

## Ashtead All Stars 2020-2021 Update No.8

### Sunday 22nd November 2020

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Dear all,

Just wanted to make contact and hope everyone is keeping well and busy and fit during Lockdown number 2. We have had good news this week - the return of community sport from 3<sup>rd</sup> December, so it looks like we will all be able to see each other - if only just for a week - before Christmas. At the time of writing we are still unsure about “indoor” training, so please assume squad training will be outside.

### Virtual Fitness

If you haven't joined in yet, please join the weekly virtual AAS fitness session which will be on Thursday this week, and Wednesday the week after. You will receive the link details by whatsapp later in the week. 120 members have logged in each week so far, let's try and get the whole club involved on Thursday!!

### Virtual sessions with Jo Trip (Saracens Mavericks Superleague Player)

We are delighted that Jo Trip has been able to offer some virtual training to a few year groups, starting with the U13s last night. Unfortunately she is very booked up and we cannot offer this to all age groups, but we plan to get Jo to come to AAS to see all our age groups (in 3D!!) as soon as we possibly can.

### Christmas Videos

Following the success of the lockdown pass-it-on challenge in the Spring, we are inviting each age group to put together a new Christmas video. We hope to see lots of exciting and creative ideas!

### Family Christmas Quizzes

Please make sure the dates are in your diaries!! All details have been sent out by email.

Sunday 13<sup>th</sup> December 4pm - Family Christmas Quiz for year 3 to year 6  
Sunday 13<sup>th</sup> December 6pm - Family Christmas Quiz for year 7 and above

### Walking Netball

If anyone would like to join our Walking Netball group on a Tuesday, 7.30pm - 8.30pm, please complete the enquiry form on our website.

### 10<sup>th</sup> Anniversary Dinner and Dance

We are still hoping to be able to hold our AAS 10<sup>th</sup> Anniversary Dinner Dance at Epsom Racecourse on 24<sup>th</sup> April 2021. We will definitely be putting on this event, even if we have to move it to later in the summer. This event will be open to all parents and to girls year 7 and above, so we hope that lots of age groups will come together to celebrate with us. It will not be a cheap event and we were hoping to be able to sell the idea of tickets as Christmas presents for the girls, but obviously this will not be possible due to the uncertainty of the date. So, we cannot yet sell tickets, but please keep the date free! And please keep some money aside!!

## The Weeks Leading to Christmas...

There are a few changes to the schedule below so please read carefully. This will take us up to the Christmas break, and then we will resume in the New Year on Monday 4<sup>th</sup> January.

DATE	DAY	STAGGERED ARRIVAL	TRAINING	GROUP
5/12/2020	Sat			AAS Ladies v Berries & Thames Ditton
5/12/2020	Sat	1.50pm - 2pm	2pm - 2.55pm	MINIS year 3
		1.50pm - 2pm	2pm - 3pm	MINIS year 4
6/12/20	Sun			AAS Junior matches - interclub TBC
7/12/2020	Mon	5.55pm - 6.05pm	6.05pm - 7pm	Outdoor Training: U13s and U15/U16s
		7.05pm - 7.15pm	7.15pm - 8.10pm	Outdoor Training: U12s and U14s
8/12/2020	Tues	7.20pm - 7.30pm	7.30pm - 8.30pm	Outdoor Training: Walking Netball
9/12/2020	Wed	5.55pm - 6.05pm	6.05pm - 7pm	Outdoor Training: U11s
		7.05pm - 7.15pm	7.15pm - 8.10pm	Outdoor Training: U10s
		5.55pm - 6.05pm	6.05pm - 7pm	Squad Training: U12s
		7.05pm - 7.15pm	7.15pm - 8.10pm	Squad Training: U13s
		8.15pm - 8.25pm	8.25pm - 9.45pm	Outdoor Training : AAS Adults
		8.15pm - 8.25pm	8.25pm - 9.30pm	Outdoor Training: Skills and Matchplay
12/12/2020	Sat	1.50pm - 2pm	2pm - 2.55pm	MINIS year 3
		1.50pm - 2pm	2pm - 3pm	MINIS year 4
12/12/20	Sat			AAS Ladies matches v Karisma TBC
13/12/20	Sun		All day	AAS Junior matches v Waverley Vipers
13/12/2020	Sun		4pm	Christmas Quiz for year 3 to year 6
13/12/2020	Sun		6pm	Christmas Quiz for year 7 and Up

Kind regards,  
Jane

Jane Arnett,  
AAS Chairperson and Coach  
[www.ashteadallstars.com](http://www.ashteadallstars.com)