



# NEWSLETTER

January 2020

Dear Members,

January has been very busy with competition and training. Well done those who competed for the club in county, leinster and open events. We had lots of achievements and enjoyable days out. A big thanks to all the volunteers who helped to organise the Leinster Cross Country which we hosted this month in Gowran Park.

Thank you for all those who have registered with the club for 2020. If you have yet to register please take a few minutes to go to <https://gowranac.com/join-us/> and signup. The SPOND app is proving very successful for communicating with our members and we now have 100 registered parents and senior athletes on SPOND. If you have yet to sign up, please go to <https://gowranac.com/spond/>

---

## NEWSLETTER BRIEF SUMMARY

- Training Update
  - Club Membership for 2020
  - Communication
  - Club events - Table Quiz
  - Volunteers / Coaches
  - Competitions
- 

## TRAINING

### Training for 2020

**U8 & U9s:** Friday 6:30-7:30pm Clara Hall

**U10-U19:** Wednesday 7-8pm Watershed Track, Friday 6:30-7:30pm Clara GAA Pitch

**Saturday Specialist Training:** This training is for U12 and older who are interested in competing in specialist events such as sprints, hurdles and throwing.

10:30am-12pm, Watershed Track.

*NOTE: This training will take place on a week by week availability of coaches and if there is no competition. Please check announcements weekly.*

## ANNUAL CLUB MEMBERSHIP

Annual club membership is now due for 2020. We have an online application form and payment method. [Just click here and you will be directed to the form](#)

From February all athletes attending training must be registered. Non-registered athletes cannot participate in competition.

### Registration Fees

Individual Rates	Special Family Rates
Juvenile (up to 18) €25	1 adult and 1 child €80
Junior €30	1 adult and 2 children €100
Adult €60	1 adult + 3 children €120
	2 adults + 1 child €115
	2 adults and 2 children €130
	2 adults and 3 children €145

## COMMUNICATION

From January 2020, all club communication will be via SPOND. To sign up please go to <https://gowranac.com/spond/> for further instructions.

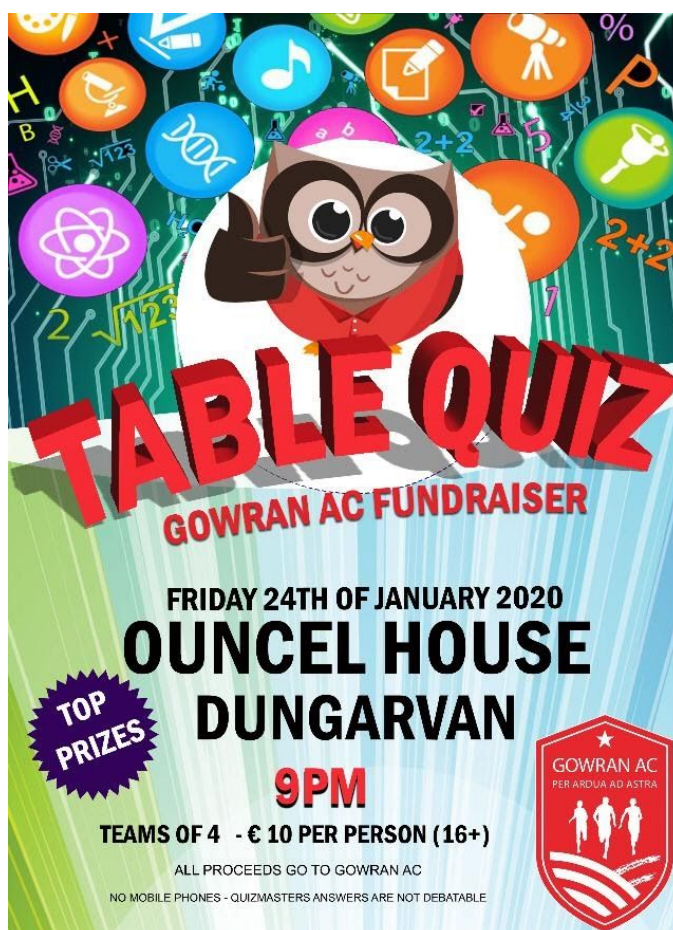
## CLUB EVENTS

### JANUARY

- 24th January **CLUB** Table Quiz night in the Ouncel at 9pm. 10 per person. Bring a team or join in with a group on the night.  
Eircode: R95 T6EH
- 31st Friday January County AGM - **POSTPONED**

### FEBRUARY

- 28th Friday, February County Awards, Set Theatre Langtons
- 29th February AAI Juvenile Star Awards, Bridge House, Tullamore



**TABLE QUIZ**  
GOWRAN AC FUNDRAISER

FRIDAY 24TH OF JANUARY 2020  
**OUNCHEL HOUSE**  
**DUNGARVAN**

**9PM**

TEAMS OF 4 - € 10 PER PERSON (16+)

ALL PROCEEDS GO TO GOWRAN AC

NO MOBILE PHONES - QUIZMASTERS ANSWERS ARE NOT DEBATABLE

TOP PRIZES

GOWRAN AC  
PER ARDUA AD ASTRA

## VOLUNTEERS/COACHES

Athletics is great for fitness but it also develops balance, coordination and agility. The coaches are dedicated to helping juveniles to achieve their best but also to ensure that our training sessions are fun and welcoming. At Gowran AC, we believe that every child has the opportunity to participate in athletics and therefore we don't have a waiting list. This approach has appeared successful as our juvenile numbers are always increasing. But to maintain this approach we need the help of our parents. We are looking for parents to get involved in the training sessions and to assist coaches at competitions. We would appreciate if you could contact Dave Denieffe 086 8114802 or Eamon Kelsey 086 8782489 with your availability. Volunteering on an occasional basis means that you are not tied into weekly sessions but you can be available when needed and if it suits.

If you would like to become a coach we have coaching courses available through Athletics Ireland.

## COMPETITION

When a competition appears on SPOND, we would appreciate if you can **accept** or **decline** your attendance. Sometimes:

- athletes need to be entered by the Club Secretary and/or Competition Secretary
- or
- the competition have relays or needs a team and the admin can check availability easily using SPOND

If you are unsure if you should attend, please message Gowran AC with your query and we will advise you or talk to your coach at training.

## Fixtures for January 2020

- 25th January National Indoor Junior and U23 Championships
- 26th January County Intermediate and non-championship juvenile (even age)  
Relays. **In Conahy (change of venue)** 11am

## Fixtures for February 2020

- 1st & 2nd February – AIT – Leinster **Juveniles** Days 1 & 2 (**Entries Closed**)
- 8th February National **Inter/Master, Juvenile B** (uneven) & Relays Cross Country
- 9th National Indoor Games, NIA, Abbotstown
- 22nd February – NIA – Leinster **Junior, Senior & Master** Championships
- 23rd February- NIA – Leinster **Juvenile** Relays + Some Field Events Day 2 (Junior & Senior Men)
- 29th/1st National Indoor **Senior** Championships (Feb 29th & Mar 1st) NIA, Abbotstown

Please check <https://gowranac.com/fixtures-2020/> for a general overview of the year's fixtures. Competitions dates and times will be updated throughout the year. All updates will also be on SPOND.