

Welcome to Athletics

Athletic clubs offer the very best first opportunity to get into the sport. Your decision to try athletics through a club is the right one!

So, why choose Athletics?

- you've taken part in a holiday scheme or star:track event
- you've done athletics at school and your teacher has suggested joining a club
- you think your child may have some talent in one or more athletic events
- you've tried some running & want to improve.

Why join an athletic club?

Answer: a club is the best place to be. They can offer a great experience to the athlete and their family and friends.

Athlete

- have FUN!!
- do something you are talented at
- keep fit and healthy
- make new friends
- improve and learn new skills
- learn the value of teamwork
- moral / social development
- compete!!

Family

- encourage them to participate and to enjoy what they are doing
- encourage them to believe that success and choice will be the most important aspects.

Friends

- make new friends
- share a common interest
- get fit and have fun.

There are a number of things you should look out for when joining a club:

- does the club have a junior section with coaches who specialise in coaching young people?
- is the club correctly affiliated to the sport? This ensures that insurance cover is correct
- is the club registered with **clubs:future**? or working towards a sporting accreditation
- are the sessions structured and well organised? A good coach will not mind you watching the session
- do the coaches have UK Athletics qualifications (see separate sheet)? You could ask to see their coaching pass and licence if you are not sure. The coach should also have child protection and Health and Safety awareness. The club should be able to help with this information.
- does the club have a point of contact where you and your child can voice any concerns?
- how much does it cost? Most clubs charge an annual membership fee and some also charge a small fee each time you use the track
- you will also need to ensure your child has the right clothing, which will include a warm tracksuit and suitable clothing to wear when taking part in activity e.g. t-shirt, trainers and some long tights or shorts
- if your child takes part in competition, you may also need to purchase kit for your child to compete in.

Our club website is: WWW.