



NEWSLETTER

APRIL 2020

Dear members and their families,

We hope this message finds you all well. We are disappointed that athletics and all sports are on hold for the moment but it is a very challenging time and the government actions are understandable. We are following the latest updates and as soon as it is safe to return to training we will be ready to run!

We will keep you up-to-date on events and news via Spond, gowranac.com website and facebook. At the moment, we are encouraging you to stay active & keep fit and although we cannot get together, we can still keep connected online. Keep sending us videos of any of your creative keep fit ideas or home training workouts.

*We encourage you all to stay safe, follow HSE advice on social distancing and hand-washing and we can all look forward to getting back on track before too long.
Happy Easter!*

Gowran AC Coaches and Committee

NEWSLETTER BRIEF SUMMARY

- Competitions
- Exercising at home
- 20X20 Women and Girls in Sport
- Merchandise
- Athletic Equipment
- Ask-Me-Anything
- Volunteers/Coaches

COMPETITIONS

- 13th April St Senans AC Open Track and Field POSTPONED
- 19th April AAI National Road Relay Championships, Raheny CANCELLED

Updates <https://gowranac.com/fixtures/>

EXERCISING AT HOME

- We have an Active Plan for Primary School kids to keep them Fit and Healthy. The plan is optional and athletes can undertake the activities at your discretion. <https://gowranac.com/primaryschool-activeplan/>
- Also lots of resources from Athletics Ireland <https://gowranac.com/about-us/athletics-resources/>

20×20 Women and Girls in Sport

Gowran AC is delighted to be participating in the **20×20** initiative which aims to increase women and girls visibility in sport. Gowran AC have 3 actions:

1. Increase female participation at coach level by 33%
2. Actively increase visibility of our female senior and older juvenile athletics by 20% on social media and at club level
3. Increase participation of female athletes with new throwing & jumping initiatives

What you can do?

We are looking for Gowran AC mothers and daughters to take a photo together. We would love it if you could wear Gowran AC Singlet or Half Zip or red (or even white) and show your stripes. #ShowYourStripes

NOTE: The photo doesn't have to be perfect any camera/iphone/ipad will do. Landscape format. You can stand looking at the camera or in an action pose, anything goes. The **20×20** signature two stripes on each cheek would be a great touch too!

Send your photo to info@gowranac.com, or 087 2349385 many thanks in advance!

More About **20×20**

MERCHANDISE

Recently we have partnered with JF Sports in Carlow who have a **Gowran AC Club Shop** on their [website](#) with singlets, shorts, jackets, kit bags etc and other products for sale. JF Sports will be our merchandise supplier where our members can purchase Gowran AC products directly. In store ordering is also possible. Unfortunately as the singlets are made in Spain, there is an expected delay in the production/delivery at the moment due to Covid 19. Hopefully this will be resolved soon.

Anyone who ordered a singlet will get these once training resumes.

The Gowran AC Half-zip remains the same (O'Neills) and previous orders will also be available once training returns. Any questions send an email to info@gowranac.com. Apologies for any delay there may be and many thanks for your patience.

JF SPORTS WEBSITE <https://www.jfsports.ie/product-category/club-shop/gowran-ac/>

ATHLETIC EQUIPMENT

The club has throwing equipment for sale which can be delivered to your house. It might be possible to practice these in your back garden or nearby field.

- *Turbo Javelins (U8-U12) €40*
- *Javelins (U13+) €50*
- *Shot Putt €15*

Contact Dave Denieffe at 086 8114802

ASK-ME-ANYTHING

We are setting-up an “ASK-ME-ANYTHING” public thread on SPOND. If you have any questions athletics related, feel free to post and we will do our best to answer your questions.

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 it if you could contact Dave Denieffe 086 8114802 or Eamonn 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. *** It's also great fun!! ***