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LEIGHTON BUZZARD ATHLETIC CLUB



Members Secretary: Alex Killick
Coach Co-ordinator: Nick Clay
Treasurer: Phil Mead

April 2015 Newsletter

Key Points

- **LBAC would like to welcome our newest athlete(s) to the club** – Daisy Giltrow, Sofia Alonso, Molly Jaggar and Harry Wilson. Additionally, all will congratulate Anna Mead for qualifying as an assistant coach. We are delighted to have a new level 2 senior coach who has competed for Wales as a multi-eventer with specialist knowledge of hurdles. Kathryn Davies is a welcome addition to our club and we are delighted that she is able to help.
- **It's outdoor track and field season all week @ Vandyke** – As from Tuesday 14th, we will be outside around the back of Vandyke on both Tuesday and Thursday nights. Thursday night winter training has now finished so please do not drop your kids off at Soulbury Road. We expect all athletes to bring their water bottles, dress appropriately (it still gets cold after sunset), arrive @ 6.50pm latest and have bags of enthusiasm. Access is via Green gates to the left of reception to the outside pitches. Pickup is at the pitches parents leave your cars and come and see us, Nick has a number of athletes whose parents he hasn't seen in 3 years! Children will be held at the sports field to be picked up for safety reasons.
- **Disappointing** - No one new came forward to help with our March official's course for track and field, which is disappointing. If you could spend just a little time on one of these courses, then the coaching team would be very grateful. Please ask Nick for more details.
- **Track and field training dates** – As you all know, a Survey Monkey hyperlinked questionnaire was send to you all. There were four questions to answer and 57 parents and athletes filled it in. Firstly, thank you to all of you. The summary is that we will have a monthly training session and will hire a track because 86% of you wanted this. The favoured location was MK (61%) with 28% of you not being bothered whether it was MK, Luton or Aylesbury. Adding these together it was thought that we'd get the best attendance at MK. When the T&F session was to be planned, was split between weekday evenings (42%) and weekend (31%) with 26% not being bothered either way. Because the track is MK, they do not have any weekday availability, so we have decided after a lot of discussion to use a Saturday afternoon. This is likely to have the least conflict, but there will be some who cannot make this and we apologise. In summary, watch out for an e-mail from Nick highlighting the new dates and please make them if you can.
- **Membership/Induction days** – will continue on first Tuesday of each month. Note: anyone who has not paid their membership is now at risk of losing their place.
- **Girls sportshall event captain needed for autumn 2015** – Due to Mckenna moving up the U15s next season, we are looking for a new captain. If you are still 12 by March 2016 and have the qualities of captain, then keep it up and, who knows, it could be you representing LBAC.
- **Easter runs** – Over Easter we have already had a junior run in Stockgrove with Lynn and James. David will run an evening of short intervals from Tiddenfoot on Tuesday 7th April at 6.45-7:30pm – ideal for track and field. The types of interval for speed nerds are 30 sec on/off building to 1min on/off to 2 and back down again. On Thursday 9th April, discussions are underway for another session but details will follow in an e-mail, if confirmed.
- **Beds runners in the Intercounties at Birmingham** – In the prestigious inters Sadie Towell and Ellie Rabbitts ran in the U13s and finished in towards the back of an incredibly fast field but seemed to enjoy it. Jordan Clay and Charlie Mead were both well placed and finished 60th and 148th with Jordan getting the bonus of being part of the scoring team of four for Beds. Well done all. A report is [here](#)



- **Early season track and field success at Biggleswade Open** –Three LBAC athletes travelled to Biggleswade to try their luck at T&F. The results are encouraging: 100m Henry Dickinson (U15B) 100m=14.8/ LJ=3.90m; Amy Killick U13G 1500m=6:56.2 /LJ=3.13m and Megan Westrope U17W 3000m=13:04.4
- **Sportshall Regional Final 22nd March 2015** – Wow –well done LBAC. It was noted by the coaching team that recent efforts to work on baton exchanges was paying off as all team members got their hand-overs perfectly executed. In fact, we competed rather well in the relays coming 3rd or 4th on most occasions. It was only the field events when our athletes struggled against some (how shall we put this?) advanced and much larger U11 and U13 athletes from other counties whose reach trumped anything that LBAC athletes could offer. These sorts of events are an experience and we hope that those who competed remember how far they have come as athletes rather than how well the team scored.
- **Dates for Track and Field** –The dates for 2015 have just been announced and we are hoping for some more success. Here is next summer's diary: 3rd May (Bury St Edmunds); 21st June (Luton); 19th July (Peterborough); August 9th (Cambridge). Want more information - then go here <http://www.cambsathletics.org.uk/page13.htm> The event captains for these competitions are **Sarah Plummer** and **Martin Arnold**
- **Quadkids** – The following dates for the three Quadkids events is 17th May (Bedford track), 14th June (LBAC Van Dyke grass track) and 12th July (Biggleswade track). The event captains for these competitions are **Tianne Gaye-Clarke** and **Harry Bell**. If you want to know more about this event format, see later.

- **LBAC vest** –The current vest design can be ordered directly from the supplier and sent to your home. If children are racing in league matches they need to race in a club vest and we encourage club members to buy their own. Ordering is quite straightforward: click www.leightonbuzzardac.co.uk Look for 'Club kit ' in the menu on the left hand side and then follow the link to ' Moette' You can then search our organisation which is Leighton Buzzard AC and start ordering. We encourage initials on junior vests. If you have any problems please contact Michelle (Sarah's mum) on 01525 211195 or michelleplummer2@icloud.com. **BTW** – if you have borrowed and then competed in an LBAC vest, please return it washed.



- **It's the season for LBAC crop tops** – We hope to place the first order for the new lycra crop tops for girls very soon. Here's Jess Ennis-Hill and Katarina Johnson-Thompson wearing one to give you some idea - just imagine our colours with a similar cut. If you would like to place an order please email michelleplummer2@icloud.com You will then be asked for measurements etc. The cost is likely to be £14.90 or £17.60 depending on size. These tops are additional kit and do not replace club vests as it may not always be appropriate to wear them e.g. in team events or in poor weather conditions. The English Cross Country Association currently feels that wearing of crop tops in very wet and cold conditions is detrimental to athletes performance so we expect our junior athletes to dress according to conditions and respect advice given by coaches and parents



- **Wanna watch athletics on the BBC?** – Well the full list of events is [here](#). The Diamond League starts next month and juniors can learn a lot from watching the stars. Here's a timetable of the Diamond League events – the first one in Doha features Mo Farah!
- **What are your coaches doing?** – On the subject of elite athletes, coaches Warren Rose (Worcester), Jon Hull and Nick Clay (London) are all competing in marathons this month. See if you can spot both Nick and Jon on the BBC from 8:30 26th April. Further, David Killick and Fiona Towell are doing a sprint triathlon and an Iron Man respectively. James Bell has limited himself to sensible distances/activities but Tracey Hawes hasn't and has completed 30 sessions of Insanity Physical Fitness (no really, that's what it's called and it is insane!).

MEETING	COUNTRY	DATE
Doha	QAT	15th May 2015
Shanghai	CHN	17th May 2015
Eugene	USA	30th May 2015
Rome	ITA	04th June 2015
Birmingham	GBR	07th June 2015
Oslo	NOR	11th June 2015
New York	USA	13th June 2015
Paris	FRA	04th July 2015
Lausanne	SUI	09th July 2015
Monaco	MON	17th July 2015
London (2 Days)	GBR	24th July 2015
Stockholm	SWE	30th July 2015
Zurich	SUI	3rd September 2015
Brussels	BEL	11th September 2015

QuadKids

U11s/U13s Track and Field events – So you have never done track and field before and are wondering what to expect this summer? Well here's some help. All U11s are encouraged to consider the Quadkids events that are held throughout the summer (<http://www.quadkids.org/>). Quadkids, as the name suggests, offers four events that comprise:

1. Long jump
2. Howler throw
3. 80m sprint (U11s)/100m sprint (U13s)
4. 600m (U11s)/800m (U13s) long distance



U13s do slightly longer events on the track but otherwise it is the same. Individuals get a position and score for each event and this goes towards the overall team score. There is less emphasis on individual performance to allow all athletes to shine. All U11s are also invited to East Anglian League events where they can do long jump, shot put, 600m and 80m sprint. Again, like XC, all U11 performances are non-scoring to remove the perceived pressure of competing.

Parent helpers

Thanks for all signing up to the parental support 4 times a year that your children's membership form stated. This clause had to be added to the membership forms this year due to poor support last year. The parent Rota for help on Tuesday and Thursday evenings will be published very soon and before we start back at training on the 14th April.

Please put the dates you have been allotted on your calendar. Should you not be able to fill your commitment to the allotted date, it is your responsibility to swap with another parent and contact the Rota co-ordinator (Stephanie Rose) stefanie.rose@sky.com to inform her of your absence and who we will expect in your place on the night.

Having parental help to hold high jump bars, rake sandpits Etc, so the athletics do not injure themselves during training is of great assistance to your athlete and others. Additionally, it helps the coaches allowing them to concentrate on coaching the athletes to improve their technique/performance.

LBAC are an inclusive club and this parental support is expected as a condition of continued membership.

Those of you that have an interest in athletics, or want to help out on a more permanent basis, please talk to Nick. The different roles are described [here](#) If you are really keen and want to become an assistant coach speak to Nick and he will point you in the right direction. All training is paid for by LBAC - we'd be grateful for your help.

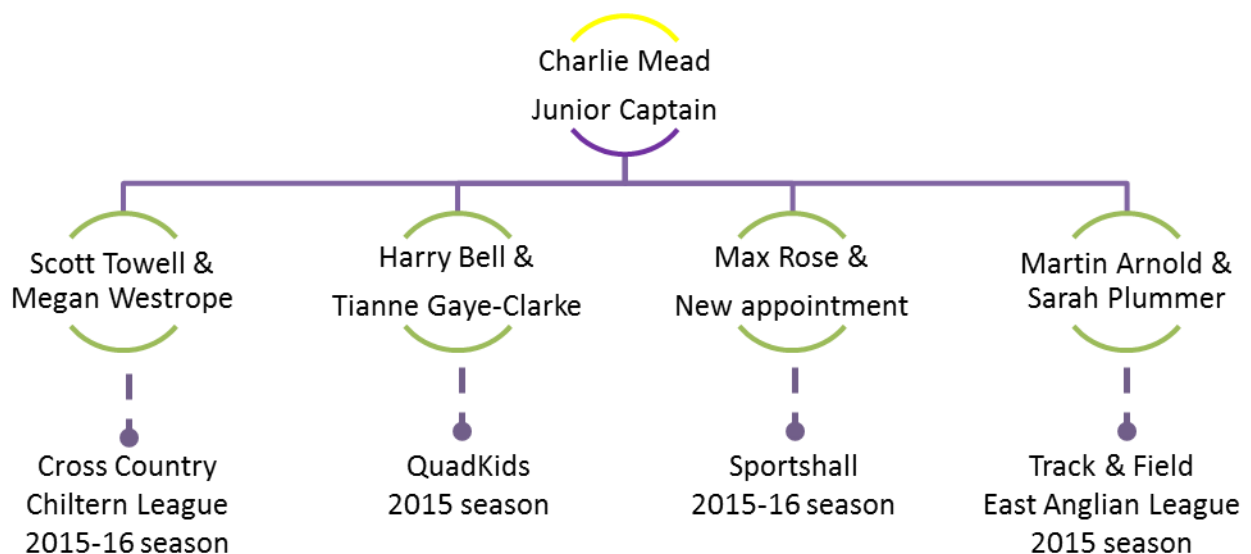
Anyone good with their hands we have some poorly Gazebo's, trolleys and other kit that could use some TLC

Special Notice: New LBAC Captains announced.

LBAC juniors is growing rapidly and we want to have a structure below the coaching level to help enthuse young athletes and also to get the best performances. All these positions will be appointed annually in March and formally announced at the junior awards evening and in the newsletter. Only in exceptional circumstances (i.e. we cannot find a replacement) will a junior be re-appointed to the same position. You will see from the structure below that the overall junior captain is **Charlie Mead**. Charlie has shown leadership and an exceptional commitment to training. His role will be to work with all the event captains and represent the club at a higher level, as necessary. Below Charlie are a number of 'event captains' whose role will be to:

- Encourage their fellow athletes to perform at their best and create a team spirit
- Ensure athletes are in the right place and on time for their events.
- Demonstrate organisational duties at events including keeping the team together, engaging in warm ups and picking up the silverware when we win things 😊

The event captains have shown regular commitment to training on both Tuesday and Thursday night, approach training with the right attitude and have shown some ability in their discipline. QuadKids and Sporthall captains will be in their last year of competing as U13s. Cross country and track & field event captains will be older, although there are no U15 boys or above that regularly compete for the club at cross country, hence Scott as an U13. The junior captain will be a member of the 6th form or equivalent.



Coaches



Fiona



Nick

Kathryn

Assistant Coaches



Warren



Jon



James



David



Tracey



Kim

Anna

Athletic Leaders



Jordan, Charlie



Tom, Billy