

**JOINING PACK**  
**IMPORTANT INFORMATION PLEASE**  
**READ**

## **WSPH - JOINING PACK**

### A Warm Welcome

1. On behalf of WEYMOUTH ST PAULS HARRIERS (WSPH) we would like to welcome your child to the club and provide you with some information about our activities, rules and regulations. The club provides opportunities for young people between the ages of eight and eighty to receive coaching and to take part in competition. All coaching is by UKA qualified coaches who are trained and have been screened for their suitability for working with young people.
2. We welcome parents to all training and competitions and value your support. We are keen to try and involve parents in the club.
3. We would be grateful if you could complete the attached club membership registration forms. For the safety of your child it is important that the club is informed of any medical condition or allergies that may be relevant should your child fall ill or be involved in an accident whilst at the club.

### Attendance

4. If a child does not attend training without notice for 4 weeks we will assume that the child no longer wishes to attend. They will not be asked to attend again and any fees paid will not be refunded.
5. This may sound harsh but we hold a waiting list of children wishing to join the club.
6. Just let us know if you intend to be away for a couple of weeks.

### Volunteers

7. Please remember that everyone involved in the club has a life outside of the club, many are busy parents who give of their own time and without payment so we would stress the importance of you arriving on time at the start of session to drop off your child and also be prompt at the end to collect your child from training. As parents ourselves, we do understand sometimes you are delayed, so we ask you use the **Emergency Contact Number [To be confirmed]** to inform our staff of any delay. We must state however, we are not a crèche! So if a parent or guardian is continually late without reasonable explanation you will be given a warning and if it continues we reserve the right to ask the child not to come again and explain the reason why to them.

### Late Sessions

8. We appreciate that training does run over sometimes when we get carried away! Feel free to collect your child even if we haven't finished, we fully understand that you have things to get on with as we do and we don't want to be hypocrites.

### Parent Help

9. We need more help, the more helpers we have the better our provision for the athlete's individual needs can be. Helpers can be invaluable for the coaches, assisting with timing, recording measuring etc because they free up the coaches to concentrate on the coaching. Also can you all help us in looking out for other peoples children? If you see a child alone and you think there is a problem – let us know. Without this extra help we will be hard pressed to cope with the numbers we regularly get at training now. So Mums and Dads, we know that many of you are busy working and cannot spare the time, but if you do like to stay and watch, don't do it from the car. Come on out on to the field, you can see better, and you will probably enjoy it. Please talk to the coaches or committee members if you can help. Every little helps as they say.

### Public Liability and Personal Accident Insurance

10. Weymouth St Paul's Harriers & AC hold Public Liability and Personal Accident insurance through England Athletics; this covers all club members and club officials during competition and training.
11. WSPH and its representatives are not liable for any injuries sustained or loss of belongings during competition or training.

## Equity Policy Statement

- *This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following AAA of England definition of sports equity:*

**12.** *Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.*

- *The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.*
- *The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.*
- *All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.*
- *The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.*

**13.** *Copies of the Club's constitution and discipline code are available for anyone to read. Please ask any committee member or visit [www.wsphandac.co.uk](http://www.wsphandac.co.uk)*

**14.** *We thank you for your cooperation and look forward to meeting you at some point in the future.*

*Yours sincerely,*

*Caroline Stevenson*

*Chairman*

*WSPH*

### **The Committee of WSPH**

15. The club is run by an Executive Committee comprising of the following members whose names and contact numbers are listed below.

<b>Caroline Stevenson</b>	<b>Chair</b>	<b>01305 832222</b>
<b>Donna Butcher</b>	<b>Secretary</b>	<b>01305 832818</b>
<b>Paddy White</b>	<b>Treasurer</b>	<b>01305 774167</b>
<b>Karen Mason</b>	<b>Welfare Officer</b>	<b>01305 814299</b>
<b>Karen Mason</b>	<b>Child Protection Officer</b>	<b>01305 814299</b>

### **Training Times**

16. Full details on the [www.wsphandac.co.uk](http://www.wsphandac.co.uk) website but basically:

Training Sessions: April – October

Tuesdays 5.45 pm until 7.15 pm at The Marsh.

October – March - indoor Training at Budmouth Community Sports Centre

Road running (year round) see website.

Beach Training (from Oct - March) see website.

### **Annual Subscriptions**

**U13's and above 1<sup>st</sup> claim Competing Members please add on £5 to the fee below.**

17. Due on 1<sup>st</sup> April

Adult: (Over 21)	£22.50
16 – 21 or Unwaged	£17.50
Juniors: (under 16)	£12.50
Volunteer Member (Non competing Coach, Official, Helper)	£5.00
Associate Member (Supporter)	£2.50
Family Memberships:	
3 members from same family	10% discount
4 members or more	20% discount

**18. Note.** *The first year's subscription must accompany this form or the application will not be considered.*

**19. Membership is continuous and is only terminated by written resignation or you do not attend for 4 weeks without notifying us. **Safety Rules at an Athletics Ground****

**20. Parents please explain this to your young athletes. These apply at all such grounds, including "the Marsh".**

**21. Track Safety:**

- a. Warm-up in the outside 3 lanes. Leave the inside clear for distance runners.*
- b. Check for runners before you cross the track, an adult can be travelling very fast and cannot stop instantly if you step out in front of him. (Not quite so bad as a car but you will get hurt)*
- c. Never leave your equipment on the track, or stand around chatting.*
- d. Never fool with hurdles. Only jump from the correct side.*

**22. Jumps.**

- a. Only the coach and assistants use the rake.*
- b. Never leave the rake lying on the ground - prop it against the fence.*
- c. Check before you cross the run-up.*
- d. Never leave anything on the run-up. Place markers at the side*
- e. Do not "dive" on the high jump mats, whilst they are being assembled.*
- f. Never attempt Fosbury style High jump, except onto a suitable landing area, under the direction of your coach. Primary school mats are NOT SUITABLE FOR FOSBURY.*

**23. All Throws.** *The centre of the stadium is for throws events.*

- a. During throws coaching, discipline is very important.*
- b. All throws implements were originally weapons of war!!*
- c. They can kill if used wrongly.*
- d. When you are throwing YOU should always check the area is clear before you throw.*
- e. No under 18s to train except with a coach...*
- f. No throws equipment will be issued to under 18's.*
- g. Only enter the centre of the arena if told to (by your coach) and know which events are in progress*
- h. Note; Some venues have throws at both ends.*
- i. Never cross the centre of the stadium when the long throws are in progress (training or event). Walk around the edge of the track, then cross where you need to be.*
- j. No rotational throws (hammer and discus) between 6pm and 8pm on Tuesday and Thursday.*

#### **24. Javelin.**

- a. When working in a group, all Javelins must be thrown, before all are collected.*
- b. Always walk whilst collecting and returning javelin.*
- c. Place thumb over blunt end, lever javelin to vertical position. Remove from ground.*
- d. Carry it in a vertical position*
- e. NEVER throw back towards your throwing position.*
- f. Remember, both ends of a Javelin can kill. The "Blunt" end is still sharp enough to stick into someone.*

#### **25. Shot.**

- a. Juniors should not lift the large shots ONLY the appropriate weight for their age.*
  - U11 girls 1kg to 2 kg      U11 boys 1kg to 2.72 kg*
  - U13 girl's 2.72 kg      U13 boys 3.25 kg.*

#### **26. Discus.**

- a. Throws should only be attempted from the circle, under instruction from a coach.*
- b. Wait for your turn from behind the cage.*
- c. Do not walk across the sector when discus (training or event) is in progress.*

## **27. At a Competition:**

- a.** *Never walk straight across the middle of the stadium to get to your event. The middle area is used for throws and you may get killed. If not you may get disqualified. No one is allowed in the centre of stadium, except when competing.*
- b.** *Warm-up before your event*
- c.** *The purpose of the warm up is to;*
  - i.** *Raise the body temperature.*
  - ii.** *Get the blood vessels dilated so that blood can flow faster.*
  - iii.** *Increase the heart rate and prepare the body for more violent exercise.*
- d.** *In an extreme case, if you got out of bed one morning and tried to run 400m in 60 seconds you would probably collapse, because the blood vessels to the heart would be too narrow to supply enough blood quickly enough. You would have been resting for hours in bed and your body would not be prepared for running.*
- e.** *For a sprint track event you should take a minimum of 10 to 15 min to warm-up AS YOU HAVE BEEN TAUGHT. (Ask for a warm up card if you can't remember the drills) Elite athletes warm up for 90 minutes before an event.*
- f.** *Jog, moving stretches, jog faster, 20m sprints etc*
- g.** *Whilst you are waiting keep moving and keep covered up until the last minute.*
- h.** *Do not strip to shorts and vest and wait about in a cool breeze for 20 minutes. Track events are often late. Don't take off your outer layers until the marshal calls your race.*
- i.** *For a longer run, 1500m plus, you need a longer warm up.*
- j.** *Warm-up is also important for throws and jumps here the emphasis is more on dynamic stretching. (Your coach will have shown you these). If you are not sure, please ask.*
- k.** *DON'T do lots of practice jumps. "Run through" for Long jump. Maximum of 2 or 3 high jumps to check your steps.*
- l.** *At a competition each athlete must do this him/herself. You can ask one of your friends to help you mark your foot or sort your run up.*
- m.** *Most of our adults will be busy from time to time, officiating, timekeeping or competing. If you have a problem asks any of our coaches or adults available. even if you don't usually work with them.*

## **28. Officials.**

- a. Are very nice people. Don't be afraid of them!*
- b. They are from all the Clubs taking part. We have to provide a field event team, and other helpers at each event. Parent volunteers welcomed.*
- c. When you report for your event. Tell the Official (with the Clipboard) your Name & Club.*
- d. If you have a track event at the same time as a field, report to field, tell them you have a clash and try to get a jump in before reporting to track. Track is often running late; get a friend to keep an eye on which races are being called so they can tell you. Track takes precedence over field.*
- e. If you are polite to them they are usually very friendly.*
- f. If you get a "No Jump" or "No Throw" they will explain why if you ask. If you were listening at training you will understand.*
- g. If you do have a problem with an Official, tell any of our coaches and helpers, as soon as possible, so that we can lodge a complaint if necessary.*

## Important information;

### FOOTWEAR

Running Trainer and sprint spike, showing the difference in heels



Running trainer

Mizuno Speed Sprint spike

### The most important item of equipment for athletics is your trainers.

You wouldn't play football without boots. *It is even more important to protect your feet for running and jumping*

Every season we see young athletes with foot/ heel problems due to unsuitable footwear.

Recently we are again seeing increasing numbers of children at training in unsuitable footwear. **They risk injury.**

### For training you need

#### **GOOD RUNNING TRAINERS.**

Please **DO NOT WEAR**

- ♣ **Astro turf shoes** (these are designed to be used on a cushioned surface, not grass or cinder)
- ♣ **“Shocks” trainers** Sound good in the advert, but unless you buy the genuine article (about £100 a pair) are not much good. They don't “give” as much as you would expect and we have seen twisted ankles. They are more suitable to adult athletes who are heavier.
- ♣ **Old fashioned plimsolls**..... not much better than bare feet
- ♣ **Worn out trainers** which have no tread left. With the sole hanging off.....

For some ideas and bargain prices you can look at the following sites;

[www.bournesports.com](http://www.bournesports.com)

[www.startfitness.co.uk](http://www.startfitness.co.uk)

[www.runningshoes.co.uk](http://www.runningshoes.co.uk)

[www.sportshoes.com](http://www.sportshoes.com)

### Modern Spike shoes

Are not suitable for general training,

They are unnecessary unless your child is competing on a Tartan surface and then not compulsory. Also children wearing spikes have, in the past injured others and damaged equipment. Many of our cones have spike holes put in them deliberately and we had a parachute torn in the same way.

**We prefer that they do not wear them for training, except** keen long jumpers, who can bring them for this part of the session.

Apart from the damage injury risk, there is a **good medical reason** why we prefer trainers.

The angle of the foot is different in "spikes". There is no heel, (like there is in trainers) so the Achilles tendon is put under tension. Using them, when you are not used to them can cause Achilles tendon problems or Plantar Fasciitis.

Children with flat feet or poor hamstring flexibility need to be particularly careful when they start using spikes because their tendons are already under strain.

### **Spikes at the South Dorset's on the Marsh Track**

Some schools encourage you to buy them for the "South Dorset's". Modern spikes were not designed for use on cinder. Cinder track spikes were of a more robust construction and had 12mm pins. If the weather is hot, the cinder is baked hard, like concrete and running in 6mm spikes gives no extra grip unless you buy extra long pins. The only effect is likely to be foot injury. If we have a wet day (or if the council water it) then on soft cinder you might be alright.

If young athletes intend to run in spikes for the South Dorset's you should spend two weeks before stretching your feet and legs to avoid problems. Ask the coaches for some stretches to do. These stretches if done properly will ensure that your tendons are more likely to be flexible enough to cope. After 2 weeks stretching you can bring them down to use at training for some parts of the session as the coaches advice. Please talk to us about this.

Please ensure that your child, if training with us regularly has a suitable pair of properly fitting, cushioned trainers. Either running shoes or cross trainers. Not fashion trainers or racquet shoes. Any pair with some sort of cushioning system in the heel! These need not be expensive, but the wrong footwear can cause injury to young children's feet.

Which ever brand of trainer you have, they have to protect growing feet for the repeated impacts of running and jumping. The forces on landing in long jump (using run up) are X7 the body weight. Triple jump is only taught as the "standing" version to young children for this reason.

The bottom line is it's your child's feet. We wish to avoid weeks of misery, there are no sports you can do with injured feet (except perhaps swimming)

## **What to Expect at Your First Competition**

**1. Athletics is a team event. Every team member is important.**

**2. Selection:**

- a. Athletes will be asked if they are available for selection for all matches at the beginning of the season, if this situation changes please inform your team manager.*
- b. Each meeting has a different programme of events.*
- c. Usually, we can enter 2 athletes plus 2 guests in each event*
- d. Guest athletes gain valuable experience. You get an "Official" time or distance*
- e. Guest athletes are usually the younger or less experienced athletes and of course those who although very good are not our best.*
- f. Selection will be on the basis of performance, fitness level, and level of commitment. (We need to have seen you performing well, recently.) Second hand accounts of your prowess in other sports are only a guide to general fitness*
- g. You will be notified of your selection in the week before the event.*
- h. Sometimes this may be for one or two events plus Guest (Competing reserve) for something else.*
- i. Often you may be asked to fill in other events (up to a maximum of 3) if someone "drops out" on the day.*
- j. You will not be asked to do an event, which you do not know how to do, but it may not be your favorite. We do hope you will remember that these are team events and all points are valuable. Just because you think you won't win is not a good reason not to compete, if you are capable of the event.*
- k. U13's can compete in a maximum of 3 events plus relay*

**3. Team Manager.**

- a. Our team manager is usually helped on the day by several parents.*
- b. Our team manager arranges who is competing in which event.*
- c. It is his/her job to find a team who can compete in every event.*
- d. For each event, which we do not contest we lose points.*
- e. New team members may be asked to try an event, which is not their favorite. Please remember it is the team manager's job to arrange the team who will cover as many events as possible effectively. For each event we need 2 athletes.*
- f. No one will be entered for an event in which they have not been trained.*

**4. What to bring with you.**

- a. Coach Fare or Car Share £2 and match fee £2 - Total £4.*
- b. Club vest or Tee-shirt and shorts*

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- a. Coach Fare or Car Share £2 and match fee £2 - Total £4.**
- b. Club vest or Tee-shirt and shorts**
- c. Food and lots of drink to last all day.**
- d. Spare clothes, to keep warm and in case it rains on your event.**
- e. Your running shoes or spikes.**
- f. Sun cream, hat and sun glasses**
- g. Rain wear.**
- h. Something to amuse yourself with, between events and on the journey.**

**5. On arrival at the track.**

- a. Identify where our team is based. Sometimes we have an area in the grandstand. If there is no grandstand we are usually in a group near the track wearing our club colours.**
- b. Always return to this area straight after your event.**
- c. U11s must NOT leave the team area except to compete or for the toilet. 13s and older must stay within the arena. Always tell an adult helper or Team manager before you go off somewhere away from this sitting area, for whatever reason.**
- d. The team manager will give you two letters or numbers to wear on your shirt.**
- e. Sometimes these are different for each event, listen to instructions carefully.**
- f. Team manager will remind you what you have been selected to do.**
- g. Report to your event in good time (10mins), ready Warmed-Up.**