



## TEAM DEVIZES - MOONRAKERS ATHLETICS CLUB

News Letter

Sept 2013

### Dates for your Diary:

**Wednesday 23<sup>d</sup> Oct -**  
AGM and Presentation Eve

For up-to-date information  
on events check out our  
website

### ATHLETICS 365

This term; Emily K, Harriet  
D, Leigh and Reece have  
complete their red award.  
Well done to you all



### Athlete of the Month

It is with great pleasure  
that I can announce that due  
to the increase in athletes  
within the club, the  
committee have purchased  
another Athlete of the  
Month shield. Therefore  
from Septembers there will  
now be an award handed out  
to two athletes. Look out  
for details in the next news  
letters to see who received  
the first ones.



### AGM and Presentation Night - Oct 23<sup>rd</sup>

All parents are invited to  
our annual AGM where we  
will review the past year,  
adopt our constitution and  
vote in committee officers  
and members.

The AGM will be followed by  
a presentation evening for  
the athletes to celebrate  
their achievements over the  
last year.



### Spike for Sale

If any of the athletes have  
old spikes that they have  
grown out off, let us know  
we are always being asked  
for second hand spikes. We  
will start a for sale board  
which will hopefully benefit  
everyone.



- Please can all athletes ensure they are wearing appropriate footwear for training; no daps or high tops please
- Could all athletes ensure they register when they arrive (from Wed 18<sup>th</sup> Sept we will register in the bigger gym at the bottom of the corridor)
- Winter training has now begun and we will be going out for short runs, please ensure that all athletes have a jumper and tracksuit trousers.
- Please make sure athletes bring a bottle of water to training to ensure they keep hydrated throughout