



Gloucester Athletic Club

Est. 1880

Newsletter – winter 2014

Hello, everyone, and welcome to the winter 2014 edition of the Gloucester AC Newsletter.

Because of the increasing size and ever-changing nature of the Club's membership, it is not always possible to spread the same word consistently or at the same time, so we hope to make the newsletter a more regular feature to keep you posted of what's going on in YOUR Club. It shall also be posted on the appropriate page on the Club website.

Every single one of the items shall be relevant to you – so please take the time to read the newsletter and act accordingly. Many thanks!

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Volunteers

In a nutshell, we need more!

A problem that we constantly face is the shortage of volunteers who step forward to help out when needed. This is not unique as the vast majority of all sporting and social clubs find themselves in this situation. However, just because it happens elsewhere does not mean *our* members and parents cannot make a contribution to the running of their Club!

Another unwritten law is the "80-20 rule" where 80% of the work gets done by 20% of the membership. We are currently operating at 90-10 which is starting to put a huge strain on the willing few – and that strain is beginning to tell.

We are *all* busy with coaching or training, work, families, homes to run, etc. but if *everyone* was to help out when we ask, then we would all be able to spend a few less hours on Club business.

Over the coming weeks, the Club shall have two major commitments to honour: the Gloucester 20-mile Road Race (**on Sun 16th March**) and the Youth Development League Upper Age-group fixture at Blackbridge (**on Sun 27th April**). E-mails, messages, phone calls and notices shall be going out in the near future asking you for your support. Rather than just deleting the e-mail, expecting someone else to step in, **please help us!**

Just because you are not directly involved with either event is not a reason for you not to help out. There shall be plenty of work to carry out at both – and, as we all know, many hands make light work!

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Training

Please note the following days and times for training, effective from 1st March 2014:

- Tues: Track & Field (from age 7+); senior and endurance running groups at Blackbridge, 6:30-8pm.
- Thurs: Junior endurance group at Blackbridge, 6-7:30pm
 - Track & Field (from age 7+) at Blackbridge, 6:30-8pm
 - Senior endurance group at Blackbridge, 7-8:30pm
- Sun: Track & field (from age 7+) at Blackbridge. 10:30-12 noon.

The above is a general guideline. All athletes are advised to check with their coaches for any changes.

Note that the final indoor circuit session of the winter at Crypt School Sportshall is Tues 25th February.

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Gloucester AC AGM

It may not be everyone’s idea of a fun night out, but it’s *your* opportunity to find out what is going on at the Club and to see who does what.

Details will follow soon, so please keep your eyes and ears open.

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