

## LANCASHIRE SPORTSHALL LEAGUE 2015/2016



To all the Chorley Athletic and Triathlon Junior Athletes

It's that time of year again! Sportshall is back.

For those who have not attended Sportshall before, this competition / event is one of the most fun and relaxed way in which you can test your skills and put your training to use. For those who have been before, then I don't have to remind you how good the last few years have been, and how well each and every one of you have represented yourselves and your club.

As a club, we have closely competed with and beaten some of the more established clubs in the region. The more juniors that attend the competition, the better chance the club has of causing a few surprises. We have also had several of our juniors selected to run for the Lancashire Sportshall Team as a result of their performances at this event.

The Sportshall competition is held indoors at Blackpool Sports Centre (Stanley Park). The meeting dates have now been confirmed as;

Sunday 8<sup>th</sup> November 2015

Sunday 13<sup>th</sup> December 2015

Sunday 21<sup>st</sup> February 2016

For each meeting we ask all our athletes to be at the sports hall no later than 10.30am, and depending on relays, and number of attendees, the finish time is expected to be around 4.30pm. Parents – advice from previous years' experience, club t-shirts or vests are mandatory and pack lunches and seat cushions are highly advised.

As you will already be aware, Chorley Athletic and Triathlon club expect every junior member to show their commitment to the club with attendance at a number of events that the club competes at. The coaches and the club expect every junior to make the effort to attend at least one of the dates above and represent CATC. To show this commitment, the club will be fully subsidising these meetings. This is a considerable amount of money for the club to put forward, and is the only club in the region to do so.

Every junior must fill out the form attached, so that the pre-registration and team selection can take place before each meeting takes place. There will be an opportunity to enter on the day but the club subsidy of £7 per meeting may not be available, and your first choice of activity on the day could be limited. You must be at least 8 years old on the day of your first attendance.

Please complete the attached form by Thursday 5<sup>th</sup> November. Please return the attached sheet to the registration desk at your training session (Monday / Thursday), or send to 18 Grenadier Walk, Buckshaw Village, Chorley, PR7 7EF.

By completing the attached sheet, means that you will automatically be entered for the events that are ticked. Please let me know in advance if you sign up for any of the events, then cannot make it, as I will be submitting, paying and registering athletes in advance of each competition date.

Please contact me if you have any queries or questions. See you all there!

Marc

Chorley Sports Hall Team Manager – Marc Rimmer, Marc.rimmer28@gmail.com

[www.chorley-athletic-and-triathlon.org](http://www.chorley-athletic-and-triathlon.org)

# LANCASHIRE SPORTSHALL LEAGUE 2015/2016



Athletes Name				
Atheletes Age at 31st August 2015				
Date of Birth				
Gender	Male / Female			
Parents / Guardians Name				
Parents / Guardians Contact Number				
E-Mail Contact				
Meeting Attendance (Circle all that apply)	1	2	3	None

## Under 11's

Pick upto 4 events (plus a Relay Option)

Tick box

Meeting 1  
08/11/2015

Meeting 2  
13/12/2015

Meeting 3  
21/02/2016

1 Lap	Pick up to 2 options			
3 Lap				

Standing Long Jump	Pick up to 1 option			
Standing Triple Jump				

Vertical Jump	Pick up to 1 option			
20sec Speed Bounce				

Soft Javelin	Pick up to 1 option			
Target Throw				
Chest Push				
Sitting Ball Throw				

Obstacle Relay			
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## Under 13's

Pick Any 4 events (plus a Relay option)

Tick box

Meeting 1  
08/11/2015

Meeting 2  
13/12/2015

Meeting 3  
21/02/2016

2 Lap				
4 Lap				
6 Lap				
Standing Long Jump	Pick up to 4 options			
Standing Triple Jump				
Vertical Jump				
30sec Speed Bounce				
Shot Putt				

Relay			
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## Under 15's

Please contact Team Manager for options

Meeting 1  
08/11/2015

Meeting 2  
13/12/2015

Meeting 3  
21/02/2016

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