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English Schools Track & Field Championships Friday 30th June/Saturday 1st July, Alexander Stadium, Birmingham

Dear athlete,

Congratulations on your selection for this event. The 'English Schools Championships' is a large and well-known event, where many international stars first made their mark. All Avon athletes have already performed to a high standard and can wear their county vest with pride at this major event.

Team Meeting: We will not be holding a team meeting in advance this year, but will instead meet on arrival at the hotel on Thursday afternoon.

Transport: All athletes must travel on the team coach. There is just one pick-up point:
Parkway Station 2.00pm Thursday 29th June

Accommodation: We are staying overnight on Thursday and Friday in The Pentahotel Birmingham. Ernest Street/Holloway Head, Birmingham B1 1NS (0121 622 8800). Breakfast and evening meals will be provided, but athletes may need to share a twin room with a team-mate.

Cost: The event cost will be £140 per athlete. This subsidised amount covers transport, two nights in a hotel with meals, match entry fees and packed lunches for both days.

Since this is a prestigious event, many schools will pay whole or part of the event cost. Please get in touch with Jim Strudwick if you would like us to write to your school about this.

Payment: You can either:

- pay **online**, to Avon Schools Athletic Association, sort **52-10-05**, account **99013738**. quoting the athletes' name as reference;
- or **post** a cheque to Jim Strudwick, 8 Chevening Close, Stoke Gifford, BS34 8NJ.

Please include both match fees and the cost of any kit purchased.

Kit: All runners must wear a county vest, **and county shorts**. Unlike the South West Schools, you are required to wear official shorts as well as vest when you compete. County kit is available to purchase:

Vest	£14.00	Sizes Small, Medium, Large
Classic Shorts	£13.00	Sizes Small, Medium, Large
Lycra Shorts	£17.00	Sizes Small, Medium, Large
Hoodies	£20.00	Sizes Small (up to 38 inches/97 cm), Medium (up to 42 inches/107cm), Large (up to 46 inches/118cm)

Kit is also available to borrow (for free): Vest, classic shorts, Lycra shorts (but not hoodies), sizes as above. Please hand borrowed kit back to your team manager before leaving.

Food, Drink and Other Clothing: As well as breakfasts and evening meals, a packed lunch and bottle of water will be provided on Friday and Saturday. However, you may want to buy additional food, drinks or even event merchandise during our stay, so please bring enough money. Those returning on the coach may also want to buy supper on the return journey.

Please come prepared for all weather. We've been blessed and got used to warm weather recently, but the stadium could be cold and windy, and it is better that you find yourself having to take clothes off, rather than sit about getting cold. However, it is not impossible that the weather will be hot and sunny, so please bring sun-tan lotion.

Dietary Requirements: Please let us know of any dietary requirements in the confirmation email.

Medical Conditions and Clearance: On your confirmation and consent return we only need to know of any condition which might present a problem on the day, for example should you need medical treatment (e.g. asthma or intolerance to drugs).

In line with all national level events, there may be anti-doping drug testing. Please keep a note of any medicine (whether prescribed or over the counter remedies) taken in the 7 days leading up to this event. You do not need to give this to anyone, unless selected for drug testing. A team manager will always accompany any athlete selected for testing. Athletes who expect to compete at an international level should check whether they need a full Therapeutic Use Exemption. Please see the TUE page of the UK Athletics website.

Check the spelling of your name: We have made every effort to enter athletes' names correctly, but inevitably mistakes do occur. Please visit the ESAA website and check the spelling of your name once teams are posted there. If you spot a mistake use the "Contact us" facility on the main menu to inform ESAA of any errors.

Parents and supporters: You are welcome to come and support, but please note that seating for athletes is completely separate to spectators at this event.

You will need to buy tickets to enter the stadium. These are available on the day, but the best seats often sell out, and you may want to purchase them in advance. See the English Schools Athletics Association website (www.esaa.net) for timetables and ticketing information.

All athletes are expected to stay and support until the last Avon competitor or team has finished on Saturday afternoon.

Confirmation to Compete, Consent and Kit Requirements

We are again using email to confirm athletes' availability and kit requirements. There is a link on the website which should generate a preformatted email on the website. Should that not work, please copy and paste the following, complete / delete items as applicable, and return to: manager.tf@avonschoolsathletics.org.uk

Subject: English Schools T+F Championships Confirmation and Kit

Athlete's NAME:

I will return home: By Coach / With Parent

I have the following allergies/intolerance to drugs:

I have the following dietary requirements:

IMPORTANT Parent/guardian please enter your name below

'I consent to the above-named athlete to attend the English Schools Track And Field Championships, and vest in the Avon Schools Team Managers the power to act in loco parentis at all times. In the case of injury or sudden illness, and the managers are unable to contact me immediately the need arises, I permit them to authorise medical treatment, including submission to an operation and administration of anaesthetic.'

NAME (Parent or Guardian):

Parent's MOBILE phone number:

I wish to BUY (delete all those not applicable):

Vest / Classic shorts / Lycra shorts / Hoodies

Sizes (for each):

I wish to BORROW (delete all those not applicable):

Vest / Classic shorts / Lycra shorts

Sizes (for each):

PAYMENT (see letter)

Total due including £140 match fees is: £

I am paying ONLINE / posting a CHEQUE