



Autumn 2014 Newsletter

Dear All,

Dundalk St. Gerard's Athletic club would like to thank everyone for the support/participation you have given the club to date. A big thank you to all those parents and athletes who helped with the Annual Flag day collection. These funds will be put to good use over the coming year.

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

Training timetable changes:

We are making the following changes to the indoor training sessions.

Day:	Every Thursday
Start Time:	6:30PM for all Athletes. Please arrive 5 minutes early for training.
Finish Time:	7:30PM for all Athletes aged 10 and under. 7:45PM for all Athletes older than 10.

IMPORTANT Notices for parents/guardians:

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 30th 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. Parents are not allowed in the training hall. Please go upstairs to view the training sessions.
4. All children must be collected from within the building at the finish time. It is not recommended for Athletes to go outside unaccompanied due to the traffic outside.
5. We ask that all Athletes are collected at the finish time. Please arrive 5 minutes before finish time. No late collections please as we have seen Athletes upset. Also arrive 5 minutes before the start time.
6. When Athletes are training in designated areas outside we ask cars not to drive into these area's as it is causing danger to YOUR children.
7. All rules of the club must be adhered to. Please see attached.

2014 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 **2014 is €20.**

IMPORTANT: All non-registered Athletes must register by the **30th October 2014.** 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.

IMPORTANT Upcoming dates:

Listed below are important dates that all Athletes should be aware of.

14th November – Louth Athletics award night – Westcourt Hotel Drogheda

23rd November – Irish Juvenile (even age groups) & Inter-Counties Cross Country Championships
DKIT (Ideal opportunity to see some top Athletes in action).



28th November – Dundalk St. Gerard's AC Xmas Awards night – Lisdoo Arms, Dundalk

February 2015 – Dundalk St. Gerard's AC AGM

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:

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.

Chairman: Christian Maas;

Secretary: Pierce Byrne,

Treasurer: Sheena Nolan

Web-site: <http://www.stgerardsac.org/> **Facebook:** www.facebook.com/StGerardsAthleticClubDundalk