

ATHLETES GUIDE

PREPARATION

Try to arrive at the track at least 5 -10 minutes before the start of a session. Make sure you bring a drink and have sufficient warm clothing. The track is exposed and weather conditions can change dramatically during the course of a training session.

It is most important to spend sufficient time warming up before taking part in a particular coached activity. Cold muscles restrict mobility and can lead to strain and injury if not warmed up and stretched properly. Always wear a tracksuit and trainers for warming up. Only change into spikes when you are asked to do so by your Coach. A typical warm up will comprise:

- 1) 2 lap warm up
- 2) Stretching exercises } new members will be instructed in
- 3) Drills } these

TRACK DISCIPLINE

- 1) **ALWAYS** follow the instructions and advice of your Coach(s).
- 2) **ALWAYS** be careful when crossing the track as other athletes may be approaching.
- 3) **DO NOT** use the 2 inside lanes of the track, unless told to do so, as they are used for individual athletes training runs (applies to training sessions only, not competition).
- 4) **NEVER** cross the inner (grassed) area of the track. It is a throwing area and Extremely Dangerous.
- 5) **NEVER** use throwing equipment without a coach to supervise you and do not collect throwing implements from the equipment stores unless you are instructed to do so.
- 6) **NEVER** attempt to use hurdles unless you are supervised.

BEHAVIOUR - when representing your Club (ie when wearing your Club Vest)

The Club has an excellent reputation for good behaviour and strives to maintain it. Athletes representing the Club in any competition / event are expected to always behave in an exemplary and sportsmanlike manner. **“It is not the winning but the taking part.”** that counts.

- 1) **ALWAYS** follow any instructions and / or advice given by your Team Manager
- 2) **ALWAYS** report in good time for your event and listen out for any time changes.
- 3) **ALWAYS** show respect to the officials / judges and thank them after the completion of your event.
- 4) **ALWAYS** show respect to your fellow athletes and congratulate other competitors in your event
- 5) **NEVER** ask timekeepers or track judges for results / times after a track event, as they will be busy recording the results, which will be displayed on the results board during the meeting.
- 6) If competing in league matches support each other – it is a **TEAM EFFORT**.

INVITATION TO PARENTS

The Club actively welcomes and encourages parents to support their young athletes at all training sessions and competitions (particularly the under 12’s, who can sometimes become over excited / boisterous and benefit from some parental input).

The Club also encourages parents to become involved in Athletics, sponsoring the costs of coach and officials / judges training courses for those who are interested and prepared to devote a little of their time (it’s much more fun than standing around in the cold).

Affiliated To

AAA of England
South of England AAA
Hertfordshire AAA

Please reply to:

Kathy McMurray
48 West Way
Harpenden
AL5 4RD
01582 621245
kathy.mcmurray@ntlworld.com

APPLICATION FOR MEMBERSHIP – 2010/2011

I wish to join the above club and hereby declare that I am an Amateur according to the definition of the AAA of England.

(Please complete in BLOCK CAPITALS)

SURNAME _____ FORENAME(S) _____

DATE OF BIRTH ___/___/___ PLACE OF BIRTH _____ SEX M / F

HOME ADDRESS _____

POST CODE _____ TOWN _____

TEL. NO. _____ E-MAIL _____

EMERGENCY CONTACT NO, (IF DIFFERENT) _____

NEXT OF KIN _____

Do you suffer from any medical condition that might require special treatment e.g. asthma, epilepsy Yes/No, if yes please provide details:

NUMBER OF YEARS RESIDENT IN HERTFORDSHIRE _____

IF FIRST CLAIM TO ANOTHER CLUB STATE WHICH _____

Membership Type **COLT / JUNIOR / SENIOR / FAMILY / 2ndClaim** (see overleaf)

Club Vest / T Shirt Size _____

Payment Details

Joining Fee £ _____ + **Subscription** £ _____ + **uka affiliation** £ _____ (see rates overleaf) + **Additional Kit (as detailed overleaf)** £ _____ (Please do not order your complimentary Club Vest / T Shirt, which will be supplied automatically on acceptance)

Total amount enclosed £ _____ (**Cheques payable to SAGDAC**)

Please note, St Albans A.C. accepts no liability for personal accidents or injuries, or for loss or damage of personal equipment or clothing.

SIGNATURE _____ DATE ___/___/___

N.B. PARENTS / GUARDIANS SIGNATURE IS REQUIRED IF APPLICANT IS UNDER 16 YEARS OF AGE

You will receive your NEW MEMBERS PACK once your application is approved

For Club Use Only: Member No _____, effective from ___/___/____. Ref _____

KIT ORDER FORM - 2009

Club kit is available in the following sizes:

CLUB VESTS										Cost
	34	36	38	40		42	44	46		
Male	√	√	√	√		√	√	√		£17.00
Female - Vest	√	√	√	√						£17.00
Female – Crop Top	√	√	√	√						£25.00
CLUB T- SHIRTS						S	M	L	XL	
Adult						36	38	40/42	44	£10.00
Children	26-28 L/G	30" 7-8	32" 9-11	34" 12-13						£9.00
CLUB SWEAT SHIRTS						S	M	L	XL	
Adult						36	38	40/42	44	£15.00
Children		30" 7-8	32" 9-11	34" 12-13						£13.00
TRACK SUIT TOPS & RAIN JACKETS										
	128cm	140cm	152cm	164cm						
	√	√	√							£22.00
				√	√	√	√	√	√	£24.00

Please complete the order form below making any cheques payable to SAGDAC...and either return to: Kathy McMurray or Terry Davies, The Cordons, Aubrey Lane, Redbourn, Herts, AL3 7AN

Please supply the following items of club kit

Name:					My ☎ is:				
	Type:	Size:	No. of items	Price per item					Cost
Club Vests	MALE			£17					£
	FEMALE - Vest			£17					£
	FEMALE - Crop Top			£25					£
T-shirt	ADULT			£10					£
	CHILD			£9					£
Sweat Shirt	ADULT			£15					£
	CHILD			£13					£
Track Suit Top	ADULT			£24					£
	CHILD			£22					£
Rain Jacket	ADULT			£24					£
	CHILD			£22					£
I enclose a Cheque for:									£

Please retain this section for future reference

Where?



The club is based at the athletics track in Westminster Lodge, Holywell Hill, St Albans.

When?

Aged 8-11 Thursday 6:30 – 7:30 pm
 Sunday 10:00 – 11:00 am
12 plus Thursday 7:30 – 8:45 pm
 Sunday 11:00 – 12:00 noon

Athletes should arrive at least 5 – 10 minutes before session start time

For whom?

Anyone over the age of 8, of any ability!

What do we offer?

Training - in all the following events: sprinting, middle and long distance, long jump, high jump, triple jump, pole vault, hurdles, discus, javelin, shot putt, hammer. You will have the opportunity to try all these events.

Competition - the club currently competes in the uka Young Athletes, Eastern Young Athletes, uka Junior Athletes, Southern Men's Leagues (Track and Field season) and Chiltern Cross Country League (Winter). Club Championships are held annually, for all age groups, usually at the end of the Track & Field season (September). Intra club events are also held during the season for athletes that are not old enough to participate in league competitions (11 years).

<u>Fees</u>			
<u>Colt</u>	<u>Junior</u>	<u>Senior</u>	<u>Family</u>
Under 12 years (as @ 01/10)	Under 18 years (as @ 01/10)	18 years and over	
<u>Joining Fee – once off</u>			
£25	£30	£30	£30
(includes club T-shirt)	(includes club vest)	(includes club vest)	(includes 1 club vest)
<u>Plus annual subscription fee</u> - Renewable on 1 st April each year			
£42 + £5 uka affiliation fee if 11 by 01/04/10	£49 + £5 uka affiliation fee	£52 + £5 uka affiliation fee	£105 + £5 uka affiliation fee for each 11+ year old
Reduced first year subscription rates are available for mid year joiners (Oct to Mar)			

FOR FURTHER DETAILS visit our Website at www.stalbans-athletics.org.uk
OR ALTERNATIVELY CONTACT:

Tim Higman (Sessions and Team Manager) – at the Track or on 07703 555702

Lynne Milner (Chair) - E-mail: lynnemilner@yahoo.co.uk