



## Huntingdonshire Athletics Club

Welcome Pack for  
New Members

January 2015



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## **INTRODUCTION**

### **About the Club**

An athletics club was started in 1961 at St. Peter's School, Huntingdon, under the name Huntingdon & District Amateur Athletic Club. Eighteen people attended the inaugural meeting. Alas, the club didn't survive beyond 1962. A second attempt to revive the club in the mid-60's also ended in failure. On October 19<sup>th</sup> 1967, the remnants of those who previously attempted to institute a club in Huntingdon gathered for an Annual General Meeting at St. Peter's School. In the minutes of that meeting, the following statement appears: "it was proposed by Mr. W.G. Stringer, seconded by Mr. W. Oldhall and resolved: That an Athletics Club be formed." However, things did not go smoothly at the start. In 1968, Club Chairman Mr T. P. Clancy wrote in a letter to Terry Cole, who was applying for membership and later to become a leading light in the club, "It looks as if the attempt, the third, to get the club on a sound footing is a miserable failure. There appears to be a complete lack of interest in athletics in Huntingdon." By June, Terry Cole was producing a club newsletter and in it exhorting members to put in some serious hard training rather than playing about at it. In the same newsletter, it was reported that the committee had approved a suggested design for the club badge incorporating the seal of the town of Huntingdon and with the motto "He conquers who endures", the same badge which we have today. In 1969, permission was sought from the Council of the Borough of Huntingdon and Godmanchester to use this seal, which was granted. The club rules were amended in 1970 and the name was changed to Huntingdon Athletics Club. When the running track was built (cinder in the early days) at the St. Ivo Outdoor Complex, California Road, St. Ives, members began to train on this new track while at the same time keeping the original club name. A new set of club rules was adopted in 1987 and in them the club name was amended to Huntingdonshire Athletics Club, which is the official name of the club today.

### **Benefits of Membership**

The benefits of membership are that:

- You will be able to train regularly upon paying the relevant track fees (£2 per session)
- You will receive appropriate training in a structured training group.
- You will be registered with England Athletics which allows you to compete for the Club in any competition.
- You will receive a club vest which is included in your initial payment.

### **All members should know**

- The club Code of Conduct which is sent to all new members and is available on our website.
- Who the Club welfare officer is - Keith Hick ([hixxeythecoach@yahoo.co.uk](mailto:hixxeythecoach@yahoo.co.uk))
- Club track & field etiquette. See page 8.
- Please note that as a club member you/your child are expected to participate in club teams and compete for the club on a regular basis. Priority for places in training groups is given to those competing regularly; non- competing athletes may be excluded from training groups.

## CLUB MANAGEMENT & COMMUNICATION

### Club Management

The management of the Club is administered by a committee which is elected at the Annual General Meeting held every November. The committee consists of Chair, Vice Chair, Secretary, Treasurer and up to 11 general members and is responsible for the viable operation of the Club, providing oversight in the following areas: track and field, road and cross country, youth development, child protection, coaching (to include coaches' development), officials, maintaining Club facilities, maintaining accurate financial records, an awards program, maintaining accurate membership records in accordance with UK Athletics stipulations and the Privacy Act, marketing of the Club, a social programme, and a media programme to include press releases, a Club website, a Facebook page and a Club newsletter. The committee's actions are guided by the Club Constitution and the Code of Conduct both of which are posted on the club website.

### Communication

It's very important for you to keep in touch with club matters. We have several communication pathways and hope you're able to reach out to most of them.

- **Website** ([www.huntsac.org.uk](http://www.huntsac.org.uk)): Regularly check our club website to stay abreast of club matters, to learn of upcoming events, and to get the latest results.
- **Facebook**: If you're on Facebook, search on Huntingdonshire Athletics Club.
- **Email**: If you put your email address on your membership form, then you'll receive regular club-related notices.
- **Club noticeboards**: The club has three noticeboards in the sports centre building; one for roadrunners and two for track athletes. Keep an eye out for updates as you pass by.
- **Club Newsletter**: The newsletter is emailed out frequently and a copy is posted on the notice board in the sports centre building.
- **Verbal**: If you have questions, ask a coach or a committee member. If they don't know the answer, they'll refer you to someone who does know.

## CONTACT INFORMATION

### Club Officers

Chair: Mike Hayball ([mike.hayball@gmail.com](mailto:mike.hayball@gmail.com))

Vice Chair: Wayne DuBose ([dubose@enterprise.net](mailto:dubose@enterprise.net))

### Club Welfare Officers

The Club Welfare Officers are Lucy Maurice ([lucy.maurice@cambridgeshire.gov.uk](mailto:lucy.maurice@cambridgeshire.gov.uk)) and Keith Hick ([hixxey@ntlworld.com](mailto:hixxey@ntlworld.com)).

### Coaches

Make sure you get the email address and telephone number of your child's coach.

## TRAINING

### Where we train

All training sessions are held at the One Leisure St Ives Outdoor Athletics Arena.

#### **One Leisure St Ives Outdoor Athletics Arena**

California Road

St. Ives

HUNTINGDON

PE27 6SJ

**Telephone:** 01480 388555

Tuesday: 6:45-8:45pm

Thursday: 6.45-8:45pm

**(Check [www.huntsac.org.uk](http://www.huntsac.org.uk) (Club Announcements) for track closure in the event of adverse weather conditions. Will be posted by no later than 5 pm on the day.)**

### Training fees

Training Fees: £2 per session payable to your child's coach.

### Club coaches

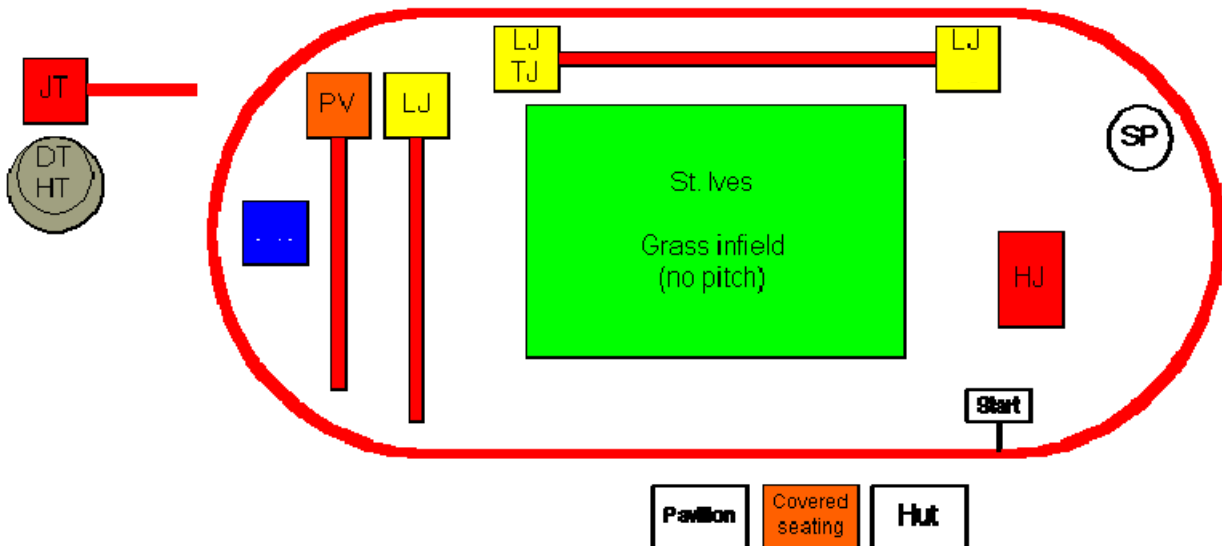
Hunts AC has qualified track & field coaches. The Club is committed to improving the standard of its coaching and regularly sponsors coaches to help them achieve higher levels of qualification. Club coaches have a valid UKA Coach license or are working towards one. Additionally, the Club ensures that coaches, officials and parent volunteers who work with children undergo a Disclosure and Barring Service (DBS) Check in line with UK Athletics practice and coaches are encouraged to undergo Child Protection training.

### Training tips

- Please wear suitable footwear to training. If in doubt about footwear, please speak to one of the coaches.
- Be suitably dressed as we train in all weathers.
- Don't eat a large meal before training.
- Bring a drink of water or juice (not fizzy).
- Please inform your coach if you cannot attend training; irregular attendance, without good reason, may mean that your place is allocated to a new athlete.

## Plan of the track

**Track Type:** Synthetic, 400m track, 6 lanes, (8 lane straight).



**Key:**

- JT=Javelin throwing area
- DT/HT = Discus and hammer throwing area
- PV=Pole vault
- LJ=Long jump
- TJ=Triple jump
- HJ=High jump
- SP=Shot putt

## **SAFETY IN SESSIONS**

### **Health and Safety Policy Statement:**

Hunts AC is committed to a safe environment for all athletes, coaches, officials and volunteers. We promote high standards of health, safety and welfare in the club, ensure compliance with the relevant statutory requirements, and follow guidelines issued by British Athletics

(<http://www.britishathletics.org.uk/governance/health-safety/code-of-practice/>).

Risk assessments on our training facilities (athletics track and equipment store) are carried out by the staff at the Outdoor Centre. Procedures and safe practices have been adopted as a result of these risk assessments together with appropriate instruction and training, and all reasonable and practical measures taken to avoid risk. The responsibility for ensuring safety rests with everyone concerned. Athletes, coaches, officials, facility providers, ground staff, meeting organizers, spectators and the general public all have a duty of care to ensure that the health, safety and welfare of themselves and others are not affected as a result of their actions at the track.

### As a club member, your duty is to:

- Take reasonable care of your own health and safety and any others who may be affected by what you do or don't do.
- Cooperate fully with the club on health and safety issues.
- Listen carefully to instructions from your coach and do only what you are instructed to do. Use equipment provided by the club correctly and as instructed by your coach.
- Make sure your coach and/or team manager have up-to-date emergency contact details and any relevant medical information for you.
- Do not interfere with, or misuse, anything provided for your health, safety or welfare. e.g. Stay outside roped-off throwing areas during training/competition, unless you are throwing.

## **CONDUCT IN TRAINING SESSIONS**

During training, all children are expected to behave responsibly and to cooperate with other children and coaches. If children don't behave properly during training, they may be asked to leave the session and their parents notified. If poor behaviour continues, they'll no longer be allowed to participate in club activities.

### **On the track**

- Look out for others on the track. Don't get in the way of lanes being used for hurdles or relay practice.
- Look both ways before moving across lanes.
- If someone shouts 'TRACK', move to the right (or onto the inside of the track) and let them pass you on the inside.
- Don't stop suddenly on the track.
- Lanes 1 and 2 should not be used for warm up/cool down running. Leave these lanes free for athletes running efforts and timed runs.
- Use the infield and area outside the track perimeter fencing for warm up/cool down running as much as possible.
- Should an athlete running an effort/timed run find their way blocked by someone jogging/walking/standing on the inside lanes, they should shout 'TRACK' to get the offender to move immediately.
- Athletes should not shout 'TRACK' to other athletes doing an effort/timed run even if they are slower.
- The faster athlete should overtake safely before moving back in to the inside lane.

### **Jumps sessions**

- Make sure you know what you are doing before you jump.
- Wait for the coach to tell you to jump.
- Make sure the runway and landing area is clear.

### **Throws sessions**

- Make sure you know what you are doing before you throw.
- Wait for the coach to tell you to throw.
- Make sure the area is clear before you throw.
- Always walk, DON'T RUN, to pick up equipment.
- NEVER walk across the shot putt area.

### **First Aid**

Is available at Reception at the Outdoor Centre during training sessions.



## COMPETITIONS

### Competition age groups

Age at 31st August in the competition year	Competition age
16	Under 17
15	Under 17
14	Under 15
13	Under 15
12	Under 13
11	Under 13
10	Under 11
9	Under 11

### Club Track & Field Championships

- Running, jumping, throwing events for all ages.
- Five Sundays over the summer. Gold, silver and bronze medals awarded at a presentation evening held in October.
- Annual plaque/trophy awarded to highest-scoring athlete in each age group.

### East Anglian League

- Four Sundays during the summer track season.
- Under 11's to Seniors/most events.

### Southern Athletics League

- Combined men's and women's team.
- Ages U17s+.

### Eastern Veterans League

- Four Wednesday evenings over the summer for women and men ages 35 and above.
- Participation is highly encouraged no matter what skill or fitness level.

### England Athletics Competitions

- Cambridgeshire County AA (U13+)
- Eastern Counties (U13+)
- South of England (U15+)
- England/AAA (U15+)

### Cambridgeshire AA County Development meetings

- Three meetings held on Wednesday evenings in the summer (May, June & July) at our track.

### **Frostbite Friendly League**

- Six races on Sundays between October and March at venues in Cambridgeshire.
- Junior races (1.5 miles) are open to all ages 9–15 years.
- Senior races are open to members aged 16+ years.
- Races are off-road/road/mixed road.

### **Club Cross Country Championships (Golden 10 Trophy)**

- During the winter (October to March), there are a number of opportunities to compete in cross country competitions (Kettering Charity Cup, County, Southern (SEAA), Nationals)].
- Points awarded from performances in the Frostbite league races as well as in the cross country championships noted above are combined and the Club athlete with the highest score (Junior and Senior) is awarded the Golden 10 trophy. Please see notice boards for details during the winter.

### **Sportshall**

- County Sportshall competition in January.
- Competitions are for juniors ages U11 to U15 (ages from the previous track and field season).
- Top athletes in each age group are selected for the County team and compete in the regional sportshall competition at the end of January.

### **Schools Competitions**

Note that the age groups for schools competitions are different to those for England Athletics competitions. Details are as follows:

Junior	13 years and under 15 years of age on 31st August at the end of the current school year
Intermediate	15 years and under 17 years of age on 31st August at the end of the current school year
Senior	17 years and under 19 years of age on 31st August at the end of the current school year

- Cambridgeshire District Schools.
- Cambridgeshire County Schools.
- Anglian Schools (Cambridgeshire, Suffolk, Norfolk, Lincolnshire).
- English Schools Championships.

## CHILD WELFARE

### Child welfare policy

As an athletics club, we're committed to creating and maintaining the safest possible environment for children and young people to practice athletics.

We'll do this by:

- Recognising that the child's welfare is paramount.
- Ensuring participation in athletics takes place in an enjoyable and safe environment whatever their age, culture, disability, gender, racial origin or religious belief.
- Recognising that adults at the club have a duty of care to young athletes to protect them from bullying and undue pressure in training and competition.
- Ensuring that our volunteers are CRB-checked.
- Responding swiftly and appropriately to all suspicions and allegations of abuse, providing a point of contact for parents and children to voice any concerns they may have.
- Ensuring that the Club Child Protection Policy is reviewed and updated as appropriate.

**Parents** - You **MUST** make arrangements for your child/children to travel safely to and from the training sessions. You **MUST** ensure that your child/children arrives promptly at each session and is/are collected immediately after training ends.

The Club's Child Protection Policy can be viewed on the Club website [www.huntsac.org.uk](http://www.huntsac.org.uk).

### CLUBMARK



Huntingdonshire Athletics Club has achieved Clubmark status which is the mark of high quality junior clubs in Great Britain.

### VOLUNTEERS

Like many sports clubs, we're run entirely by volunteers. The more volunteers we have, the better the club is run and the less the workload for those involved. Whether you're a new member or a parent/partner/spouse of a new member, we need you to get involved. We need people to help with a variety of jobs including: coaches, officials, committee members, and social organisers, helpers at track meets and club training sessions as well as at our annual 10k road race, Sportshall organisers, and fundraisers. This list addresses the highlights of what's needed and is by no means all-inclusive. Take a little time to get to know the Club and what it represents and then step forward, raise your hand, and make a difference.