

# Contents

## A Guide to the templates you will find in this pack:

### **New Member Document**

Template for gathering initial contact details when a prospective member arrives.

### **Welcome to Athletics**

Details outlining the pathway that the new athlete has potentially come from and describes a structure which they could now follow.

### **Codes of Conduct**

Details of what is expected from club/athlete and parent/guardian and potential issues to consider.

### **Coach Qualification**

Brief overview of the levels of coach who will deliver training sessions to members at the athletics club.

### **Balanced Lifestyle**

- Now you've joined a club what else should you know? Breakdown of key points for athletic development within a club environment.
- Nutrition - a guide to a balanced diet datasheet along with a template for recording daily intake of food and drink.
- Tips on dealing with injuries and anti-doping advice for new athletes and their family.
- Data sheet outlining suitable clothing advice for new athletes.

### **Athlete Progression**

Athlete's Coaching Progression and competition structure. Diagrams of pathways for progression.

### **Event Information**

Breakdown and description of events one by one.

### **Planning**

Data sheets to help you plan your every day/week training schedule and a template for recording your personal/competition achievements for evaluation/comparison, also contains a season planner.

### **Programme Information**

Brief overview of fun and exciting programmes open for children to participate in such as Norwich Union star:track and sports:hall.

### **Do you want to be a fan?**

#### **Volunteer Maybe?**

Data sheet informing members of volunteering experiences available for them to participate in and how to raise awareness among other members, young and old, to take time to help the club by volunteering.

### **Competition Asthma Inhaler Registration**

### **Useful to Know**

A list of useful website links.

**Our club website is : WWW.**