



IMPACT ATHLETIC CLUB

DECEMBER 2023 – NEWSLETTER



Hello everyone!

Last month seemed to pass so quickly that I didn't end up producing a November newsletter. Therefore there's lots to report on this month!

First and foremost, welcome to all our new members. It has been exciting to see the club grow in size since its creation in the summer. All our new members appear to have fitted in well and are working hard.

Our sessions for this term conclude on Friday 15th December and we will resume on 2nd January – more details opposite.

Merry Christmas to you all and I look forward to seeing many of you at our Christmas Party at Pizza Express on 14th December.

Craig Smith



COMPETITION SUCCESS

October and November have been very busy and successful months of competition for our Impact Athletes. We've had over 40 different athletes compete in a range of competitions

Sportshall Athletics

There have been two Surrey Sportshall competitions at the Guildford Spectrum and these events have certainly left an 'Impact' on the other Surrey Clubs. The Under 13s girls team were victorious in both competitions and the Under 13s boys team managed to also win the first event in October. Individually, there have been some fantastic performances but above all these events are great fun! The next event is 28th January and it would be great to have as many taking part in this one.

Cross Country

There have been two Down's League and two Border League Cross Country events during October and November and just like the Sportshall event, these have seen Impact athletes compete strongly with committed and determined performances. The Under 13s boys won the team event in both Border League events (Maidenhead and Guildford) and they also got a very impressive 4th in the very competitive Downs League event at the end of December. Individually, Neil and I have been very impressed with the running from all our athletes. Keep it up everyone!

SPRING 1 TRAINING

Our sessions resume on Tuesday 2nd January 2024 and the schedule will be the same as the autumn term.

Therefore sessions will be as follows:

- Monday: Year 7-9 Sportshall Athletics (4.30 to 5.15pm)
- Tuesday: Year 4-6 Running Fitness (4.30 to 5.15pm)
- Wednesday: Year 7-9 Running Fitness (4.30 to 5.15pm)
- Friday: Year 7-9 Strength and Conditioning (4.30 to 5.15pm)

If your child would like to continue attending or would like to come along on a different day, please complete the spring term 1 registration form by [clicking here](#).



DATES FOR DIARY

Here are the key dates for early 2024

2/1/24 - Sessions Resume

7/1/24 - Surrey Cross Country Championships (Under 13s and above)

28/1/24 - Surrey Sportshall Athletics Competition (Under 13s)

11/2/24 - Border League Cross Country (all ages) Venue TBC but likely to be Merrist Wood

18/2/24 - Downs League Cross Country (all ages). Epsom Downs

3/3/24 - Border League Cross Country (all ages) Reigate

17/3/24 - Downs League Cross Country (all ages) Epsom Downs

Details on how to enter the above are available on the club website.

CLUB KIT

We have a small quantity of club kit in stock. These include competition vests, training t-shirts, 1/4 zip training tops and hot pants.

If you are interested in purchasing item, please visit our online shop by [clicking here](#).

If you would like to know what sizes we have available now, drop me an email - info@impactathleticclub.co.uk



TRACK AND FIELD PLANS

It may seem a long way away but I am in the process of trying to secure a track venue for summer training which I propose will start after Easter.

The running track at St George's College is available and I am thinking of booking this on a Wednesday evening from 7pm to 8pm. This will be open to both Juniors (Year 4-6) and Seniors (Year 7 and above) as we plan to run two separate sessions. Please let me know if this is not a suitable evening.

CHRISTMAS SESSION

As Cleves School is completely closed over the Christmas period there won't be any regular sessions for two weeks until we restart on Tuesday 2nd January 2024.



We are considering offering a running fitness session on Wednesday 20th at Bedfont Lakes but this will very much depend on numbers. Therefore, if you are interested, please complete the form by [clicking here](#).

WELFARE OFFICER

Just a reminder that Charlotte Dury is our club welfare officer. During this term, Charlotte has introduced herself to the majority of athletes and is usually around at the end of a session if your child would like to talk to someone.

Likewise, Charlotte can be contacted by email - clubwelfareofficer@impactathleticclub.co.uk if you have a concern or would like to get some advice,

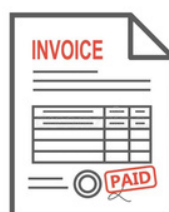
NEW MEMBERS

We have spaces in all our sessions so if you know someone who might be interested, they would be very welcome to come down for a free trial session. Please get them to drop me an email - info@impactathleticclub.co.uk



INVOICES

Invoices for kit purchases and sessions attended by our Junior athletes were recently sent out. Please try to make timely payments on these if you can but always get in touch if you have any questions.





SOCIAL MEDIA

If you've not already done so, please give our social media platforms a like or a share. Help spread the word!

Facebook - [click here](#)
Instagram - [click here](#)
X - @impactathlclub



ADULT SESSIONS?

I am investigating the opportunity to hold a weekly running fitness and/or strength and conditioning session for adults in the new year.

I promise to be kind!

Please let me know if this might be of interest together with preferred days and times.

Drop me an email or message - info@impactathleticclub.co.uk or 07740 336161.



CONGRATULATIONS!

Congratulations to Harry, Luke, Etienne, Rose, Eliza and Henry H who are part of the Surrey Schools Cross Country team for this year. They were due to run in an event in the West Midlands in November

which was unfortunately cancelled. We also have a number of our Sportshall athletes who are likely to make the trials for the Surrey team in early 2024. Hopefully I will have more to report on this in the next newsletter.

TRAINING AND CPD

Just a quick update on the activities of our coaches! Neil and I have recently begun our Level 3 coaching license which focuses on Event Endurance. The qualification provides a greater understanding and awareness of the issues involved in coaching athletes at the Event Group Development stage of the athlete development model (typically 12-18 years). It will also further develop our technical knowledge and expertise. Charlotte Dury has also been helping out on a Monday evening and has recently started her level 1 coaching license - this is called Coaching Assistant and covers the three disciplines of running, jumping and throwing.



If you are interested in getting involved, please do get in touch. Drop me an email or message - info@impactathleticclub.co.uk or 07740 336161.

WHAT WE OFFER



At Impact AC, aside from our weekly sessions, we also offer a range of other services and support. This includes training advice, nutritional guidance, 1 to 1 bespoke coaching sessions, training plans and technique video analysis.

It might be that you'd like additional support for your child with their running or perhaps it's support with their performance in another sport that they play. We would be delighted to help!

Our services are available to athletes of all ages (young and old) so you if you are you interested in finding out more, please drop me an email or message - info@impactathleticclub.co.uk or 07740 336161.

IMPACT WEBSITE

Just a reminder that our club website has a host of information on including a latest news and diary page with information about competitions www.impactathleticclub.co.uk

