



# Dundalk St. Gerard's Athletic Club

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## 2015 Spring Newsletter

11<sup>th</sup> March 2015

Dear All,

Dundalk St. Gerard's Athletic club would like to thank everyone for the support/participation you have given the club to date.

We are now entering the spring season and would like to make you aware of the following upcoming events and changes to schedules etc.

### Training timetable:

Our last indoor training session is on the **19<sup>th</sup> March 2015**. Training is moving outdoors from the **26<sup>th</sup> March 2015** as detailed below.

### Outdoor training sessions:

**Start Date:** Thursday 26<sup>th</sup> March 2015

**Weekly training sessions:** Every Tuesday and Thursday after that

**Time:** 6:30PM to 7:45PM (Athletes aged up to 10 finish at 7:30PM)

**Venue:** Dundalk Young Irelands Pitch, Hoey Lane.

**DYI pitch Location:** See page 3 for directions

**Cost:** €2

### 2015 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 **2015 is €25** for first child and **€20** for each additional child.

**IMPORTANT:** All Athletes must register by the **26<sup>th</sup> March 2015** for insurance purposes especially as we move outdoors. Your assistance in this is essential to ensure that your child can participate in training. We do not wish to refuse participation.

### St. Patrick's Day parade:

Following on from the success of last year, the club would like to take part in the St. Patrick's Day parade again. All Athletes are encouraged to walk with the club. Athletes are requested to dress in their club hoodies or a Red top. We plan to meet up in the old Carroll Village (SuperQuinn) car park at 12:15 and then pick up at Cuchullain Credit Union after the parade.

### 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 asked to show their support as well. Our supplier of the kit will be with us at training on Thursday 12<sup>th</sup> March to explain all the different packages. Samples of the kit will be available at training sessions.

### IMPORTANT Notices for parents:

Dundalk St Gerard's Athletic club would appreciate the co-operation of parents on the following topics when moving outdoors.

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**Chairman:** Christian Maas;

**Secretary:** Pierce Byrne,

**Treasurer:** Sheena Nolan

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

e-mail: [stgerardsathleticclub@gmail.com](mailto:stgerardsathleticclub@gmail.com)

1. Parents are encouraged to be present (especially for young athletes aged 6 to 7) during the training sessions.
2. **We ask that all parents/guardians dropping/picking up Athletes at Dundalk Young Irelands park outside the grounds along the road and escort the Athletes into the grounds. This is to prevent blockages within the grounds.**
3. We ask that children who are not participating in training **are NOT left unsupervised** as they are wandering onto the pitch, interrupting training. Parents must be with their children at all times. They may get injured during some of the activities like javelin etc.
4. All children and parents not participating in the training are asked to stay at the edge of the pitch.
5. Training sessions are for juveniles ONLY.
6. Parents are welcome to jog/walk around the pitch once any child accompanying them is not left at the pitch side. These children have to be supervised.

### **Upcoming Athletic Competitions:**

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

#### **April 6th - Monday:**

Mountpleasant Road race. Races for Under 8, 10, 12, 14 & 16

#### **April 11th - Saturday:**

Louth Pre-championships in Bush

#### **May 8th - Friday**

Louth Juvenile Track and Field - Lourdes stadium

#### **May 9th/10th - Saturday/Sunday**

Louth Juvenile Track and Field - Bush

### **Communication:**

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

Please note that a lot of information is going out via e-mail now due to issues with text system.

Unless registered you will not get this communication.

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

**Facebook:** [www.facebook.com/StGerardsAthleticClubDundalk](http://www.facebook.com/StGerardsAthleticClubDundalk)

**e-mail:** [stgerardsathleticclub@gmail.com](mailto:stgerardsathleticclub@gmail.com)

### **Feedback:**

Dundalk St. Gerard's AC always welcome feedback from its members. If you have any feedback on how we could improve or change please do not hesitate to contact any of the members. You can also send your feedback to the e-mail address below. All feedback will be confidential and reviewed by the committee in detail.

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

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## Dundalk Young Irelands Pitch Location:

Please find below direction to the Young Irelands Pitch.

