



Newsletter Number 2

May / June 2010

Six Weeks On...

Dear parents,

We have now completed a number of training sessions and I'm delighted with the start we've made. We have a great bunch of enthusiastic young athletes and I can only hope they're enjoying Thursday evenings half as much as we are.

Our aim is to provide as wide a range of athletic activities as possible. There will no doubt be some activities that your child prefers over others. Some they will excel at and others that they won't. Each child is unique and we are already getting a good understanding of who is good at what. In every case we have seen big improvements in both performance and technique.

Good news... we have received further funding, this time from Bolton, Salford and Trafford Mental Health Unison, so thank you to them and thank you to Paul Fallon for arranging this. This grant will allow us to purchase more child-friendly athletic equipment in the coming weeks. This leaves the £2 weekly subs to pay for the indoor facilities during the cold, dark winter (as well as a possible presentation evening at the end of the year).

I'm sure you will all know Shirley by now. She has the role of Club Welfare Officer and is the key contact point for all concerns, be it child protection issues or complaints about the weather. We will continue to carry out the training sessions in all weather conditions, providing we have some daylight. Parents can find shelter in the clubhouse when the weather is bad while we try and teach the kids how to dodge the raindrops.

We are now registered as a member of clubBURY through Bury Sports Development. The Sports Development Team are also keen to work with us in promoting healthy living amongst adults in the Prestwich area. We may even start up a 'jogging club' as a way of introducing parents and other community members to the world of jogging (as well as a way of killing an hour). Pam from Prestwich Athletic Club has offered to lead this group, so if you are interested then please let me know.

Please remember PJAC is very much a community club so if you have any ideas for taking the club forward then we'd love to hear them.

Chris.



Birthdays

22nd May - Joel, 9

30th May - Mitchell, 9

24th June - Conor, 12

Have a very happy birthday lads!

Events

Sunday 23rd May - Edinburgh Marathon

One of our Junior Coaching team, Glenn, will be flying the flag for Prestwich at the UK's second biggest marathon this weekend. He'll no doubt be looking to prove the organisers' claim that it is the fastest marathon course in the UK. Best of luck Glenn - I'm sure you'll want to share your story with our young athletes next Thursday.

Sunday 13th June - Prestwich Challenge

For Information visit www.prestwichac.co.uk

Sunday 13th June - Junior Fun Run

See page 2 for more information.

Junior Fun Run 2010



In the first newsletter I mentioned the Prestwich Challenge which is the annual off-road obstacle race hosted by Prestwich Athletic Club. All the money raised goes to local charities and good causes.

This year, we have decided to organise a FUN RUN prior to the event for children aged 13 and under. The race will be 1 ½ miles long and we hope to get as many of our junior athletes as possible to enter this.

I appreciate that many of the children may not have run this far before. Don't worry... a run / walk strategy will get you round in good time and we can guarantee the same heroes welcome for all finishers, whether they come first or last.

We will have marshals dotted around the short course but parents are welcome to join their children free of charge (if they can keep up!). All children will receive medals and to encourage a bit of healthy competition, there will be trophies for the first girl and first boy. We are also going to open up the run to children outside of the club, so if you know of anyone else who would like to enter then please pass a copy of the form on to them. We will also ensure that the first boy and girl from within the club also receive a trophy.

We are going to allow race entries on the day but I would be grateful if you could submit your entry forms as soon as possible to give us an indication of how many medals we need to order.

We are charging £4 for the race so we should be able to make our very own contribution to the chosen charity. Last year, the Prestwich Challenge raised funds for the Child Development Centre at Fairfield Hospital. If parents have any ideas for this year's selected worthy cause then please let me know and I will submit the idea to the club members for consideration.

Good luck with the training!



Prestwich Athletic Club (Adult Runners)

Don't forget, Prestwich Athletic Club caters for runners of all ability. We meet at Prestwich Cricket, Tennis and Bowling Club every Monday (except Bank Holidays) at 7pm.

We had five club members who took part in last weekend's BUPA Great Manchester run. If you fancy taking part in an event like this then PAC can help you complete the race or improve on previous performances.

