Secretary Jim Strudwick 07971 439 703 secretary@avonschoolsathletics.org.uk

The English Schools Track & Field Championships
Friday 11th & Saturday 12th 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: All athletes are required to attend a **team meeting at 7pm on Monday, 7th July** at Yate Outdoor Sports Complex (meeting room next to bar area).

Transport: All athletes must travel on the team coach. There is just one pick-up point:
Bristol Parkway Station (BS34 8PU) 2.00pm Thursday 10th July

Accommodation: We are staying overnight on Thursday and Friday in The Holiday Inn (M6 J7), Chapel Lane, Great Barr, Birmingham B43 7BG. Athletes are not allowed to use the pool. Breakfast and evening meals will be provided, but athletes will need to share a twin room with a team-mate. The accreditation list has to be sent to English Schools by 6pm Monday 23rd June. It will not be possible to amend this list after that.

Cost: The event cost will be **£199** per athlete. This subsidised amount covers transport, two nights in a hotel with meals, match entry fees and a programme.

Since this is a prestigious event, many schools will pay whole or part of the event cost. If you require a letter to be sent to the athlete's school please provide a contact name/number to Jim Strudwick.

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	£16.00	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: Breakfasts and evening meals will be provided on Friday and Saturday. Unfortunately, the event no-longer offers packed lunches, but there will be in-house catering, so please bring enough money to buy lunch, drinks and perhaps event merchandise during our stay. Those returning on the coach may also want to buy supper on the return journey.

Please come prepared for all weather. The stadium could be cold and windy, and it is better that you find yourself having to take clothes off, rather than to 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 of 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.

Return to: manager.tf@avonschoolsathletics.org.uk
Subject: English Schools T+F Championships Confirmation and Kit

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Athlete's NAME:
Athlete's Date of Birth:
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.  The athlete agrees to remain and support the team
until the last Avon competitor has finished.'

NAME (Parent or Guardian):
Parent's MOBILE phone number:

I wish to BUY (delete all those not applicable):
Vest / Classic shorts / Lycra shorts / Hoody
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 £199 match fees is: £
I am paying ONLINE / posting a CHEQUE
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