notice overleaf. This is a trial at the moment and if successful may be extended to other items of kit.

Perth Strathtay Harriers

Wanted

Track/Cross country spikes- all sizes

Please donate any sets of spikes that no longer fit but are still in reasonable condition. Kids feet grow so quickly that sometimes a new set only just lasts a season!

We are going to hold a stock of used shoes which can then be purchased or swapped for a better size at the suggested donation of £10 which will go to club funds.

Once we have enough of a collection we can bring them all to events and some training evenings. This should really help those just starting out and all those whose feet grow as fast as they run!

Please hand in used spikes to Graeme/Lynn Gatherer or your coach.

