

Longford Athletic Club – Juvenile Newsletter

Welcome Back

Welcome back to everyone, including parents, athletes and coaches. We hope you all had a great summer holiday and are looking forward to the new athletics year. The athletics year is split into 3 sections, cross country, indoor track & field and outdoor track & field. There are regional and national competitions in all events.

Training:

Training takes place as follows (September – December)

Wednesday, 7pm, Mall Sports Complex.

This will go indoors in October for the 8 – 10 year olds and will be general conditioning. 11 years + age group will remain outdoors and will focus on cross country running.

Friday, 7pm, Mall Sports Complex, Outdoors and will focus on cross country running for 11 years + age group.

We encourage sprinters to participate in the cross country training sessions and any other athlete under 11 who would like to do cross country training, please contact a coach for further information.

The club has booked the **Indoor Track in Athlone** for a number of training sessions before Christmas; all athletes are encouraged to attend, the following are the dates and times.

Date	Day	Time
13/09/2013	Friday	7pm
04/10/2013	Friday	7pm
15/11/2013	Friday	7pm
06/12/2013	Friday	7pm

Please turn up at the track at 6:50pm so that the session can start on time.

Little Athletics takes place every Friday evening at 7pm in the Mall Sports Complex.

Fixtures

Competition	Day/Date	Time	Venue
County Longford Primary Schools Cross Country Championships	Saturday 21 st September	5pm	Moyne Community School
Connaught Primary Schools Cross Country Championships	Saturday 12 th October	1 pm	Moyne Community School
Connaught Even Ages Cross Country Championships (Under 12, 14, etc)	Sunday 27 th October	1 pm	Leitrim
Connaught Uneven Ages Cross Country Championships (U11, U13, etc)	Sunday 03 rd November	1 pm	Roscommon
National Even Ages Cross Country Championships (Under 12, 14, etc)	Sunday 17 th November	11:30 am	TBC
National Uneven Ages Cross Country Championships (U11, U13, etc)	Sunday 15 th Dec	11:30 am	TBC

The Primary Schools have been contacted for the cross country championships, if you have heard no details from your school, athletes can still compete. Please turn up at Moyne Community School at 4pm for registration, if you require further details, contact a coach at training. Entry fee is €2 for this competition. The inaugural County Longford Senior Cross Country Championships takes place after the schools races.

Longford Athletic Club – Juvenile Newsletter

Connaught Indoor track & field competitions take place on 01st March with National finals at the end of March (29th/30th) and early April (11th & 12th). All competitions will take place in Athlone.

Connaught Outdoor track & field competitions take place in June with National finals at the end of June and throughout July.

Secondary Schools Cross Country competitions are held in February/ March and Track & Field competitions in May / June.

Details for all competitions and entries will be given to parents at the appropriate time.

Club will host Connaught Primary Schools Cross Country Championships 2013

Longford Athletic Club will host the Connaught Primary Schools Cross Country Championships this year and this is an extremely important occasion for the club to host this competition. The event will be held at Moyne Community School on Saturday 12th October at 1pm. Athletes will be competing from 6 counties (Longford, Leitrim, Roscommon, Galway, Sligo & Mayo) and no doubt there will be keen competition on the day. There are 8 races during the day, 2 primary schools race walks, the 4 primary schools cross country races and 2 Connaught senior cross country races, so a very busy day. This is an excellent opportunity for our athletes to compete in our own county and have experience of running the course in advance. We would ask parents to give us help on the day as you can appreciate how much work there is and the club will contact you by web-text shortly about this, remember many hands make light work!!!!

Stay up to date

The club notes are published in the Longford Leader every week.

The club has a website, www.longfordac.com which has all the competition fixtures, training sessions, events, pictures and general club information.

Registration

All athletes who want to attend club training and compete in competitions must be registered with the club. The registration fee is €15 for new athletes registering from September onwards (September – December). There is a nightly attendance fee of €2 per night and €5 for training sessions at the Indoor track in Athlone.

Seniors

The club has a strong vibrant senior section who compete regularly in various road races, triathlons etc. The seniors train on Tuesdays & Thursdays at 7pm at the Mall Complex. If you would like join this group, just turn up on the night or have a chat with coaches at training.

Congrats

Congratulations to all our athletes who have won national medals this year so far and have really put Longford on the national stage. These were Cian Mc Phillips, Daire McManus, Thomas Mc Gann and Fumi Talabi. Well done also to the Under 10 girls relay that ran superbly in the National Finals back in June.