

**Welcome to the winter season!**

This year I hope to continue as girls' cross country manager, with responsibility for the U13/U15/U17 female age groups and John Rees hopes to do the same for the boys. All last year's runners are naturally welcomed back to the teams and hopefully some new members will be joining us. Please contact me any time by email or phone (above), or boys, contact John at john.rees@lafarge.com .

**Information for athletes and parents**

- A provisional fixture list accompanies this letter. We are likely to have a busy season. It is essential that individual athletes discuss their race schedule with parents and coaches and let me know as soon as possible if entries are required. Although we aim to perform as well as we possibly can, everyone is welcome to run so don't worry if you are new to competing and not sure how good you are – give it a go!
- As you can see from the fixture list, we have a busy schedule. These need careful consideration and discussion with coaches. Derrick and I like to support athletes at all the races on the list - we'll do our best!
- You must be a paid-up member of Charnwood AC to compete in any of our teams and club vests (which can be bought from the club house) must be worn for all club races.
- For the coming cross country season, the U13 age group is for athletes in school years 7 and 8 (+ those in year 6 from 11<sup>th</sup> birthday), U15 is for years 9 and 10 and U17 is for years 11 and 12.
- Entries usually have to be made several weeks in advance of events so please let me know of your availability for any of the races as soon as possible.
- The club will normally pay entry fees but this does mean that we expect a firm commitment to compete once you have been entered (especially where teams are involved) and I expect to be kept fully informed about changes of plan due to injury / illness etc.
- Own transport is usually required as, unlike track meetings, cross country and road races take place over wide areas of countryside or public parks and young athletes need to have an adult responsible for them. The athletes and I also appreciate the support from family and friends. However, if there are difficulties with transport, sharing with friends is usually possible. I will be around to talk to on most club nights and you can always phone me at home or contact me by email. I send letters etc out by email. If you haven't already, please let me know an email address along with other details really soon so that you don't miss out.
- I, along with other parents, sometimes take photos of athletes and from time to time they appear in the local papers. Please let me know if you have concerns about this and would prefer your child not to be photographed.

Hope to speak to you all soon,

Madeleine Lomas