

**WENLOCK OLYMPIANS
ATHLETIC CLUB**

Membership Information



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

Coordinator:	Ian Dadswell
Lead Coaches:	Andy Fawcett, Camilla Stewart.
Officials:	Ian Dadswell, Linda Dadswell, Dick Langford.

The club currently has coaches with Level 2 coaching awards. Young coaches with, or studying for, Assistant Coaches awards or young coaches taking Duke of Edinburgh awards may 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.

Training sessions are currently on Saturday mornings, with additional running training on Thursday evenings. The club competes in the Shropshire Young Athletes League, and promotes other competition entries.

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 9.00 START WHERE REQUIRED.

All athletes

Thursday 18:00 – 19:00 endurance running

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 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. Lycra crop tops can be ordered directly – please ask for details. 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.

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 and thereby 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.
- During a club training session, the coach is in charge and guides the athletes in their training. We ask that parents/carers do not give instructions to athletes. Coaches make all decisions regarding training.
- No athlete may leave the training area unless they have been given clear permission by one of the coaches. For

safeguarding reasons, we need to know where athletes are, at all times, during the session.

- Parents/carers must notify a club official before the child's first session of any disability, illness or injury that may be relevant to the training session/s e.g. asthma, hay fever, epilepsy, deafness, vision impairment, movement restrictions, allergies etc.
- Parents/carers are responsible for confirming that their child is in good health, capable of taking part in athletics generally and is fit to undertake any specific session. Athletes arriving to participate in any training session will therefore be assumed by the Club to be fit to take part.
- 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

CONTACT

Ian Dadswell

Tel: 01952 882848

E-mail: [**iandadswell@f2s.com**](mailto:iandadswell@f2s.com)

MEMBERSHIP

Pete Stewart

E-mail: [**woacmembership@outlook.com**](mailto:woacmembership@outlook.com)