

Wenlock Olympians Athletic Club

Membership Booklet



The club is affiliated to Wenlock Olympian Society
and is registered with England Athletics
and Shropshire Athletic Association

Wenlock Olympians Athletic Club

The athletics club is affiliated to Wenlock Olympian Society, which has historical connections with the Modern Olympian Movement, and upholds the tradition of competitive involvement in sporting and arts pursuits. The club is registered with England Athletics and both the Shropshire and Midland Counties Athletics Associations. Members aged 11 and over are registered with England Athletics.

COACHES

The club currently has one Level 3 coach, three Level 2 coaches and one Level 1 Assistant coach.

TRAINING AND COMPETITION

The club caters for children aged 8 - 17. The club is based at Much Wenlock Leisure Centre and shares facilities with William Brookes School.

- Main training sessions on Saturday mornings
- Mid-week training sessions also available
- Indoor training, outdoor training on 200m outdoor track, cross country training
- Participation in local competitive leagues within Shropshire and Telford and Wrekin
- Opportunities for athletes to be selected to compete at county and national level

WINTER TRAINING

Programme runs from Mid-September – April

Where: Meet at Much Wenlock Leisure Centre sports hall

U10, U12 and U14 - Saturday 9.30am to 11.00am

Indoor training followed by endurance running outside

U16 and U18 - Saturday 10.00am to 11.45am

Indoor training followed by endurance running outside

Training times may occasionally change and/or sessions may be combined depending on coach availability (for example during holiday periods). Details will be confirmed on the club WhatsApp group.

See WhatsApp group for mid-week endurance running and sprint training.



WINTER COMPETITIONS

- Shropshire Young Athletes (SYAL) Sportshall League: 4 meetings on Saturdays or Sundays throughout the winter
- County Sportshall Championships at Much Wenlock
- Regional Sportshall events and championships for selected athletes
- Shropshire Young Athletes Cross Country League: 4 meetings on Sundays from September to January

SUMMER TRAINING

Programme runs from April – Mid September

Where: Meet at the athletics track, Much Wenlock Leisure Centre

U10, U12 and U14 - Saturday 9.30am to 11.00am

Outdoor training followed by endurance running on the field

U16 and U18 - Saturday 10.00am to 11.45am

Outdoor training followed by endurance running on the field

Training times may occasionally change and/or sessions may be combined depending on coach availability (for example during holiday periods). Details will be confirmed on the club WhatsApp group.

See WhatsApp group for mid-week endurance running and spring training.



SUMMER COMPETITIONS

- Shropshire Young Athletes League (SYAL): 4 evening meetings April – July
- County Championships and other events including Regional Open Meets as advised
- Wenlock Olympian Games in July

CONDITIONS OF MEMBERSHIP

We aim to encourage and develop athletes within a small, friendly club. We must, however, ensure the safety and security of all members. Membership therefore requires that the following conditions are accepted before membership can be agreed. Your signature on the membership form confirms that you have read and agreed to these conditions.

Fees: Membership fee of £23 per year with a monthly standing order of £15 payable at the start of each month. We aim to keep these costs as low as possible in order to ensure that the sport and training remains accessible to all. This includes EA affiliation for U10 and older.

Kit: All athletes competing for the club must wear the club kit, which is a **club vest and black shorts, trousers or leggings** (a club t-shirt can be worn under the club vest, but not instead of it). The club sells running vests, t-shirts sweatshirts and hooded tops. For cross-country and the summer season athletes wear running spikes. Please ask for advice on this. We sometimes have pairs available as athletes grow out of them.

Competitions and Training: We try to ensure that all athletes get a chance to compete over a season, but it is not always possible to include all athletes in every league event. We also promote open events where any athlete can compete. It is expected that if an athlete is invited to compete, they will arrive in time to warm up and enter. If they are not able to compete, they must let their team manager know in good time to allow the selection of another athlete.

MEMBERSHIP cont.

League and county competitions are also run by volunteers; without sufficient volunteers it is not possible to host these events safely, and EA will not allow the events to go ahead. If your child is selected to compete we expect parents to volunteer over the course of the evening. This may include, for example, raking the long jump pit in between jumps, or retrieving the shot put after each throw. No prior knowledge or experience is needed to volunteer. Please note the dates of competitions as soon as you receive them.

Athletics develops fundamental movement and cognitive skills that will benefit participants in all of their other activities. Our training year is structured so that athletes accumulate fitness and event-specific skills appropriate to the competition season. Regular attendance at training is very important to develop these skills. If an athlete is not at training for more than 4 weeks, the club reserves the right to cancel their membership if there is a waiting list for that age group, so the place can be offered to a committed new member. Please notify us if an athlete is injured and cannot train – support and guidance will be provided – or if an athlete no longer wishes to be involved with the club.

Moving clubs

Once an athlete is registered with a club, they cannot compete for another club unless this has been agreed, following a set procedure. Please ask for details if this situation is likely to arise.

CODES OF CONDUCT

As a club affiliated to England Athletics, all our members, parents/carers, coaches, officials, volunteers and helpers must abide by the appropriate Codes of Conduct, along with welfare and safeguarding guidelines produced by England Athletics. These can be read via the links available on the Safeguarding page of the club website. Please read through these and share the key points with your child.

<https://www.wenlockolympians.org/about-1>

We highlight the following as key elements of those documents that are the minimum expectations in the training, competition and communication aspects of the club.

Young athletes are expected to:

- come to training regularly and arrive in time for the start of training to warm up.
- wear suitable clothing and footwear for training and competition. Always wear a club vest at competitions.
- do their best at training and competitions and join in activities.
- be sensible, polite to everyone, support other athletes and not upset or distract other athletes.
- tell the coach or another adult if they see or hear something that will upset or worry another athlete.
- follow instructions from the coach or volunteers and stay with the group they are placed in.
- see the team manager at competitions about their events and collect numbers and pins.
- treat equipment with care and use as instructed.
- not leave training unless the coach has been told and agreed. This includes leaving early, toilet visits, going to get drinks or getting things from their bag.
- not use a mobile phone during the training session.
- thank coaches and helpers and shake hands with other competitors after a race.

CODES OF CONDUCT cont.

Parents and carers are expected to:

- respect all members, coaches, parents and carers, official and volunteers.
- provide necessary information* of a medical condition, disability, illness or injury before the athlete can join training.
- complete membership forms and arrange payment of club fees promptly. (Completed trial session form or membership forms are required for a child to join a training session).
- ensure the athlete is present at the start of the training session. If an athlete cannot warm up properly there is the risk of an injury, and late arrivals disrupt the planning for a session and the organising of groups and teams.
- ensure the athlete attends with suitable clothing, footwear and equipment for training or competition and has any agreed medication with them.
- attend competitions with their child or arrange appropriate supervision. **You are responsible for your child when they are not competing.**
- see the Team Manager at competitions and help them getting your child to the start of an event.
- encourage your child and praise good performances, but not coach or distract them at training sessions. The coach manages training and what athletes do.
- be willing to help with tasks (e.g. moving equipment, measuring, replacing the high jump bar) at training if requested.
- report any concern to a coach the welfare officer or the club secretary as soon as possible about any safety issue, antisocial behaviour, bullying, violence, intimidation or any other aspect that has a negative effect related to the club activities. If an athlete reports something to you, this must be reported.

* Examples include asthma, hay fever, heart condition, epilepsy, deafness, vision impairment, movement restrictions, allergies. If you are not sure if you should include the information, please speak to the coach.

CODES OF CONDUCT cont.

- advise the coach of any short-term health issues or arrangements to collecting your child at the start of a session. Athletes arriving to participate in any training session will therefore be assumed by the Club to be fit to take part.
- ensure you can be contacted on the contact mobile number during any training session or competition. Any change of contact details must be given in writing to the Membership Secretary immediately.
- volunteer to support at least two competition events over the course of the athletics year.



CODES OF CONDUCT cont.

All athletic training requires discipline to ensure the safety of all involved. Whilst the club will take all appropriate care to ensure that accidents do not happen, the Club cannot necessarily be held responsible for any loss, damage or injury suffered to athletes. During training sessions and competitive events, the following must apply:

- All children will be expected to follow basic levels of discipline. Any child who persists in misbehaving, disrupting training sessions, endangering others or using bad language may be excluded from the club. Parents and carers may be asked to be present for the sessions if coaches have any concerns. Athletes must follow instructions given by coaches or club officials.

Inclusion:

We welcome the participation of athletes with disabilities and will support skill development and progression through para-athletics disciplines including providing guidance and support around classification to compete in UK para-athletics competitions.

We also welcome athletes with cognitive and learning needs and will support them to benefit from their participation in athletics.

Depending on the level of need, we may require parents to remain at training to provide additional support, but this would be discussed when joining the club.

Disciplinary, Grievance and Disputes.

The Steering Group have responsibility for resolving and addressing any issues. If you have any concerns, please speak to the coaches at a training session or contact the club Welfare Officer or Chair.

Data Protection

The club holds the information you supply on a database and the use of your information use is controlled in line with the club Data Policy. Externally your data will only be provided by the club to England Athletics, event organisers for entries, result records or in publicity as agreed.

The club cannot be responsible for information or images obtained by other organisations.

The club has a WhatsApp group for communication. Membership of the group, along with photo sharing permissions, is included in the membership form options. Changes to contact numbers should be advised to the Membership Secretary.

Financial Assistance

Financial assistance is available for athletes who meet the eligibility criteria. This will be awarded and reviewed on an annual basis and would cover all or some of the following: EA membership fee, club fees, club kit. The support is provided by a supporting group of the Wenlock Olympian Society. Families should enquire about support via the Club Secretary.

COACHES

SENIOR COACH (LEVEL 3)

Camilla Stewart
(Sprints and Jumps)
CamillaMStewart@outlook.com

LEVEL 2 COACHES

Sam Frankel (Endurance)
Simon Holme (Throws)
Linda Dadswell (Junior
Multidiscipline)

LEVEL 1 ASSISTANT COACH

Douglas Stewart

OFFICIALS

Ian Dadswell
Linda Dadswell
Dick Langford



CONTACTS:

CO-CHAIRS

Ian Dadswell
Tel: 01952 882848
iandadswell@f2s.com

Sam Frankel
sam.frankel@learningallowed.org

MEMBERSHIP

Pete Stewart
mr_p_stewart@hotmail.com

SECRETARY

Karen Gibbons
kgibbons40@googlemail.com

KIT

Louise Wootton
louw1@hotmail.co.uk

WELFARE OFFICER

Carole Fenton
ca.nicholls@outlook.com



wenlockolympians.org

Wenlock Olympians Athletics Club
Membership booklet 2026