

PANTHER NEWS

Swanley & District AC

December 2010

Volume 1, Issue 1



A Newsletter for Panthers

Welcome to our first Newsletter aimed specifically at the Panther section of Swanley AC. We hope you enjoy it!

We would like your input too, as you can see we have a section to profile young

athletes and a race report too, along with race results and future events. If there is anything else that you would like to see, please let us know.

To start you off, we'd like you to come up with a name for your Newsletter. Please

send any ideas to either Anna or Andy (our contact details are on the last page).

Entries by 31st Dec please. There will be a prize for the winning name.



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Athlete Profile

Name : Olivia Willard

Age : 12

School:
Dartford Grammar School for Girls

How many years been interested in athletics?
Since the age of 7 in year 3.

What do you like about athletics?
Running – I prefer longer distance to sprints

Apart from Athletics, what other sports do you like to do?
Swimming and Netball

What is your favourite run/event?
I have ran the 5k Race for Life 3 times at Maidstone and always enjoy because the atmosphere is so great

What is your best achievement in sport?
Winning the team cross country shield for my primary school for 3 years in a row.

Who is your sporting hero?
Kelly Holmes and Rebecca Addlington

What would you like to achieve?
Running the London Marathon one day

What do you like doing outside of sport?
Looking good and posing for photos.

Why do you like coming to the club?
To meet with my running friends



Olivia at Swanley Park KFL.

If you could choose a piece of music to run to, what would it be?
“You think you're cooler than me” by Mike Posner

Is there anything that we don't know about you that would surprise others?
I was in a BBC documentary called “The Story of Jackanory” when I was 8.

Special points of interest:

- What's in a name?
- Olivia, on Telly!
- Muddy Sunday morning
- Faster legs says Brian!

Achievements Future Events

The KFL is underway and there was a Swanley name at the top of the Boys under 13 league after two races — well done to James Graves in his first season with Swanley. James won the first two KFL races at Rough Common and Swanley park. Unfortunately James missed the start of the third race by a few minutes but still managed to put in a great run and add points to his thus far impressive points haul.

Joseph Blackmore is fourth, Sean White and Tommy Simmons and 5th and 10th

respectively.

In the girls league (U13), there are three Swanley runners in the top five—Isabel Kelly is currently second with Olivia Willard 4th and Sophie Dunmall in 5th. Well done girls.

Well done also to Libby, Charlotte and Ellenor who have also run in the KFL.



Future Events

Kent Fitness League

Knole Park, Sevenoaks on 19th Dec

Minnis Bay, Birchington on 9th Jan

Nurstead Court, Meopham on 16th Jan

Oxleas Wood, Eltham on 20th Feb

All races usually start at 10:20 and are about 2 miles.

Tips from Brian “The Coach”

Running Faster - Legs

To run faster we have to practice many different pieces and put them all together like a jig-saw. The best way to achieve this is to concentrate on each piece individually and then bring them all together.

This month I want to concentrate on how we can improve our leg movement to run faster.

You need to do three things:

- Move your legs quicker

- Have a longer stride
- Run more efficiently

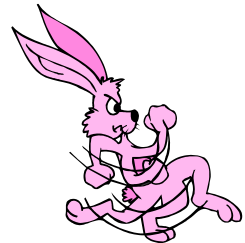
Moving your legs quicker will come with practice and fitness. We can practice this by running with short steps, moving our feet quickly.

The best way and also the safest way to increase your stride is by lifting your legs higher. We are going to practice lifting our heels. By doing this our knees automatically go higher and our stride strengthens.

When we have improved our leg speed and heel lifting we should be well on the way to running more efficiently and faster!

Keep training and enjoy your running,

The Coach



Race Report by Sophie

As Swanley athletics club do their training in Swanley park every year we tend to do a Kent fitness league race there for both children and adults.

It was a fairly cold Sunday morning but at least the rain had stopped. I felt very nervous at the start of the race but the nerves went away as I started running. This race was very chaotic to start with but got better as it went along. The

chaotic part at the start was because nobody knew where they were going and everyone was bunching up.

The race was tough yet easy. Tough because of how muddy and slippery it was, I slid about quite a bit and had to concentrate on where I ran. Easy because I was used to the park and knew where the hilly bits were. I enjoyed this race and I finished which I was proud of. There

was lots of support around the course which was nice.

I'm sure that I would do this race again next year.



Track & Field Word Search

L E C T R L Y O U G D R E R A F
 A L P L P I T C C L S P M N S L
 S H O T P U T E P O M S Y M S E
 S S T N I R P S M N A E I I K S
 V E N F G G A T U G L C T F I C
 L V L T N J Y E J D I I H E R R
 U K L D C T U E E I L T R E R O
 R D U F R L E M L S R C L Y S S
 R J E I D U Y K P T R A C K L S
 L E A L V A H C I A Y R R O R C
 L D E V L V O A R N C P T E D O
 L I S E E E E R T C T S M L D U
 F S R E Y L F T S E W H T R O N
 M C M T S O I A T E U E S E M T
 R U Y S E P L N R G N I N N U R
 C S L A D E M E R C H E T T E Y

Track
 Sprints
 Meters
 Shot Put
 Triple Jump
 Relay Medley
 Track Meets
 Field
 Long Distance
 Discus
 Javelin
 Cross Country
 Coaches
 Running
 Hurdles
 Pole Vault
 Long Jump
 Relay
 Practice
 Medals

Christmas Break



Training sessions will break over Christmas and return in the new year.

The last Wednesday training is 15th December and training resumes on 12th January 2011.

Have a lovely Christmas—hopefully Santa brings you all that you have asked for (provided you've been good of course).

If you have any ideas for future issues of your newsletter or you would like to write an article, please contact either Anna or Andy (our details are just below). Or catch up with us at a Wednesday training session or at a race.

We look forward to hearing from you.

Don't forget to let us have your ideas for a name for the newsletter.

Thanks

Anna and Andy

Jokes

- Q: What is an athletic nose called?
 A: runny nose
- Q: What do runners do when they forget something?
 A. They jog their memory



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Any ideas for future editions of this Newsletter, please contact either Anna or Andy

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