



# Bandon Athletic Club Newsletter

December 2012

## Congratulations

Well done to all our athletes who competed in the All Ireland EvenAge Juvenile Cross Country & All Ireland Cross Country Championships in Co Meath on Sunday Nov 25th.

### U12 Girls

Andrea O'Brien, Ella Stack, Michelle O'Donovan, Grainne Mulcahy, Lauren McCourt & Aisling Cassidy.

### U12 Boys

Brian Howey & Darragh Keane

### U14 Girls

Moira Barrett, Laura Nicholson, Aoibh Cassidy, Niamh Munday & Eva Stack

### U16 Girls

Fiona Everard, Bella Sherlock, Louisa Keane, Sínead Caulfield & Bethany Haigue

There is a great report and photographs on the club website

[www.bandonac.org](http://www.bandonac.org)

## Christmas Holidays

- **December 12th**  
*will be the last night of indoor training as the sports Hall will be used for exams the following week*

- **7th January 2013**  
*We shall resume training as usual in BGS sports hall.*

*New membership will be on a first come, first serve basis*

*Thank you & Happy Christmas & New Year to you & your family*

Congratulations to all our athletes who competed in the UnEvenAge All Ireland Juvenile Cross Country Championships in Adamstown, Co Wexford on the Sunday 9th Dec.

The U13 girls won 2nd team place.

Girls U15 came 5th & GU17 came 9th.

This is a fantastic achievement for our athletes, well done to you all & the coaches who travelled with them.

Details on website



Registrations for 2013 will take place in January. The fee will be €35 per child, €45 per adult & €110 for a family membership. After January, we will only admit fully paid up members to hall. There will be No Exceptions

[www.bandonac.org](http://www.bandonac.org)

Parental Assistance please:

The last time we issued this appeal, it was responded to, for that we thank the parents concerned, and really appreciate their input.

To continue our current level of coaching sessions & to allow for the transition of some children into the 8-9pm sessions on Monday & Wednesday nights, we need extra help at these times also.

The role would be to help coaches set up circuits and to leave coaches free to coach.

If you have a spare hour, please ring Catherine 086 2399665

---

### Code Of Conduct

The welfare of your child is of utmost concern to Bandon Athletic Club at all times. We encourage fair play and praise effort as well as results.

In return we expect

1. Play fairly, do their best and HAVE FUN.
2. All athletes are expected to obey instruction from their coaches at all times.
3. Respect fellow club members, give them full support both when they do well and when they not doing so well.

The coaches give freely of their time to promote athletics in their local community. Please treat them with respect

### General Club News

The club website is a great source of info on whats going on in the club and upcoming events.

[www.bandonac.org](http://www.bandonac.org)

Please feel free to send in any photographs that you take at competitions or any information that you may be of benefit to the athletic club.

email address; [secretary@bandonac.org](mailto:secretary@bandonac.org)

Club phone; 087 113 5500



### New Club Banner

Our new banner, which was kindly sponsored by the parents of a club member, was unveiled at a recent cross country event. Thank You, it is much appreciated.

### Indoor Season

Now that our very successful Cross Country Season is behind us, the New Year kicks off with the Indoor Track and Field season.

The first fixture will be the Munster Juvenile Championships which will take place in Nenagh on various dates in February.

If your child qualifies in this competition, the next competition will be the All Ireland Juvenile Championships in March & April.

You will be kept informed if your child is involved in these events.