

## **St Abban's Athletic Club News**

22<sup>nd</sup> August 2014

### **Break Over**

All interested in getting involved for the coming season are welcome back to training on Tuesday evening next. Training as usual on Tuesdays and Fridays from 7.30pm to 9.00pm, catering for all events. Anyone interested in giving the sport a go are welcome to come along and join in. The cost is €2 per session and €5 per family.

### **Best Wishes**

We extend best wishes to those from the club that have qualified for the Community Games finals in Athlone.

### **Throws session a big success**

Thanks very much to all the parents, coaches and athletes that availed of the opportunity to learn more about throwing the javelin and discus under the direction of Brian Scanlon last Tuesday evening. Hope everyone benefited from the course.

This Wednesday the 27<sup>th</sup> August Brian will coach the hammer and the shot. Again it is open to all over 13 and commences at the club grounds at 6.30 Please be on time as the evenings are closing in. Looking forward to another quality session.

### **Drogheda Trip**

Jamie Pender made the trip for the Boyne A.C. open sports, held in Drogheda stadium, a successful one and came home a clear winner in his last track race of the year in the 100 meters.

### **Stradbally session**

For those interested in middle distance a session will take place in the woods in Stradbally on Saturday evenings at 5 p.m. Again all are welcome.

### **Returning to school**

Best wishes to all those moving on to secondary school and to 3<sup>rd</sup> level. It is a grand new experience and make sure to enjoy it. Stay in touch with club members and enjoy making some new friends. The track won't move and you're welcome along at any time.