

# THE JUNIOR SECTION

## **Fixtures**

Yes, spring is here and after a very successful winter season in the Sportshall and Cross Country, we are turning our eyes to the Track and Field season.

See Excel spreadsheet attached separately

Please see the 2008 fixture list and as prior notice for you, would you please make a note of these dates on your family and personal calendars. Our intention is as always to focus on the athletes as individuals, but as a club, we also need to have as strong a team every time we compete in the league and we will try and give as many youngsters as possible a chance to compete. This year we will again be competing in the Heart of England championship, the National Junior league (NJL) and some of the older athletes will compete in the Midlands Mens/Womens League.

This year the Junior committee has decided to pull out of the National Young Athletes League due to the fact that we had been put in the West division without consultation and this would have resulted in us having at least 3 twelve hour plus days traveling to either Wales or the West Country. We simply aren't prepared to do that.

Please note our intention is to get many of our Athletes competing in various Open meetings which take place at various times including midweek evenings. Whilst we appreciate that it is not possible to enter all open meetings if you can participate in a couple of these, then this will be beneficial for you to be able to compete and use the skills you have worked on in training throughout the winter. Whilst the age group leaders will remind the athletes the event is coming up the application will be submitted **individually by the athlete** although many are events are held whereby you can just turn up, pay and compete. See the individual organisers' websites for details.

As an example, all athletes will have the opportunity to compete at Open Meetings at Worcester or Birmingham Rowheath (8 meetings in all), during the summer season. The dates of these meetings are on the fixture list that all athletes have been given over the last few weeks and another copy has been included in the newsletter, in case they are still screwed up in a pocket somewhere!

We are also contesting the Heart of England League in which we were unfortunately relegated last season and will be fielding our strongest teams in an effort to gain promotion. Selection for this league will be done by each age group coach and the expectation is that if you are selected you will make every effort to support the club.

Our Club Championships will be held on Sat 13<sup>th</sup> Sept at our track. Please put this and all other competition dates in your diaries so that you do not forget.

## **Parents/Guardians**

As a condition of entering these leagues we have to provide a minimum of 6 field officials for each Heart of England meeting and we lose 10 points for every official that we don't have. We also need a timekeeper and track judge at each meeting. But sometimes we don't always have enough officials at matches and after the children have run their hearts out it almost seems cruel to be docked points and possibly lose a match simply because of not having enough officials, but they are the rules.



## **Sportshall**

It's time to celebrate again as Stratford retained their Sportshall Title.

The excellent form of the Stratford athletes across the winter carried into the final match of the Warwickshire Sportshall League and the Stratford teams consisting of over 50 athletes converged on the Coventry Leisure centre and after another thrilling match they duly retained the Warwickshire Sportshall League title from a tough challenge from Rugby.

They also finished

1<sup>st</sup> in the Under 11 girls

Joint 2<sup>nd</sup> in the Under 11 boys

1<sup>st</sup> in the under 13 girls and boys

1<sup>st</sup> in the Under 15 girls

Joint 1<sup>st</sup> in the under 15 boys

Joint team Manager Michael Lane added "the league is very much built on teamwork and everyone pulled their weight in helping the team retain the title, despite Rugby really pushing us all the way. Every point counts and at the end of the season individuals are recognised by their outstanding performances and "seasons best" medals and the Stratford team took the lions share".

Medals went to:-

Under 11 Girls :- Soft Javelin Bethany Stokes ; Vertical Jump Jeniva Chambers

Under 11 Boys:- Speed Bounce Alex Kempton ; Soft Javelin Matias Watkins

Under 13 Girls :- 2 Lap, Standing Triple Jump and Vertical Jump Eleanor Johnson ; 6

Lap Zoe Chandler ; Speed Bounce Anna O'Leary

Under 13 Boys :- 2 Lap, 4 Lap and Shot Adriano Ritchie ; Speed Bounce George Mitchell

Under 15 Girls :- 4 Lap Isobel Burn ; Speed Bounce Katie Taylor and Jemma Lane ;

Standing Long Jump Georgie Evans ; Standing Triple Jump Imogen Green

Under 15 Boys :- 4 Lap Bryn Stretton ; Vertical Jump Marco Rodriguez ; Shot James Warrender

Athletes of the year were Rebecca Pozzi, Adam Snow and James Johnston

The U15 girls Hawks team of Jemma Lane, Imogen Green, Katie Taylor, Rebecca Pozzi, Lauren Stephens, Isobel Burn and Georgie Evans, dominated every meeting and gaining maximum match points.

The U15 boys Hawks Team of James Johnston, Bryn Stretton, Will Blackmore, James Warrender, Marco Rodrigues, Adam Snow, Jack McMullen and Henry Warrender were trailing Rugby going into the last match. The team spirit within the group proved invaluable as they managed to claw back the deficit and finished joint 1st place.

The U15 girls and boys Swifts team also performed well, displaying great character and determination to gain a 4th place overall. The team consisted of Olivia Foster, Aimee Cheesborough, Sophie Adams, Molly Kinoulty, Heather Bradley, Jessica Bannister, George Gravestock, Christian Hall, James Holmes, Sam Taylor, Frazer Jackson, James Lees, Chris Bowyer and Jack Allison.

## **West Midlands Regional Finals**

20 young athletes from Stratford upon Avon Athletic club competed for Warwickshire at the Inter Regional Sportshall Athletic finals held at Hereford on Saturday, against teams from Herefordshire and Worcestershire, Birmingham, Staffordshire and Shropshire and they came away with an amazing haul of 13 medals between them.

The powerful Birmingham squad were dominant in all age groups, but were stopped in their all conquering tracks by Warwickshire's Under 15 Boys who claimed a brilliant first place and the rest of the Warwickshire team came second in the Under 15 Girls, Under 13 Girls and Under 13 Boys.

The Warwickshire U15 boys squad was made up from Luke Storer, Ben Lees, Rhys Webster from Rugby, Nathan Petch from Coventry, Josh Guest from Leamington and Will Blackmore and Bryn Stretton (who was injured and unable to compete) from Stratford. Will won a bronze in the Speed bounce and then helped the 4 x 2 lap relay team win gold in a superb, tense race over Birmingham with their slick handovers and determination making all the difference.

They ensured the team appeared in the National Finals at Birmingham's NEC Arena and competed against the top counties in the United Kingdom. More about that later.

The Under 15 girls team were all Stratford athletes apart from Mary Ann Oktopi from Coventry and they all performed brilliantly with Georgie Evans and Katie Taylor both winning silver after they both scored the same in the Speed bounce. Imogen Green won silver in the Shot and Isobel Burn missed out on a medal by fractions of a second in the 4 Lap race.

In the Under 13 Girls, Anna O'Leary won gold in the Speed bounce, Eleanor Johnston won silver in the 2 Lap and bronze in the Vertical Jump with both Annabelle Ford and Molly White both winning bronze in the Standing Long jump and Speed bounce respectively. Anna Laws and Chloe Adams both competed strongly finishing just outside the medal places in their events. Anna also went forward the UK finals as the best Under 13 Speed Bouncer in the country.

Stratford athletes George Mitchell, Oliver Snow, Kieran Clarke, Jordan Harris, Jackson Goodrum, and Alex Grant were all strong contributors to the team's excellent performance, whilst Patrick Eaves (bronze in the Speed bounce), Connor Guest (Gold in the Shot) and Adriano Ritchie (gold in the 2 Lap and silver in the Standing Long Jump) were among the medals. The team later found out that as the best runners up in the country the boys also qualified for the UK Finals.

Joint team manager Sandie Evans praised the Stratford contingent of the Warwickshire teams. She said "Stratford athletes have had a superb season in the Warwickshire league this winter, but this was a real test of the youngsters to step up to this level, and all of them did exceptionally well".

## **UK Sportshall final**

The UK Sportshall final consisted of approximately 15 teams from all around Great Britain who compete to be crowned UK Sportshall Champions. Unfortunately the event was clouded in disappointment for the young athletes because all the track events had

to be cancelled for Health and Safety reasons due to an unsafe running surface, which meant that the various age group titles would be decided on field events only.

Will Blakemore was unable to compete on the day due to illness, however Bryn Stretton performed well to help the Warwickshire Boys U15 team to a magnificent 2nd place overall.

The Under 13s did very well to finish 5<sup>th</sup> overall with Anna O'Leary winning bronze and George Mitchell Gold in the Speed bounce. U13 results:-

<b>Name</b>	<b>Event</b>	<b>Ranking</b>
George Mitchell	Speed Bounce	1=
Connor Guest	Shot (11.38m PB)	4
Adriano Richie	Standing Long Jump	9
Oliver Snow	Standing Long Jump	14
Jordan Harris	Vertical Jump	18
Alex Grant	Standing Triple Jump	18
Kieran Clark	Shot	21
Patrick Eaves	Speed Bounce	26

Well done to all the U15 girls and boys who have once again performed magnificently throughout the season.

Mike Lane & Sandie Evans

### **Warwickshire U11 League**

The junior committee is pleased to say that for the 2008 summer season there will be a new track and field league specifically for children in school years 4 and 5 (Under 11's in athletic terms). The league will provide a fun way for children to enjoy competitions for the first time. At this stage it should be about enjoyment rather than winning, but even so I am sure that your child will be proud to represent Stratford. We are committed to supporting it but if we don't get the athletes and parents behind it, we simply won't have it next year.

The objective of the League is to provide appropriate competition for the 8-10 age groups (U/9, U/10, U/11 or school years 3, 4, 5). The objective is to encourage **participation in an enjoyable sporting environment** – development will come naturally. Effectively it's taking Sportshall athletics outside!

The League should be used to introduce athletes to the concept of competition in a sporting and well mannered climate. It should emphasise the importance of team competition as well as individual achievements.

The League must be financially self sufficient, therefore there will be a fee to enter.

The League will, as much as possible, use parents as officials so as to train not only the athletes of the future but also the technical officials of the future. But don't worry you won't be asked to do anything difficult...anyone can hold a tape measure!

There will be three meetings per year, on the last Wednesday of April, June and August. (April 30<sup>th</sup>, June 25<sup>th</sup> and August 27<sup>th</sup>). We appreciate that some dates fall during school holidays, but athletics goes on all the year round and we are not all away at the same time.

The fixtures for the CSW League in 2008 are split into two Divisions

M6 Division Meeting 1 on Thursday 1<sup>st</sup> May at Nuneaton  
 Meeting 2 on Wednesday June 25<sup>th</sup> at Rugby  
 Meeting 3 on Wednesday August 27<sup>th</sup> at Sphinx

M40 Division Meeting 1 on Wednesday 30<sup>th</sup> April at Leamington  
 Meeting 2 on Wednesday June 25<sup>th</sup> at Solihull  
 Meeting 3 on Wednesday August 27<sup>th</sup> at Stratford

### **Timetable**

	Jump	Run	Throw
Year 3	7.20 to 8.00	6.00 to 6.40	6.40 to 7.20
Year 4	6.40 to 7.20	7.20 to 8.00	6.00 to 6.40
Year 5	6.00 to 6.40	6.40 to 7.20	7.20 to 8.00

#### **Meeting 1**

Boys do LJ 600m Chest push (1kg medicin ball, years 3 and 4)  
 SP (1kg shot, year 5)  
 Girls do HJ 75m Bull nosed javelin

#### **Meeting 2**

Boys do HJ 75m Bull nosed javelin  
 Girls do LJ 600m Chest push (1kg medicin ball, years 3 and 4)  
 SP (1kg shot, year 5)

#### **Meeting 3**

As meeting 1 but with a continuous relay afterwards to allow time to work out the seasons result.

The meetings will be competitive but the Officials have been instructed to make them low key and enjoyable. At the end of the season every athlete will be given a Certificate of Merit and the winning team over the whole season will get a cup which they can hold for a year and will be engraved with the team name.

The Senior Officials will be very competent and well qualified but these meetings could not go ahead without your support. When you return the slip attached to confirm your child's attendance could you also indicate how you would prefer to help. You will not need any equipment (apart from rain wear if the forecast is bad!). All the events are easy but interesting and you will be shown what to do.

Child protection is taken very seriously. All of the senior officials have been cleared by the CRB and we will have a paramedic on standby in case of injuries. It is a condition of participation that somebody brings your child to the meeting, looks after them during the meeting and takes them home again safely. You will see on the return from that we would like to know the child's contact details. One person may be able to take care of

more than one athlete. Should you require any more information regarding this league please visit [www.csw-under11s-league.co.uk](http://www.csw-under11s-league.co.uk)

If your child would like to enter this competition then please reply by email to [stratford@csu-under11s-league.co.uk](mailto:stratford@csu-under11s-league.co.uk) just stating their name and date of birth, returning the attached reply slip at our training. Alternatively please hand the reply slip to Michelle Bartlett or Carolyne Johnston at training on the same evening.

## **Carolyne Johnston**

### **Tesco vouchers**

Thanks to everyone who donated their Tesco vouchers and to Sandy Green for counting them.

We now have on order some new equipment which will include a springboard to help the long and high jumpers get off the ground!

.....every little helps!



### **Great news**

Following several years of active support including funding half the track, Mike Turner who coordinated the latest Stratford Youth Sport bid has confirmed that the Stratford-upon-Avon Town Trust has generously awarded the Juniors £1500 towards primarily the coaching of our young athletes.

At a recent track visit Anita Applebee the Trust's coordinator of the huge amount of bids they receive and Jean Holder one of the Trustees, was impressed with the amount on activity even on a cold, wet, miserable "Spring" evening. Despite the weather we have invited them back in the summer to see how well their money is being spent for 180 or so Stratford youngsters. As ever we are extremely grateful for their support again this year"

If you have any questions please ask your respective age group coach

<b>Age group</b>	<b>Under 11's</b>	<b>Under 13's</b>
<b>Leader</b>	<b>Carolyne Johnston</b>	<b>Sandie Evans</b>
<b>Telephone</b>	01789 750583	01926 843349
<b>E mail</b>	carolyneajohnston@btinternet.com	sandie@thetrumpethouse.co.uk

<b>Age group</b>	<b>Under 15s</b>	<b>Under 17's plus</b>
<b>Leader</b>	<b>Michael Lane</b>	<b>Paul Bearman</b>
<b>Telephone</b>	01789 269174	01789 268462
<b>E mail</b>	mjlane@fsmail.net	paul.bearman@btinternet.com

## **Nutrition - how to look after yourself...**

There are clear connections between the food we eat, our health and sports performance. It is important therefore to establish good nutritional habits from an early age to support growth, development and maturation as well as supporting the additional energy demands of training.

There are 2 key points to a healthy diet:

1. eating the right amount of food for how active you are
2. eating a range of foods to make sure you're getting a balanced diet

A balanced diet involves obtaining nutrients in the form of protein, carbohydrates, fat and fibre as well as vitamins, minerals and antioxidants which will ensure the body has sufficient energy to build and repair muscle tissue, recovery and adapt to training and maintain a healthy immune system to prevent illnesses and infections.

As an athlete do you eat the right things for balanced diet?

Fruit and vegetables (at least five portions a day):

- 1 Helps build new muscle tissue
- 2 Important in energy metabolism
- 3 Helps maintain a healthy immune system

Carbohydrates e.g. potatoes, bread, cereals and fruit:

- 1 An important source of energy for the muscles during exercise
- 2 Important for the recovery of muscles after training
- 3 Helps build new muscle tissue
- 4 An important source of energy for the brain

Protein e.g. meat, fish, dairy products (milk, yoghurt, cheese), beans and nuts:

- 1 Proteins provide the building blocks for new tissue, including muscle
- 2 Provides essential amino acids that are important for many functions including energy metabolism and supporting the cells of the immune system

Dairy products:

- 1 Provide calcium, which is essential for healthy, strong bones
- 2 Are a good source of protein
- 3 Can be a good source of carbohydrates (milk, yoghurts)
- 4 Make good recovery snacks i.e. glass of milk, low fat milkshakes (For Goodness Shakes), low fat fruit yoghurts

Avoid eating too many high fat foods e.g. fried food, takeaways, crisps, white sauces, croissants, doughnuts, fatty meat. Such foods are very high in energy and if eaten frequently can lead to weight gain. They also tend to be low in other nutrients.

- 1 Foods containing less than 3g fat per 100g are low fat foods
- 2 Foods containing between 10-13g per 100g have a moderate fat content
- 3 Foods containing more than 20g per 100g are high fat foods

Choose from a selection of healthy snacks:

- |   |   |
|---|---|
| <input type="checkbox"/> Tuna pasta with tomato sauce | <input type="checkbox"/> Fruit yoghurts                     |
| <input type="checkbox"/> Jacket potato                | <input type="checkbox"/> Sandwiches                         |
| <input type="checkbox"/> Muesli bars                  | <input type="checkbox"/> Low fat custard/rice pudding       |
| <input type="checkbox"/> Dried fruit                  | <input type="checkbox"/> Cereal & semi skimmed/skimmed milk |

Do you eat at the right times?

- 1 Eating smaller meals more frequently will help maintain energy levels and concentration i.e. 5 small meals a day or three moderate meals and two snacks a day
- 2 Make sure you start the day with breakfast i.e. cereals, porridge, smoothies, scrambled eggs on toast
- 3 Make sure you eat a high carbohydrate meal 3-4 hours before your training session to refuel your muscles
- 4 If you need some extra energy, have a small carbohydrate based snack (fruit smoothie, low fat yoghurt, cereal bar, sports drink) 1 hour before you train
- 5 Bring a recovery snack to consume within 30 minutes after your training session, to help promote muscular adaptations and refuel the muscles. Options include a low fat milkshake/milk, ham salad sandwich (no mayo or butter), chicken with tomato pasta sauce, cottage cheese on crackers, fruit salad with low fat custard