

## WELCOME BACK TO BOSTON & DISTRICT ATHLETIC CLUB TRAINING EVENINGS

I am excited and looking forward to seeing all of you training and enjoying club athletics again. I am asking one thing of all athletes, coaches, parents & supporters, PLEASE remember how cold it is in the B-Hive.

Come along with lots of layers on (No Bare Legs), you can always take a layer off if you get warm whilst training. Wear a hat & gloves, keep warm and avoid unnecessary injuries.

Training resumes at 6.30pm on Thursday the 16<sup>th</sup> January 2025.

The usual weekly training will again be Tuesday and Thursday at 6.30pm and Friday at 5pm.

*Nanette*