



## Newsletter December 2019



### Merry Christmas

We would like to wish all our athletes, coaches and their families a very Merry Christmas and a Happy New Year. We would also like to take this opportunity to thank our coaches for all their work in the last year.

### Christmas Holidays

The track is closed over the Christmas period from 21<sup>st</sup> December to 5<sup>th</sup> January and for many of the groups there will be no training. Please check with your coaches for the arrangements for your group.

### January Training

During January there will be some restrictions to our access to the indoor PE halls at the Grammar School due to school exams. Please check with your coaches for exact details and also keep an eye on our social media where we will keep you informed. Please make sure that when you come to training in January you are fully prepared for all weathers as there may be no indoor access and the session will take place outside.

### Club Membership

Thank you to everyone who has renewed their membership or joined the club for the first time. A reminder for those who have yet to renew that the new membership year started on 1<sup>st</sup> October so this should be done as soon as possible to retain your place at training. 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](http://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](http://www.strathtayharriers.co.uk) on the membership page and details for payment are included.

### Club Kit

Shoe/Spike Bags - £10 each.

These are available to buy from Jackie at the Registration desk on a Tuesday night in the run up to Christmas - or until they are all sold! (For other group night athletes, please see your coach who will help.)

Hoodies – we still have a very small stock of hoodies. If you would like one order forms are available from your coach. If we don't have a suitable one in stock, then we will arrange to order more when there are a few orders.

### Competitions

The Indoor Championship season is about to get underway. There are several competitions which you may be interested in noted below, and these are all based at the Emirates Arena in Glasgow. For these competitions you will be responsible for entering yourself through the Scottish Athletics website and arranging to get to and from the competitions. If you need any more information, please speak to your coaches who will be happy to help.

- National Indoor Open – 18 January 2020 (Closing date for entries 2 January 2020)
- Senior/U17 Championships – 26 January 2020 (Closing date for entries 9 January 2020)
- Indoor Combined Events Championships – 1 & 2 February 2020 (Closing date for entries 16 January 2020)
- U13/U15/U20 Championships – 29 February and 1 March 2020 (Closing date for entries 13 February 2020)

There is a list of winter competitions on the club website if you would like to take a look. If you need any assistance, please speak to your coach.

### **Scottish Schools Indoor Championships**

This competition for secondary school pupils takes place on 5<sup>th</sup> & 6<sup>th</sup> February 2020 at the Emirates Arena in Glasgow. Entry for this competition is through your school so if you are interested please speak to the PE staff at your school. Entries close on 15 January 2020.

### **Car Parking**

Can we please remind all athletes and their 'chauffeurs' about winter training car parking. When we are based indoors, we should use the main Perth Grammar School car park, off Bute Drive - and access halls via PE entrance. The area immediately in front of the gate to the track is only for athletes with mobility problems - this is NOT a general parking area.

### **Spike Re-use Scheme**

A reminder to all our athletes of this initiative to recycle spikes which have been outgrown but are still in good condition. A great scheme to help both the club and other athletes!

There is now a small stock of spikes in various sizes. If you/your child are wanting to get spikes, please speak to your coach and we can arrange for you to see if any of the ones in the stock are suitable.

### **Club Information**

To keep up to date with all that is going on in the club please see information in the following places:

Club Website: [www.straththayharriers.co.uk](http://www.straththayharriers.co.uk)

Facebook: Perth Strathtay Harriers

Twitter: [twitter.com/PerthHarriers](https://twitter.com/PerthHarriers) @PerthHarriers



**Merry Christmas and Happy New Year!**

