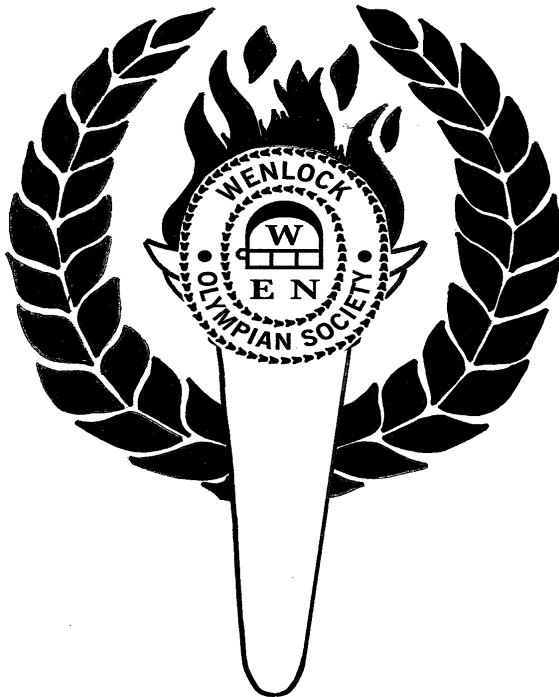


# **WENLOCK OLYMPIANS ATHLETIC CLUB**

## **Membership Information**



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



## WENLOCK OLYMPIANS ATHLETICS CLUB

The athletics club is affiliated to the 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.

### Club Officials

<b>Coordinator:</b>	Ian Dadswell
<b>Lead Coach:</b>	Camilla Stewart.
<b>Officials:</b>	Ian Dadswell, Linda Dadswell, Dick Langford.

The club currently has coaches with Level 2 and Level 1 coaching awards. Young coaches with, or studying for, Assistant Coaches awards or young coaches taking Duke of Edinburgh awards may also assist on occasion under supervision. All qualified coaches are DBS checked as part of the qualification process.

### GENERAL INFORMATION

The club caters mainly for children aged 9 - 17yrs. Adult members are welcomed but no coaching sessions are currently available for adults. The club is based at Linden Fields in Much Wenlock and shares facilities with William Brookes School. The aims of the club are to introduce young people to athletics; to develop and improve athletic skills; to foster team ethos, and to encourage athletes over 9yrs to represent the club in competition. We take part in local competitive leagues within Shropshire and Telford and Wrekin and provide an opportunity for athletes to be selected to compete at county level. The club works closely with William Brookes School and supports an athletics programme with William Brookes and feeder primary schools which we hope will encourage more athletes and young coaches to link with the club.

***We like to see parents and carers staying at training sessions. Your help is also welcome.***

### TRAINING and COMPETITIONS

**An athlete may only compete as a Wenlock Olympian if they are a current registered member.**

## **Winter Programme**

**Training:** Meet at the Much Wenlock Leisure Centre sports hall  
Mid-September – April:

### ***U11 and under***

Saturday 09:00 – 10:00 followed by endurance running 10:00 – 10:30

### ***Older athletes***

Saturday 10:00 – 11:00 followed by endurance running 11:00 – 11:30

**Sessions are combined for all with a 10.00am start where required.**

### ***All athletes***

See club WhatsApp for endurance running and specific event training.

## **Competitions:**

- Shropshire Young Athletes Sports Hall League: 4 meetings on Sunday afternoons or Saturday mornings throughout the winter.
- County Sports Hall Championships at Much Wenlock in February or March.
- Regional Sports Hall events and championships for selected athletes.
- Shropshire Young Athletes Cross Country League: 4 meetings on Sunday afternoons from September to January
- Other cross-country events as arranged

## **Summer Programme**

**Training:** Meet at the athletics track, Much Wenlock Leisure Centre  
April – mid-September:

### ***U11 and under***

Saturday 09:00 – 10:00 followed by endurance running 10:00 – 10:30

### ***Older athletes***

Saturday 10:00 – 11:00 followed by endurance running 11:00 – 11:30

Sessions are combined for all with a 9.00 start where required.

### ***All athletes***

Thursday 18:00 – 19:00 endurance running

## **Competitions:**

The club competes in the Shropshire Young Athletes League, and promotes other competition entries.

- Shropshire Young Athletes League: 4 meetings on Thursday evenings from April - July.
- County Championships and other open events 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:** Junior Membership is currently £20.00 per year with a monthly standing order of £15.00 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 U13 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. We do not stock shorts as you will probably be able to buy them at a better price. We will be reviewing kit options during this year. 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 are not able to involve all athletes in competition but look to invite as many as possible to participate. 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. All athletes should compete in at least one competition during the year. This may need to be at an open event if they are not selected to compete for the club.

The athletics club is run by volunteers who commit a lot of time to providing this opportunity for young people. While we realise that not all athletes may wish to compete, it is expected that competitions will be fully supported by athletes and their parents/carers, enabling

the club to field full teams. Please note the dates of competitions as soon as you receive them. Membership assumes the athlete will attend training and enter competitions when asked. There are always circumstances that will mean they are not at training or able to enter, but we ask that you let us know.

**If an athlete is not at training for more than 3 weeks or is not able to compete when asked for two events, their membership may be cancelled. We have a limit on the number of athletes we accept in each age group and want to provide the opportunity for anyone who would like to regularly train and compete. Please notify us if an athlete cannot train or compete, for any reason, or if they no longer wish 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.

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.

**Club Junior Members** are expected to:

- come to training regularly and arrive in time for the start of training so that I can warm up.
- wear suitable clothing and footwear for training and competition. Always wear a club vest at competitions.
- do my 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 my events and collect my 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.

**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 have 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 their child and praise good performances, but not coach or distract their child 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.
- advise the coach of any short-term health issues or arrangements to collecting their 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 they 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 Club Secretary immediately.
- support the club in its activities. The club needs help with the management, organising teams, preparing and maintaining equipment, and catering at events.

\*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.

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.
- Athletes with disabilities/special needs are welcome to participate in athletics providing they are fit to do so and can follow instruction. If parents/carers have any concerns over their child's participation, they are welcome to stay throughout the training session.



- Athletes will attend training sessions regularly unless an alternative arrangement has been agreed.
- Athletes will arrive ready for the start of the training sessions. All sessions start with a warm-up, and an athlete will not be able to join in without this.

### **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.

# **WENLOCK OLYMPIANS ATHLETIC CLUB**

[www.wenlockolympians.org](http://www.wenlockolympians.org)

## **CONTACTS:**

### **CHAIR**

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### **MEMBERSHIP**

Pete Stewart

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### **SECRETARY**

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### **KIT**

Louise Wootton

E-mail: [\*\*ouw1@hotmail.co.uk\*\*](mailto:ouw1@hotmail.co.uk)

**The club has a WhatsApp group.** Membership of the group is included in the membership form options. Changes to the contact number should be advised to the Club Secretary.