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Ben Howe - Athlete Profile

Name: Ben Howe

Age : 10

School: Meopham Academy

How many years been interested in athletics? Two and a half years.

What do you like about athletics? I love running everywhere. It helps me to get fitter.

Apart from Athletics, what other sports do you like to do? I am a member of a cycling club and also enjoy stunt scooting at a skate park.

What is your favourite run/event? 100m.

What is you best achievement in sport? Completing five of the KFL runs. I also came 14th at the Sport Relief Mile in Gravesend last year. There were over 100 runners!

Who is your sporting hero? Usain Bolt and Mo Farrah.

What would you like to achieve? I would like to run in the 100m at the Olympics.

What do you like doing outside of sport? Building Lego and going to Cubs.

I'm looking forward to starting Scouts in April.

Why do you like coming to the club? You never know what you're going to do when you arrive. I also enjoy making friends.

If you could choose a piece of music to run to, what would it be? Chariots of Fire!

Is there anything that we don't know about you that would surprise others? I am really interested in Japan and would one day like to visit Tokyo.



Sportshall Event—Whiteoak

The Panthers entered teams into a Sportshall event in Swanley not so long ago. There were lots of different events to do, finishing with a 4 lap run.

Under 13 Boys Team (Sean, Tom, Jamie and Ben Hop) came 2nd.

Best Event position was Jamie who came 2nd in the Vertical jump.

Under 13 Girls Team (Sophie, Libby, Vanessa and Amelia) came 4th.

Top placed individual was Vanessa in 3rd place.

Best event position: Triple jump—Vanessa was 1st and in the 4 Lap Run—Vanessa was 2nd.

Under 11 Teams (Rebecca, Lori, Emily, Annabel/Amy, Ben Howe, Erin, George and Emma with Invicta) 13th and 18th placed of 20 teams. Emma's performance helped her Invicta team to joint 7th place.

Best event position was Lori's 3rd place in the Vertical jump.

Well done to everyone taking part.



Junior Handicap winners
Jamie and Amy

Runners up
Tom and Erin



Cakes with Caroline!

So how about making a cake

50g margarine

50g caster sugar

1 egg

50g self raising flour

Icing, decoration—well that's up to you (chocolate buttons, dolly mixtures, glace cherries, the list is endless).

Cream the margarine and sugar together until it's pale and fluffy. Add the beaten egg, then fold in the flour. Put mixture into cupcake liners, filling them about $\frac{3}{4}$ full and bake at 180°C for 20 minutes until golden and risen. Get an adult to help remove them from the oven. Allow to cool on a rack and then get decorating. You can get really creative and use all sorts of decorations.



Coaches Corner! Anna - Athletics Coach

Coach's piece for Panther Post

A few weeks ago we said farewell to Brian, our head Junior Coach. Brian was an amazing coach who always knew how to make sessions fun whilst teaching good athletic skills, he will be missed by us all.

Now we are back outside in the park and not restricted by space, we plan to make the most of it and build on running techniques for sprints and endurance. We will at times include some Jump and Throw work but running will be our core focus.

We also held our 1st handicap of the season in April with a great attendance of 22 Panthers.

The handicap is basically a monthly time

trial and the aim over the season is to improve each time. It is a great way to check if the coaching is helping to improve performance as well as to encourage competition with the athletes in wanting to beat their previous bests.

Panthers need to complete a minimum of 3 out of 4 handicaps to qualify for our trophies for Most Improved Boy and Girl, plus runners up.

We also have our July Gala relays to look forward to, which the Panthers always love to take part in. They all enjoy working in teams and the atmosphere is fantastic. Nearer the time, we will check who wishes to take part and remind you of the date.



Our Local Stars!

The KFL relay saw the end of the Cross Country season and the odd trophy being awarded.

We put out a Panthers team of Emma, Hattie, Sean, Matthew and Ollie (borrowed from Thanet for the day). Emma ran 23:02, Hattie 20:35, Sean 20:27, Matthew 18:57 and Ollie 15:52. Their total time was 1:38:52 and they finished in a credible 23rd out of 30 teams. So well done team! Picture of Matthew (number 477) just finishing his leg.

The awards for the KFL were presented to everyone who completed four races in the season. Well done to Emma, Zoe, Emily, Annabel, Christo, Matthew, Ben and George.

Sean White was third in the U16 boys competition.

Sophie Dunmall was second in the U16 girls competition.

Hattie Potter was first in the U16 girls competition for the second year running.

Well done to everyone who ran. If you would like to take part in the next season of cross country, have a word with one of the coaches who will give you more detail.



Track and Field

There are some track and field events being held in Dartford and Bromley this summer, so if there is a budding Mo or Usain out there, give them a try!

DARTFORD HARRIERS - Dartford Park: (Entry forms not yet avail - price tba)

26 June - 100M, 400M, Shot, Discus, Hammer

24 July - 200M, 400M, 800M, Mile, High Jump, Pole Vault, Javelin

21 Aug - 100M, 300M, Mile, 3K, 5K, Long Jump, Shot Put, Hammer

BROMLEY - Norman Park: (Entry forms on Bromley & Blackheath club website. £4.00 per event in advance, £6.00 on the night)

13 May - 100M, 400M, 800M, 1500M, 3K, High Jump

10 Jun - 100M, 200M, 300M, 400M, 800M, 1500M, Long Jump, Hammer

08 Jul - 100M, 150M, 200M, 400M, 800M, 1500M, Pole Vault, Shot Put, Discus

12 Aug - 75M (Under 13s only), 100M, 400M, 800M, 1500M, Triple Jump, Javelin



Panther Club Rules

- ✦ HAVE FUN!
- ✦ Respect your fellow athletes and your coaches
- ✦ Encourage everyone in training and competitions. When people are new or are struggling, help them and cheer them on.
- ✦ Do not argue with each other
- ✦ Listen when you are given instructions and ask questions at the end
- ✦ Always bring a drink with you and drink plenty in the 2 hours before training
- ✦ Bring a warm top with you for warm ups and cool downs
- ✦ Where possible, please wear your club t shirt or vest to training and it is mandatory to wear it in competitions for the club
- ✦ If you feel unwell or are injured, please tell one of the coaches or helpers.
- ✦ Leave all mobile devices at home. If it is necessary to bring your phone, please hand this in to

Child Welfare Officers at Swanley AC

Please contact either Simon Hassett or Michelle de Kisshazy if you wish to raise an issue or just have a chat about the Child Welfare Policy at the club

Additional Rules suggest by Panthers

- ✦ No squirting your water from your bottles over each other, you need to be drinking the water to keep hydrated and to keep dry
- ✦ We do not want to hear any swear words used throughout training, this type of language is not acceptable and can upset other athletes
- ✦ Be kind and friendly to each other at all times, we do not want any physical contact such as kicking, punching or pushing. All energy should be put into your training.

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.

Thanks

Anna and Andy

