**Joining the club**

* **The first step to joining the club is to express an interest via either the contact details on our website or messaging us through our Facebook page. Please let us know the athlete's name, date of birth, school year (if applicable) and which events the athlete is interested in (please note that those in school years 4 to 6 will join groups which cover all events).**
* **Subject to available space (we do at times have to operate waiting lists) you will then be offered a month long trial. The cost of this is £16.**
* **At the end of the month you can decide if you wish to join the club and full details of costs are included in this booklet. Please note that apart from those on their trial non-members are not permitted on the track.**
* **Please note SNHAC is a competitive Athletic Club and all members School Year 6 and above are expected to compete during the year.**



**STEVENAGE AND NORTH HERTS AC 2023 ATHLETE INDUCTION BOOKLET**

Ridlins Stadium

Woodcock Road

Stevenage

Hertfordshire

SG1 9QZ

[www.snhac.org.uk](http://www.snhac.org.uk)

 

 **CONTENTS**

1. Welcome to SNHAC
2. About us
3. Membership
4. Training & Clothing
5. Volunteering
6. League Summaries
7. Athlete Development Model
8. Coaching Programme
9. Code of Conducts
10. Safety
11. Club Contacts
12. Sponsors

**CLUB CONTACTS**

**President:**

Mike Gregory

**Chair:**

Paul Pickard paulpickard1@aol.com

**Vice Chair:**

Bob Whitten

**Treasurer:**

Alex Kinchin-smith

**General Secretary:**

Norma Harris normajharris@hotmail.co.uk

**Committee Secretary:**

Helen Pickard helenpickard1@aol.com

**Road Running Secretary:**

Paul Pickard

**Cross Country Secretary:**

Tom Galliford

**Fundraising Secretary:**

**Vacant**

**Media Secretary:**

Norma Harris, Helen Pickard

**Coaching Secretary:**

**Sam Gall Gray**

**Officials Secretary:**

**Paul Griffin**

**SAL Team Manager:**

Rhys Samuel

**YDL Team Managers:**

Norma Harris

**EYAL Team Managers:**

Libby Taylor (B) Melissa Doran (G)

**WELCOME TO STEVENAGE & NORTH HERTS ATHLETICS CLUB**

**Stevenage and North Herts AC is a fully inclusive athletics club for aspiring athletes from the areas of Stevenage and North Hertfordshire. Our club was founded over 50 years ago and has a strong sense of community involvement.**

Our main goals are:

* To develop and promote physical activity and positive social interactions for children and young athletes through training and competition.
* To help support the local community by encouraging increased involvement by residents, organisations and groups.
* To increase self-esteem and self-importance for children and as a consequence, reduce the likelihood of children participating in anti-social behaviour.
* We are a competitive athletic club and encourage all our members to compete at the relevant level to their development.
* **OUR TRACK**

**Our home is the Bert Hill Stadium, Ridlins Wood, Stevenage**.

The stadium consists of an all-weather synthetic 8 lane track with facilities to cater for all of the throwing events and jumping events within Track & Field. There is also spectator seating, WC’s and Showers. The stadium is fully accessible.

* **TRAINING**

**Training for all age groups is as follows:**

* Years 4 & 5 – Monday 1830-1930
* Year 6 - Tuesday Evening 1830- 2000
* Years 7 and above – All evenings 1830-2000 (please check with your coach for specific times)
* Sundays – Some coaches invite their athletes to train Sunday mornings.
* We train 50 weeks of the year except Bank Holidays and close between Christmas and New Year
* **WEATHER CANCELLATION POLICY**

**As a general rule we do not cancel training/competitions unless conditions are dangerous (torrential rain/flooding, heavy snow etc)**

Therefore always assume training/competitions are on unless notified by your coach, a member of the committee or on our Social Media pages.

**SAFETY INFORMATION**

**All athletics track areas are potentially dangerous – therefore THESE RULES MUST BE FOLLOWED!**

**Training Nights**

* Infield throwing area is roped off and only athletes involved in a coaching session with a QUALIFIED coach are allowed to be inside this roped area.
* Throwing of implements is not allowed anywhere else in the stadium or surrounding area.
* Only athletes over the age of 18 are allowed to train without being in a group led by a recognised coach.
* Make sure the track is clear of runners near to you when you have to cross it.
* Coaches will arrange which lanes are to be used by groups. Stay in the lane you have been told to use.
* Hurdles must always be approached from the legs-side.
* Long and Triple jumps must have the take-off boards in place.
* Do not run or jog in the ‘wrong’ direction on the track unless instructed by your coach.
* Earphones, MP3’s, mobile phones and other similar electronic devices are prohibited track side.

**Competitions and matches at all tracks**

(Additional to the above rules)

* Infield area is roped off and off-limits except when competing in field events.
* Only go to your event if it is safe and officials are waiting for competitors.
* No practice throws or jumps are allowed until officials in charge of the event say so.
* Make sure the track is clear of runners near to you when you have to cross it.
* Hurdlers not to practice until cleared by track officials.
* Try and do your warm-up away from the competition area where possible.
* Keep away from throwing and jumping areas unless you are competing in that event.

**SNHAC CODES OF CONDUCT (full versions on the website)**

**The club, through its officers, committee, coaches and officials will**

* promote a safe, effective and child friendly environment for all athletes following the UK Athletics Policies and Procedures;
* promote an active Child Protection Policy;
* promote an active Safety Policy;
* provide coaching in as many athletic disciplines as possible;
* provide a competition programme suited to all abilities and capabilities of members;
* arrange that coaches and team managers are visible to athletes and parents by the wearing of (club provided) jackets and/or polo shirts;
* carry out their obligations re their conduct as set out in their licence agreements with UK Athletics; (coaches and technical officials)
* promote the process of training and qualification of members, parents or supporters who wish to become a coach, or a technical official.

**The club, in return, asks athletes and parents to follow the following code of conduct, by**

* athletes and parents respecting the coaches and officials of the club, understanding that they are all volunteers, giving up their time in order to ensure the success of the club, and the enjoyment and improved performance of the members;
* parents providing the basic clothing and footwear as suggested in this booklet and the athletes following their coaches guidance about wearing it;
* athletes responding to directions given them by their coaches, such as using the track lanes or field area as directed;
* athletes under the age of 18 only training with a recognised training group under the direction of a qualified coach;
* parents and supporters refraining from using unacceptable language and behaviour at training or competitive events. (Unacceptable behaviour includes berating their children with regard to their performances)
* parents and supporters not venturing onto the track or field areas of any competitive or training area;
* parents and responsible adults delivering athletes on time, so sessions can start promptly and collecting the athletes from the entrances of any building or facility being used, not allowing them to cross dark car-parks etc on their own and by not being late in collecting them from sessions/events;
* parents and supporters being prepared to offer their services on club nights and at matches helping the club to provide a full range of services to all athletes. **-**

**MEMBERSHIP**

**New & Prospective Members**

* Open to all, from the age of 9 years old.

**Coaching Groups**

* SNHAC cover all athletics disciplines including sprints, middle distance, all throws, all jumps, long and short hurdles, combined events, disability athletics and youth athletics.

**Subscriptions – Due Jan 1st each year 2023 prices**

* Adults & first schoolchild in a family – Yr 6 & above - £65.00
* Second & subsequent schoolchildren £55.00
* Schoolchildren Yrs 4 & 5 - £30
* Second Claim £25
* Disability (non-competing) - £25.00

**Training Fees**

* Members - £12 a month if training once a week (£24 if training twice) - NB there is a minimum fee of £12 per month

**All Training Fees are paid in advance via BACS**

**WHAT TO BRING/WEAR TO TRAINING**

**Athletes kit bags should contain the following for every session:**

* Water – At least one 500ml bottle
* Healthy Snack – for during/after training
* Medication – Please make sure your coach is aware of medication you need such as asthma pumps
* Spikes – If needed for your event
* Clothing – Appropriate clothing should be worn for the weather. All athletes should arrive wearing layers which can be removed as needed.

**Please ensure all kit is labelled with athlete’s name.**

**ELECTRONIC DEVICES ARE FORBIDDEN WITHIN THE TRACK AREA FOR THE SAFETY OF OTHERS!**

**COMPETITION CLOTHING**

**The following should be worn during competitions when competing for SNHAC. School, County, Country vests are not allowed unless specifically stated:**

* Orange and black vest or crop top (orange with vertical black side panels)
* Black shorts or leggings

**COACHING PROGRAMME**

* **Sprints – 100m/200m/400m**

Dedicated short sprints group that trains Tuesday & Thursday evenings – See Paul Keeble for details

* **Middle Distance – 800 upwards**

Middle and long distance, including road running and cross country who train Tuesday & Thursday evenings. Also steeplechase once a month – See Paul Pickard or Bob Whitten for details

* **Vertical and Horizontal Jumps and hurdles**

A group for athletes wishing to try a variety of athletic events including hurdles and all jumpers who train on Tuesday & Thursday evenings – See Norma Harris or Nick Ward for details

* **Javelin**

Technical Javelin group who train Tuesday and Thursday evenings – See Norma Harris for details for details

* **Hammer & Discus**

Dedicated Hammer & Discus group who train Tuesday evenings – See Steve Feely for details

* **Shot & Discus**

Train on Thursday evening - see Norma Harris for details.

* **Disability**

Group encompassing all disability disciplines who train Monday evenings – See Ros Cramp for details

* **Yrs 4, 5 & 6**

All events Mondays or Tuesdays – see Jess Barber (year 6) or Sandra Reed (Years 4/5) for details

 **The Athlete Development Model**

| **Stages** | **Development Age** | **Description** |
| --- | --- | --- |
| Podium |  |  |
| Performance | Over 17 girlsOver 18 boys | Participation / performance differentiation |
| Individualised physical conditioning, technical/tactical and mental preparation for fitness, performance and/or competition | All physical technical/tactical and mental capacities developed: focus is maximisation of performance in target competitions |
| Specialisation | 15 – 20 girls16 – 20 boys | High intensity sport specific training all year round: specialisation in one event group |
| Event Group Development | 11 – 14 girls12 – 15 boys | Critical period for development, focus still on training and competition goals should be more about process than outcome: Commitment to athletics as a sport |
| Foundation | 9 – 11 girls10 – 12 boys | Emphasis on learning and not on competition, lots of skills work in run-jump-throw programme, frequency and variety rather than intensity |
| Fundamentals | Up to 8 girlsUp to 9 boys | The most important period for basic movement skills; emphasis on developing agility, balance, coordination, running, jumping and throwing |

**Volunteer Programme**

Parents, Guardians and older siblings are asked to offer their services for various volunteer tasks on Club nights and at matches. This is to ensure that the activities which the club is involved in can take place:-

* Assisting at Athletics matches – helping judge events, with qualified officials, helping team managers or collecting results and displaying them at home matches
* Helping with refreshments on a rota at matches and on training evenings (one of the main ways the club raises funds to keep down fees)
* Fund Raising/ Sponsorship
* Assisting coaches – raking pits, moving hurdles, helping with high jump and pole vault bars during training
* Helping with awards night – trophy collection and cleaning
* Supporting committee members in carrying out duties including Induction evenings

**The Club will support any volunteer who wishes to become qualified as a Coach or Official**

**LEAGUE SUMMARIES**

**Summer**

**Track Leagues**

* **Eastern Youngs Athletics league (\*)**

This league is for all athletes who are in the U13, U15 and U17 age groups (Yr 6-11). There are five meetings held once a month between April and August. Athletes can compete in a range of events from sprints, middle distance, jumps and throws. There is an A&B scorer for each event and there are non – scoring opportunities available so everyone can take part. Those clubs who finish in the top 6 go forward to the Final in September and those placed 7 – 12 take part in the Plate Final.

* **The Youth Development League (\*)**

The YDL is a league which caters for U17 and U20 athletes. As well as the usual sprints, middle distance, jumps and throws it also includes long hurdles, 3k and steeplechase events. There are four matches throughout the season.

* **The Southern League (\*)**

The Southern League is our senior league and athletes ages U17 and above can compete. This is a senior league, so all events are carried out using senior weight and hurdle heights. If you are U17 it is important to consult with your coach as to whether this league would be right for you. The events in the league includes long hurdle races, 5K, 3K and steeple chase events as well as the usual sprints, middle distance, jumps and throws. There are five fixtures throughout the season.

* **Southern Counties Veteran League**

This is a vet’s league which is open to all athletes who are aged 35 and over (there is no upper age limit). This league is run on Monday evenings throughout the summer and all events are catered for throughout the league programme.

**Road Running**

* **The 10km Midweek League**

Between May and July, we compete in the local road running league. There are 5 races in different locations around Hertfordshire and Essex. These races are suitable for anyone 15 or over right up to masters athletes, regardless of ability.

**Winter**

* **Chiltern Cross Country League**

There are 5 races between October and February. There are races for every age group from under 11 upwards.

**Throughout the Year**

* **Other championships and open competitions**

Through the year there are a large number of other competitions for track (indoor and outdoor), road running and cross country. This includes the Hertfordshire Championships both indoors and outdoors. Details of many of these competitions can be found on the noticeboard at the track. Athletes are responsible for making their own entries to these competitions.

Free transport is provided by the club for those competing in matches in leagues marked by a \*.

**PLEASE NOTE:-** We ask that all members respond promptly to emails from SNHAC committee members if a response is requested – particularly emails about participation in competitions and requests for help. All teams (both competing athletes and officials) have to be declared in advance of matches.