



Chairman
Jamie Matthews

Secretary
Jim Strudwick

The English Schools Track & Field Championships
Friday 10th & Saturday 11th 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.

Transport: All athletes must travel on the team coach. There is just one pick-up point:

Bristol Parkway Station (BS34 8PU) 2.00pm Thursday 9th July

Championship Protocol: The English Schools T+F Championships is run along the same lines as major championships such as the Olympics. It is very different in many ways to a normal athletics event. We'll remind athletes during the course of the event, but please read the following carefully.

By confirming selection to compete, athletes and parents agree to the following:

Team Management: The Avon Schools Team Managers will act *in loco parentis* at all times. In the case of injury or sudden illness, and the managers are unable to contact parent/guardian immediately the need arises, they may authorise medical treatment, including submission to an operation and administration of anaesthetic.

Behaviour: Apart from very rare exceptions, Avon Schools' athletes are always a joy to manage. However, in the event of exceptionally poor behaviour, we reserve the right to withdraw an athlete from their event and/or ask a parent to remove them.

Accommodation: All team members are staying overnight on Thursday and Friday in The Holiday Inn (M6 J7), Chapel Lane, Great Barr, Birmingham B43 7BG. Breakfast and evening meals will be provided, but athletes will need to share a twin room with a team-mate.

Seating: While athletes are welcome to walk around the event during the day, they should base themselves with the team in the area allocated to Avon Schools in the stand. This is usually above the 200m start. Parents and coaches are not allowed into this stand.

Warming Up and Call Room: There is a separate warm-up track, and only athletes preparing for their event, and team managers, are allowed into this area. Track athletes must then report to the call room, which is in the building next to the warm-up area, typically 30 minutes before their event. Field athletes also report to the call room, more typically 1 hour before their event.

Team Event: This is a team event, so please support your team mates where possible. Athletes may leave the event to return home with their parents only after the last Avon athlete or team has finished competing.

Kit: All athletes must compete in county vest and county shorts. As well as competition, athletes will need to wear county kit for the athletes' parade on Saturday lunchtime.

Drug Testing: There may be anti-doping drug testing for randomly chosen athletes. 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 an 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.

There will not be a separate team meeting this year, but we will hold evening briefings at the hotel.

Each athlete will be allocated a team manager who will look after them during warm-up and into the call room.

Cost: The event cost will be **£230** 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: 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	£25.00	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: 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. allergies or intolerance to drugs).

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

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

'We have read and agree to the Championship Protocol as set out in the letter to athletes.'

NAME (Parent or Guardian):

Parent's mobile phone number:

I wish to BUY: Vest / Classic shorts / Lycra shorts / Hoody

Sizes (for each):

I wish to BORROW: Vest / Classic shorts / Lycra shorts

Sizes (for each):

PAYMENT (see letter)

Total due including £230 match fees is: £

I am paying ONLINE / posting a CHEQUE