



IMPACT ATHLETIC CLUB

JANUARY 2024 – NEWSLETTER



Hello everyone!

It's been another exciting and successful month at Impact Athletic Club. The beginning of the new term saw many new athletes join our weekly sessions so much so that we now have over 100 members signed up. It has been particularly good to welcome lots of juniors to our sessions on a Tuesday afternoon. Welcome to all our new members!

At the end of the month, we had the final sportshall athletics competition for our under 13s athletes and it was another hugely successful event – more on this in this newsletter. Please take time to have a read through as it's full of information about upcoming training, events and competitions.

Craig Smith



SPORTSHALL SUCCESS

The end of January saw the final under 13s sportshall competition of the season at the Guildford Spectrum and we had the biggest numbers of athletes competing – an impressive 30 in total.

We also welcomed a number of Year 6 athletes to the team and they certainly didn't look out of place in terms of performance.

At the time of writing, we have received draft results which make impressive reading for the club.

- Girls Impact AC Team 1 – 1st
- Girls Impact AC Team 2 – 2nd
- Girls Impact AC Team 3 – 7th
- Boys Impact AC Team 1 – 3rd
- Boys Impact AC Team 2 – 5th

The girls have now won every team competition this year and it is also important to recognise the boys teams who were mainly made up of Year 6 and 7 athletes. Individually, there were outstanding performances right through all the teams. Impact have definitely made an impact on Surrey Sportshall this year!

Congratulations to all the athletes who have taken part in these competitions this year. I have been hugely impressed with not only their level of performance but the manner in which they have competed. Well done!

SPRING 2 TRAINING

After half term, our sessions resume on Monday 19th February 2024. The only difference to the schedule is that with sportshall athletics coming to an end, we are going to structure the Monday sessions in order to prepare for the summer season. This will include focus on sprinting (including starts), hurdling, jumping (triple jump, long jump and high jump) and throwing (shot and javelin). These sessions will still take place in the sportshall.

We are also opening up our Monday and Wednesday sessions to athletes in Year 6. Therefore sessions will be as follows:

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

To register your child for any of the above sessions please complete the spring term 2 registration form by [clicking here](#)

DATES FOR DIARY

Here are the key dates for the remainder of the spring term

11/2/24 – Border League Cross Country (all ages) at Merrist Wood

16/2/24 – Half term running and strength and conditioning sessions

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

19/2/24 – Spring training sessions resume

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

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

24/3/24 – Laleham Parkrun Impact takeover

Details on how to enter the above competitions 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

If you've recently ordered kit, this should arrive towards the end of February 2024.



HALF TERM SESSIONS

We are planning two half term sessions which will be open to all Impact members and any friends who would like to come along and give a session a go. Both sessions will take place on Friday

16th February with a running fitness session at Bedfront Lakes in the morning and then a strength and conditioning session at Cleves School in the afternoon. Please [click here](#) to sign your child up .

CONGRATULATIONS!

Congratulations to Izzy, Florence, Lucy, Charlotte, Zoe, Ben V, Henry and Ben H who have all been invited to trial for the Surrey Sportshall Under 13s Athletics team.



Well done also to Martha, Olive, Bailey, Luke and Daniel who have been invited to trial for the Under 11s team. Furthermore, well done to all our senior athletes who took part in the Surrey Cross Country Championships at the beginning of January and the secondary inter district event in the middle of the month. Lots of very strong performances!

PARKRUN TAKEOVER!



Exciting news! I have been contracted by Laleham Junior Parkrun who have asked if the club is interested in a volunteer takeover for one week. Not only do I think it will be a great way of raising the profile of the club but also a great way to

demonstrate our community commitment and values. We have identified the date of Sunday 24th March and I would like as many parents and athletes to come down and volunteer to help marshal the course or run if they'd like to. It would be particularly good if our older athletes could come down in their kit and support the younger runners that often take part in this event. You would only be volunteering about an hour of your time (approx 8.30am to 9.30am).

If you are available and would like to take part, please complete the form by [clicking here](#). You will need to officially register with Parkrun beforehand but the instructions on how to do this are in the form linked above.

NEW MEMBERS

We still 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





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



WELFARE OFFICER



Just a reminder that Charlotte Dury is our club welfare officer. 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,



SUMMER TRACK TRAINING

I am delighted to confirm that we have secured our summer track training venue which will be St George's College in Weybridge. We are just finalising the details of the sessions but it will likely be

every Wednesday evening from 7.00pm to 8.00pm from April to July (summer term). We will confirm this after half term.

These sessions will be open to both Junior and Senior athletes and will focus on track running (sprinting/middle distance) as well as hurdling, long jump, triple jump and other field disciplines.

We also plan to give all our athletes competitive opportunities during the summer months with entry to open competitions and the possibility of a track and field league for our older athletes. More details to follow shortly. We will continue to offer sessions at Cleves on other days of the week and will confirm the summer training program shortly.

GET INVOLVED!

As Impact AC continues to grow and develop, we will be looking for new coaches and volunteers to join our team. If you are interested in getting involved, please drop me an email or give me a

call and we can discuss the opportunities that are on offer. No experience required, just an interest in athletes and coaching.



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 or small group 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.

FEEDBACK - WE WANT TO HEAR FROM YOU!

We would very much welcome your feedback on how your child is finding Impact AC, particularly if you think there are things we can improve on! Drop me an email or message if you have any feedback or thoughts on how we can be better - info@impactathleticclub.co.uk or 07740 336161.