



Autumn 2013 Newsletter

24th September 2013

Dear All,

Dundalk St. Gerard's Athletic club would like to thank everyone for the support/participation you have given the club to date especially the annual Flag Day where we collected €2800. Thank you to all those parents and athletes who helped with the collecting. These funds will be put to good use over the coming year.

We are now entering the Autumn season and would like to make you aware of the following upcoming events and changes to schedule/rules.

Training timetable:

As the evenings are starting to get dark, we are now moving the training indoors. Due to the planned redevelopment of the Dundalk Sports Center we are moving the training to the De La Salle College Hall for this coming Autumn/Winter season. Please find full details below:

1st Date of indoor training: Wednesday 9th October 2013
Day: Every Wednesday
Time: 6:30PM to 7:30PM for 6 to 7 year olds.
6:30PM to 8PM for older athletes
Venue: De La Salle College, Mill Road, Dundalk.
Cost per session: €2 per child

IMPORTANT Notices for parents:

Dundalk St Gerard's Athletic club would appreciate the co-operation of parents on the following topic:

1. To participate in indoor training all Athletes must be registered due to insurance needs. Please register all Athletes before Thursday 3rd October. We don't want to cause upset to children by refusing admittance.
2. Parents are encouraged to be present (especially for young athletes aged 6 to 7) during the training sessions.
3. All children must be collected from within the hall at the finish time.
4. We ask that all children are collected at the finish time. No late collections please.

2013 Registrations:

Please fill in the registration form and accompany with a photocopy of your passport/birth-certificate (For members not registered before only) and registration fee.

The registration fee for the remaining part of 2013 is €20.

IMPORTANT: All non-registered Athletes must register by the **3rd October 2013**. Your assistance in this is essential to ensure that your child can participate in training.

New Members Welcome:

Dundalk St Gerard's Athletic club always welcomes new members. Membership is open to all children aged 6 or above within the calendar year. We actively encourage children to join from a social and health point of view. Participation, apart from a two session introductory period, will only be available to new members of the club due to Insurance reasons.

Upcoming Athletic Competitions:

Please find below a list of upcoming events that Dundalk St. Gerard's plan to take part in. All Athletes must be registered and wear Club Colours for these events. More details will follow. All athletes attending competitions must adhere to the Competition and Club Rules.

October to December:

Cross Country dates

Sunday 6th October - Novice + Even Ages – Meadowview (Drogheda & District AC/Boyne AC)

Sunday 13th October – Intermediate + Uneven Ages – (North East Runners AC, Dundalk in DKIT)

Sunday 3rd November – Junior + Senior – (Dunleer AC, venue TBC)

Sunday 1st December – Masters – Termonfeckin (Drogheda & District AC)

All athletes attending the competitions should bring the following:

1. A packed lunch
2. Drinks
3. Warm clothes
4. Wet gear in case of rain.

Club Colours and hoodies:

All Dundalk St. Gerard's Athletic club athletes are encouraged to purchase the club colours for taking part in competitions. Parents are encouraged to show their support as well. Samples are available for fitting at each training session. Cost of the club colours are below:

Hoodies: €35

Singlets: €25

Jackets: €35

Beanie Hats: €10

Volunteers/Helpers/Coaches required:

Dundalk St. Gerard's Athletic club would welcome any volunteers to assist in the running of the club. If anyone is interested please contact one of the members.

Information and feedback:

For all the latest Dundalk St. Gerard's information please review our web-site and facebook page as shown below.

If you have any feedback on how we could improve or change please do not hesitate to contact any of the members. All feedback will be confidential and reviewed by the committee.

Web-site: <http://www.stgerardsac.org>

Facebook: www.facebook.com/StGerardsAthleticClubDundalk

Any queries regarding these topics please contract any member of Dundalk St. Gerard's AC.