

Bandon Athletic Club

What's Happening

- 1 West Cork Competition
- 2 St. Patrick's Day Parade
- 3 Javelin Clinic
- 4 Fundraising Concert
- 5 Athletic Academy Training
- 6 Club Singlets



Parade 2010

*We ask parents of the
7-8pm session to
accompany their
children into & out of
the Complex on
Monday and
Wednesday nights*

West Cork Track and Field Competition

The outdoor track and field season has arrived and will begin with the West Cork Competition on **Sunday the 10th and Sunday the 17th of April in C.IT., Bishopstown.**

This competition is confined to clubs in the West Cork area only and we encourage every child to participate as it gives them an introduction to competitive athletics. It is an opportunity to put into practice all the skills they have learned. If you only go to one competition this year, this is a fantastic opportunity for your children to experience competition on a local level in the wonderful C.I.T. athletic facilities.

There is a bus organized for competing athletes. It will leave Kellehers at 10.15 a.m. and will cost €5.00. Spaces are limited so to book your place, give your name and payment to your coach before **Wednesday the 6th of April.**

Members must be registered to compete in this competition.

St. Patrick's Day Parade

We invite and encourage all members to participate in the Bandon St. Patrick's Day Parade. Assembly is at St. Patrick's Church at 2.00 p.m. and the parade will start at 2.30 p.m. Please come along and march with your club in your St. Patrick's Day finery (hats, flags, shamrock, etc.)!

Javelin Clinic

Date: 19th March 2011.

Venue: Bandon Grammer School.

Time: Beginner Session 10.30 – 1.00 p.m.

Advanced: 1.30 – 3.30 p.m.

Cost: €7.00 per athlete.

This professional clinic is being given by javelin thrower Louis Wildenboer who is a former South African junior javelin champion with 25 years of javelin throwing and coaching experience working with beginners, national and international javelin throwers.

To reserve your place, contact Catherine Duggan (086) 2399665.

Fundraising Concert

*Fundraiser
for
Bandon Athletic Club*

Sharon and Teresa have re-scheduled the Christmas Concert for **Saturday the 23rd of April 2011 at 8.00 p.m. in the Town Hall, Bandon.**

Guest Band: President for a Day.

They have put a huge amount of time and effort into organising this concert (twice!) and promise a great night's entertainment for all.

Due to the ever increasing numbers in the Club and the loss of our main sponsor, we rely heavily on fundraising and the generosity of our members to keep the club afloat, so we ask you to please support this concert.

Athletic Academy Training

In addition to the regular training on Monday and Wednesday nights in Bandon, the club is providing an opportunity for all registered members to train in the **C.I.T. track in Bishopstown on Saturday the 26th of March.**

This would be a great opportunity for any members considering participating in the West Cork Competition, as it would familiarize them with the layout of the track and give them an opportunity to train on a full track before the competition.

Bus leaving Kellehers at 1.00p.m. The cost is €5.00 and to secure your place please give your name and payment to your coach before **23rd March.**

*Visit the new club website
for all upcoming events,
programs, photographs
and news.*

www.bandonac.org

Club Singlets

Orders are now being taken for Club Singlets. All athletes must wear club singlets at County and Provincial competitions and it is also less stressful for the athletes if they don't have to go looking for singlets before their events.

If you have old singlets or spikes you no longer need, please bring them along as members are always on the lookout for same.

*There is a €1 charge per
night, per child to cover
the cost of the facilities.*

Max €2 per family
