

## Transition Group

Within the Transition Group we try to strike a balance between making the sessions light hearted and fun for the young athletes whilst at the same time developing good training habits and developing technique and skill. Achieving this balance is very important to the coaching team.

Early in the year we had a few behaviour issues which impacted on the enjoyment of other athletes in the group. With the support of the club, clear messaging from the coaches at training and support from parents this situation has improved considerably. I would like to thank everyone for resolving that situation quickly so that everyone enjoys training.

2022 was a great year for the number of athletes taking part in competitions including track and field in the summer, sportshall and cross country through the winter. There were lots of medals at the county championships in the summer including several UK top 100 performances for athletes in the U13 age group. We also had athletes qualifying for the Oxfordshire cross country team. Overall though it is great seeing so many young athletes from the group taking part in competitions and giving events a go. The picture below is from a Junior League event in May and we can see the sea of yellow vests from our junior groups ready to run!

