

JERSEY SPARTAN ATHLETIC CLUB

Website address – www.jerseyspartans.org

Dear Member

Thank you for becoming a member of the Jersey Spartan Athletic Club. Please find enclosed, your race number which enables you to compete in local competitions and your membership card which can be used to obtain discounts in various shops as listed on the attached benefits sheet.

We have many activities on offer for various age groups and abilities throughout the year. I am sure that you'll be able to find the right training session/activity to suit your requirements. For those of you who would like to take part in competitions, there are many available throughout the year. We keep a Sports Diary which is printed every Friday in the JEP so that you can see what is on offer each week. We also send a news sheet each week by email to all members who provide us with an email address which gives notice of any fixtures or competitions that are coming up together with any other news.

TRAINING

The training sessions currently on offer and the number to ring for further details are as follows:-

Saturday – Senior/Junior Track and Field training at FB Fields, 10.30am (07797 735828)

Sunday – Senior/Junior Track and Field training at FB Fields, 10.30am (07797 735828)
Distance training, various locations, 9am (855109)
Sportshall athletics School years 4, 5 & 6 (September to March), Langford Sports Hall, 9.30am – 11am (499359)
Minis training School years 4, 5& 6 (April to August), FB Fields 10am – 11.30am (499359)

Tuesday - Senior/Junior circuit training (September to March) Langford Sports Centre 7-8pm (07797 735828)
Junior training, School year 7 & 8(September to March) Langford Sports Centre 7-8pm (722377)
Senior/Junior Track and Field training at FB Fields year 6 upwards (All year) 6.30pm - 7.30pm (722377)
Senior road and distance coaching, West Park Shelter 6pm (07797 889594)

Thursday - Senior/Junior Track and Field training at FB Fields year 6 upward (all year) 6.30 – 7.30pm (722377)

If you would like any further information regarding training sessions, please ring me, Karen Dingle on 722377 and I will try to help you.

HEALTH & SAFETY

It is important that when visiting the track at the FB Fields, whether taking part in a training session or just as a spectator, that you read the track safety information that is enclosed with this letter.

Please also sign and return the tear-off slip provided to the Membership Secretary, Richard Milner

KIT

If you would like to purchase Spartan kit, please ring me on 722377 and I will arrange to meet you at the clubhouse where the kit is held so that you can try on the various sizes to ensure that the item fits you correctly. I attach a price list of the items available to purchase. As there are so many different kinds of shorts, we do not stock them but any black or red shorts will be fine.

COMMITTEE DETAILS

I also enclose a list of the current Jersey Spartan Executive Committee members together with contact numbers. Please feel free to contact us if you have any questions.

VOLUNTEERS/HELPERS

If you, or your parents if you are a junior, would like to volunteer to help the club run smoothly we would be delighted to hear from you. You may like to join our team of cleaners who take it in turns to clean the Clubhouse. You may only be needed once every two to three months. Maybe you'd like to help out on training nights or competitions at the track (We always need people to help with long and high jump). Do you like making cakes? Maybe you'd like to sell cakes on training nights or help to make sandwiches etc to sell on competition days or sell raffle tickets in supermarkets in order to raise much needed funds for the club to help send athletes away to competitions. Please do not hesitate to ring me on 722377 if you are interested in helping in any way and I will point you in the right direction.

SPONSORSHIP

The cost of travelling to off island competitions is becoming very restrictive and in order to ensure that athletics remains a sport accessible by all, more funding by way of sponsorship is needed. If you work for a firm who may be willing to sponsor our Club or any individual event on our calendar please suggest that they contact me.

I hope that you enjoy being a member of the Jersey Spartan Athletic Club. If you have any concerns or questions please do not hesitate to ring me and I will try to help.

Kind regards

Karen Dingle
General Secretary
Jersey Spartan Athletic Club
Tel. 01534 722377