Welcome to Macclesfield Harriers & Athletic Club
Junior Members’ Information Leaflet

Welcome...

We are very happy to welcome you to Macclesfield Harriers and hope that we can help you develop your fitness and athletics skills while having lots of fun and making new friends in a safe and friendly environment. This information sheet gives some essential information for junior athletes and their parents/guardians. Your coaches will be happy to answer any further questions you may have (feel free to speak to them before or after training sessions).

www.macclesfield-harriers.co.uk
The website is kept up to date with news items, reports and articles published by members

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Coaching of Junior Athletes
Our training session leaders are typically a mixture of coaching assistants and parent helpers. Everybody is a volunteer and giving their own time. Extra volunteer help is always useful, and sometimes critical, to be able to run the full range of activities that we would like. Please let one of the leaders know if you’d be willing to help – no experience needed!

Activities
U11s
Our focus is on ‘Agility, Balance and Co-ordination’, so we have a variety of activities, mainly focussed on run, jump and throw. In winter and when it’s cold we tend to do more running to keep everybody warm, while in summer we may be running, long-jumping, playing ‘games’ and throwing soft javelins, all in the same session. We also tend to bias the activities towards the ongoing competition events at any point in time, ie. track and field events in summer, and indoor sports-hall and cross country in winter.

U13s
We aim to develop further the fundamental skills learned at U11 level and introduce new events including additional throws and jumps, as well as adjusting to increased distance in the running events.

U15s and over
In these age groups we run both multi-disciplinary and focused training sessions, aiming to accommodate those athletes who still enjoy a variety of events and those who have chosen to specialise, eg. endurance, sprints.

Registration
All children must sign the register in the club house at the start of each session, so we know who is present.

Training times
Track
Every Tues and Thurs all year round:
U11s + U13s 6-7pm
U15s and over: 6:30-8pm

Indoor
Oct-Dec, on Tuesday (in the Leisure Centre):
U11 6.30-7.30pm
Safety

When attending training, please park in the upper overflow car park at the back of the leisure centre, but pick children up and drop them off at the club house (up the hill, by the track). We are unable to supervise the children between the car park and the club house, so we request that for your child’s safety you take care of this. Some disabled parking is available adjacent to the club house, if needed.

Safety is our highest priority in all we do, and all coaches/coaching assistants are suitably qualified and DBS-checked. It is important that the young athletes listen carefully and follow all instructions, to ensure that the sessions are safe for all.

Behaviour must be of an appropriate standard.

Please let us know of any medical issues that we should be aware of, or medication needs, verbally and/or on the membership application form.

Competition

We encourage our athletes to compete, and believe that this can be an excellent way of taking athletics participation to the next level. It also helps to develop team working skills.

Participants of all abilities are welcome, and everybody scores points for the team no matter where they find themselves on the results sheet.

After you join the club, you can expect to be contacted by email by the relevant team manager for your child’s age group, advising you of upcoming competitions. Our coaches will also discuss competitions with the junior athletes, and advise them of their strongest events.

Some events our athletes compete in...

**Cross Country**
- North Staffordshire Cross Country League
- Manchester Area Cross Country League

**Track and Field**
- Cheshire T&F League (U11 to Senior)
- Youth Development League (U13/15)
- Northern Athletics T&F League (U17 to Senior)

**Indoor Sportshall**
- North West League (U11 to U15)

**Championships**
In addition, our athletes compete at county, regional and national level in Championship events across a range of disciplines.

Club Kit

Club vests are required for all competitions, and are available at the clubhouse for £15. For all other club kit, including hoodies, please contact Trevor Longman on 01625 871744.

www.macclesfield-harriers.co.uk
What we ask of our athletes

- Arrive on time for training sessions and competitions.
- Demonstrate commitment to training and attend regularly.
- Pass on any communication from the club to your parents or carers.
- Read the weekly flip chart in the track pavilion and check the notice board.
- Act in a safe and responsible manner during training and when competing. Be aware of potential risks, especially when other activities are taking place and obey your coach, team manager or official in charge.
- Compete within the rules, respect your fellow competitors and the officials and their decisions.
- Wear your club vest/shorts/appropriate shoes and any numbers/identifying marks with pride when representing the club.
- Enjoy your sport.

Please Don’t...

- Spit, swear/use inappropriate language in or around the club premises or competition arena
- Use mobile telephones in the competition arena
- Leave the training session or competition arena with anyone who is not known to you. Ensure that somebody is going to pick you up from the immediate area of the session and at the appointed time. If nobody arrives report back to your coach/team manager

What we ask of parents/carers

- Encourage your child to learn the rules and act within them.
- Emphasise to your child that they should listen to and learn from the coach.
- Notify the team manager that you are available for competitions in good time.
- Help your child to recognise good performance, not just results.
- Encourage good sportsmanship.
- Support your child’s involvement and help them to enjoy their sport.
- Never force your child to take part in events, but encourage them to compete for the club.
- Never punish or belittle a child for losing or making mistakes - honest effort is as important as victory.
- Discourage unfair play and arguing with officials.
- Publicly accept officials’ judgements and support your team manager.
- Set a good example by recognising fair play and applauding the good performances of all.
- Use correct and proper language at all times.
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child.
- Consider helping out - at a training session or by undertaking another role within the club.
- Ensure that you collect your child from a training session or an event at the relevant finish time.
- Renew your membership by the annual deadline (31st March), or tell us if you no longer wish to be a member (so that we can invite children who are on the waiting list).