

# *Halesowen Athletics Club*

# **Newsround**

With what we all hope is a much better spring and summer lying ahead, we look back over the shortest month during the longest lockdown.

And with only one significant performance to report on, this newsletter is somewhat light in athletic action!

But we do have news of what the latest Government guidelines mean to the club, and we launch what promises to be the biggest virtual challenge ... EVER!!

## ***CLUB UPDATE***

The gradual easing of lockdown will have minimal impact on club life for most of the forthcoming month.

Whilst the track and grounds remain open for local socially distanced use, formal club activities remain suspended.

It is hoped that one-to-one coaching sessions will be able to resume shortly after March 8<sup>th</sup>, but this is yet to be confirmed.

From March 29<sup>th</sup>, outdoor sports will resume and larger training groups of up to six people will be allowed.

Further relaxation of restrictions are due to be introduced from April 12<sup>th</sup> and the club hopes to stage an internal track event shortly after this date.

All this is of course subject to guidelines from the UK Government and England Athletics.

Please keep across the club's social media channels and website for the latest updates and for any changes to the current advice.

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## **EVENTS UPDATE**



*Sophie soaring to second place in the European indoor selection trials at Loughborough. PHOTO: British Athletics / YouTube*

Sophie Cook made her debut for Halesowen in the pole vault of the European Indoor selection trials at Loughborough.

Despite being restricted to a shorter run-up than normal as part of her recovery from shoulder surgery, Sophie finished in second place with a best of 4.05 metres.

She will now concentrate on

the outdoor season as part on her plans to secure a berth on Team GB for the Tokyo Olympics.

The first UKYDL meetings of the season for young athletes are due to held on April 24<sup>th</sup> (Lower Age Group) and May 2<sup>nd</sup> (Upper Age Group), with the first Midland Senior League fixture set for May 22<sup>nd</sup>.

Again, these dates are subject to alteration or cancellation due to changes in COVID-19 guidelines.

## **A FAR FROM LAZY LOCKDOWN!**

A number of new sub-committees have been meeting throughout February to ensure the club comes out of the other side of COVID-19 in a strong position.

These have been covering coaching provision, club events and races and plans for next year's centenary celebrations

Early meetings have gone well and positive progress is already being made.

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# **Newround**

And following a trial period, a new virtual training group is now open for all young athletes at the club.

These sessions are being held on Monday and Thursday evenings at 7.00 pm via Microsoft Teams.

If you want your child to take part, then please get in touch with Matt Allen.

## ***PRESENTING ... THE ULTIMATE HALESOWEN-ATHLON!***

Our biggest virtual competition so far is now open to track AND field athletes of all ages!

The Ultimate Halesowen-athlon comprises a grand total of thirteen events and is available for all club members to take part in.

The events are as follows:

- \* 800m, 1500m, 3000m and Shuttle Run.
- \* Chest Throw and Overhead Throw.
- \* Standing Long Jump, Standing Triple Jump and Vertical Jump.
- \* Plank, Press Ups, Burpees and Star Jumps

You can enter as few or as many events as you like but there are two official competitions - a 5 event to score and a 10 event to score Championship.

A YouTube playlist with coaches and athletes from the club demonstrating all the events is available and videos and photos of your performances in the Halesowen-athlon are very much welcome on the club Facebook group!

The competition runs until Easter Sunday, 4<sup>th</sup> April and there will be winners in overall, age-group and gender categories.

You can find all the details of the Ultimate Halesowen-athlon on the club website and social media channels.

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## ***HAGG FARM 2021***

Dates for the summer training weekend have been set, and all being well we will be returning to Hagg Farm in the Derbyshire Peak District from Friday 6<sup>th</sup> – Sunday 8<sup>th</sup> August.

The weekend will feature all the usual running, walking and cycling activities, plus the usual evening entertainment culminating in what we all expect to be yet another legendary performance from James Hoult.

There's even talk of the current craze for open water swimming being fully embraced with a dip in the nearby reservoir!

The cost of the weekend is £100, covering accommodation and most of the food costs.

If you wish to take part, then please get in touch with Matt Allen who will add you to the Hagg Farm 2021 group on WhatsApp.

A deposit of £50 is required by 1<sup>st</sup> April, with the remaining balance by 1<sup>st</sup> June.

Full refunds will be given if the weekend is forced to be cancelled.

## ***MARCH HIGHLIGHTS***

March will be dominated by the Ultimate Halesowen-athlon, but we also hope to have news during the month of a number of post-Easter virtual and real life events.

As usual, updates will be posted on the Facebook group and the club website, and on the HACCentral WhatsApp group.

Up Owen!

JAMIE SIRCOM

[jsircom@hotmail.com](mailto:jsircom@hotmail.com)