

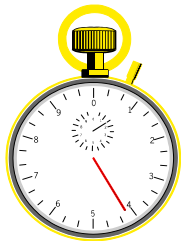
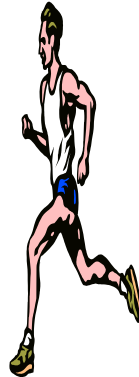
# VALE ROYAL ATHLETIC CLUB

The Club For Athletics In Cheshire

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

INDUCTION BOOKLET  
FOR NEW ATHLETES AT  
VALE ROYAL AC

Written by Neil Templeman  
Vale Royal Athletic Club  
Fifth Edition  
Summer 2005



# WELCOME TO VALE ROYAL ATHLETIC CLUB

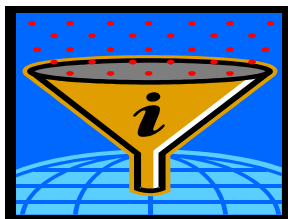
This Booklet has been  
designed to inform  
you of what happens  
at Vale Royal Athletic  
Club  
Please read all about  
your new club!!!!



The club  
hopes that  
you find the  
booklet  
Useful!!!!!!

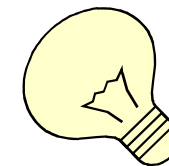
# Index

About The Club	1, 2, 3
How The Club Is Structured	4
The Aims Of Vale Royal AC	5, 6
What Goes On At The Club???	7, 8
Evenings - Training Times	9, 10
Competitions For Athletes	11, 12
Safety Rules	13, 14, 15, 16, 17, 18
First Aid	19
Welfare Officer	20



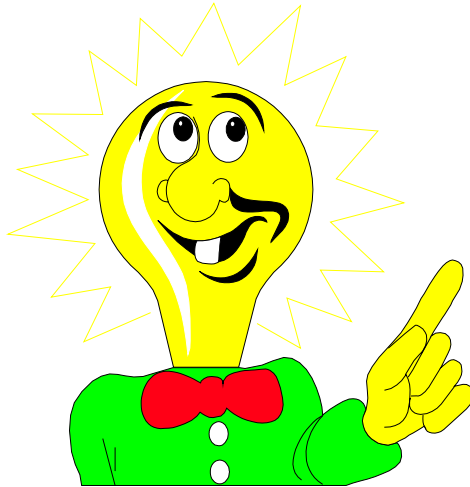
# Index

Coaches At The Club	21
Coaches - (Voluntary Basis)	22, 23
Performance/Development Coaches	24
Club Colours	25, 26
Membership Fees	27, 28
Code of Conduct For Athletes	29, 30
Code of Conduct for Parents/Carers	31, 32
Diversity Statement	33
Other Information About The Club!!!!	34



# ABOUT THE CLUB!!!

The club came into operation in 1994 when two clubs namely Winsford AC and Mid-Cheshire AC merged together to form Vale Royal Athletic Club



Since then the club has never looked back with as many as seven junior international athletes and 3 senior international athletes who have all competed for Great Britain.

Medals have been won at National championships in discus, high jump, where there have been National Champions in 1500m, 800 metres, 2000 metres steeplechase. The club has also had National Champions in the event of 200 metres indoor, by two different athletes.

# WELCOME TO VALE ROYAL ATHLETIC CLUB



The club has athletes who have competed at World championship level with athletes who have competed in cross country, 5000 metres and throws pentathlon.

The club has winners at North of England Championships in the event of throws, jumps, sprints and middle distance events.

The local championships within Cheshire have produced winners at every event apart from pole vault, which is one event the club does not cater for.

The club has a great enthusiasm for the development of athletics in Cheshire.

The Club also has a very strong junior section where athletes in the under 11 age group are involved in the Norwich Shine Awards which is a national scheme of athletics as well as the Under 13 athletes.

The awards encourage athletes to try all events, where the words

'variety' and 'fun' are of upmost importance.

Where do I fit in at the club you may Ask!!!



How Is The Club Structured You Ask???

The Club Is Split Into

Under 11 Athletes (Fun)

Under 13 Athletes

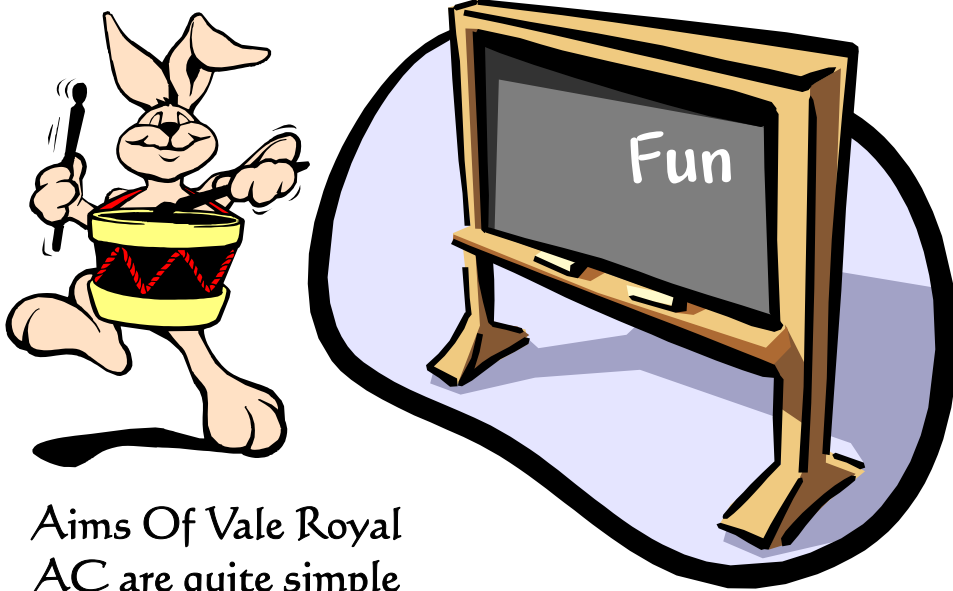
Under 15 Athletes

Under 17/U20 Athletes



The Club has  
Qualified Coaches  
In The Events  
Of  
Jumps  
Throws  
Sprints  
Middle Distance

## Aims of Vale Royal AC



Aims Of Vale Royal AC are quite simple

To provide a good and safe learning environment where athletes can learn athletic skills

To Have Lots of Fun Which is structured around the athlete whilst at the same time working to achieve potential

To participate without undue pressure



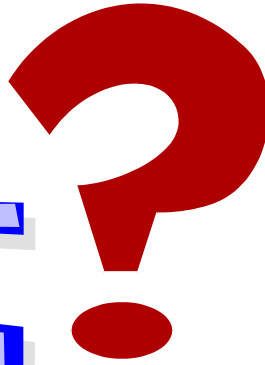
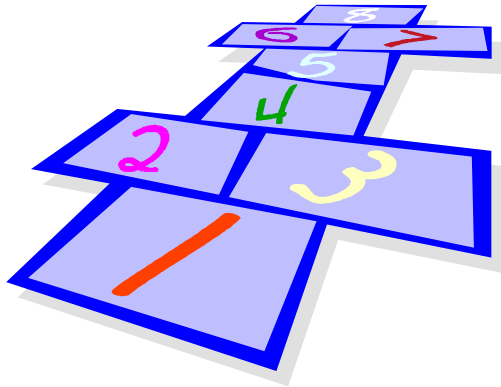
Today many clubs place the importance on winning points in leagues rather than placing the importance on the development of the athlete.

This is where Vale Royal AC differs, the club is not concerned with chasing points for the league matches. The club is concerned about the development of the athlete and this philosophy shows in the number of older athletes the club has.

Many club have lost athletes by the time they are fifteen years of age due to the constant chasing of points at competitions.

Vale Royal AC Coaches have the right idea where athlete development is priority and not the chasing of points.

# What Goes On At The Club???

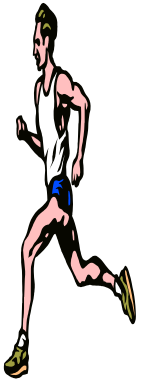
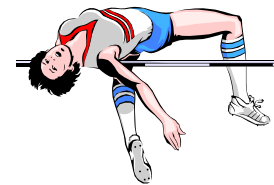


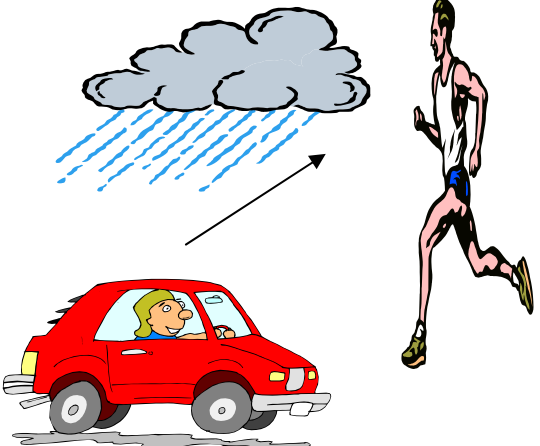
Many different activities go on at the club!!!

Sports Hall Athletics  
Track and Field Events  
Cross Country  
Structured Games  
Fitness Sessions  
Fun & Games Sessions

The best thing to do is to try out as many different events as possible while you are young and then when you are older, pick an event you like and train for it..... long jump or running!!!!

Whilst you are young it is best to try out as many different events as possible....





TRAINING  
TIMES  
FOR JUNIOR  
ATHLETES

**Tuesday Evenings (Winter)**

**Rudheath Leisure Centre**

6.15pm - 7pm (Under 11 Athletes)

7pm - 8pm (Under 13 Athletes)

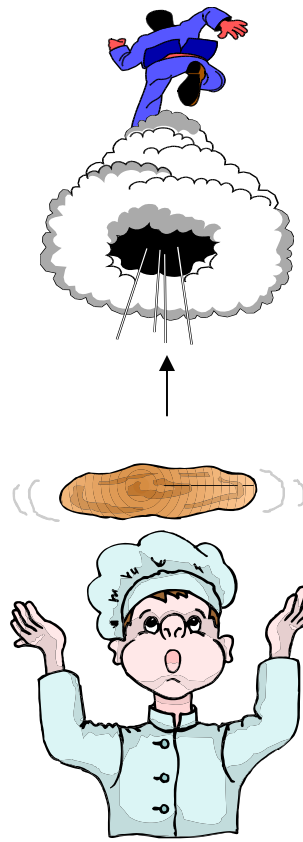
8pm - 9pm (Under 15 Athletes)

**Thursday Evenings (Winter)**

**Knights Grange Track, Winsford**

All Age Groups

7pm - 8pm



**Tuesday Evenings (Summer)**

**Hartford Campus, Northwich**

6.15pm - 7pm (Under 11 Athletes)

6.15pm - 7pm (Under 13 Athletes)

7pm - 8pm (Under 15 Athletes)

**Thursday Evenings (Summer)**

**Knights Grange Track, Winsford**

All Age Groups

7pm - 8pm



## Competitions For Athletes



Competitions are good  
for athletes....

Coaches at the club start with low  
key open competitions at first to  
build confidence

Once the confidence has been  
gained there are other competitions  
locally that athletes can compete in



## What Competitions Can I Compete In???



**CHESHIRE CROSS COUNTRY CHAMPIONSHIPS**  
**CHESHIRE TRACK & FIELD CHAMPIONSHIPS**

**NORTH OF ENGLAND CROSS COUNTRY CHAMPIONSHIPS**  
**NORTH OF ENGLAND TRACK & FIELD CHAMPIONSHIPS**

**BRITISH CROSS COUNTRY CHAMPIONSHIPS**  
**BRITISH TRACK AND FIELD CHAMPIONSHIPS**

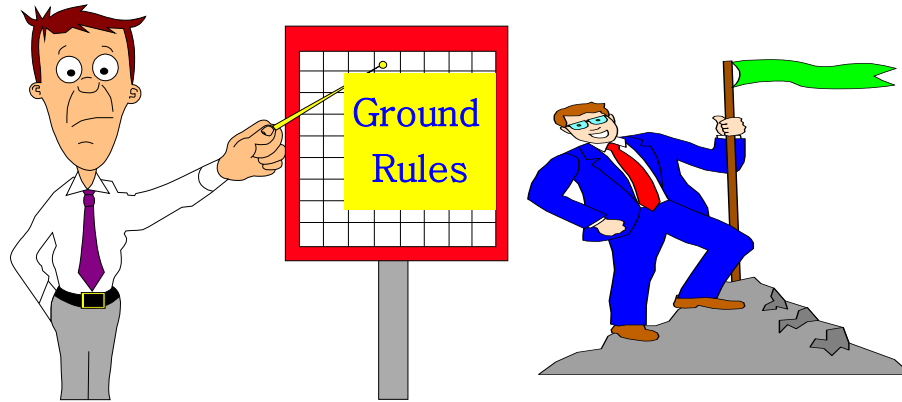
**ENGLISH SCHOOLS CROSS COUNTRY CHAMPIONSHIPS**  
**ENGLISH SCHOOLS TRACK & FIELD CHAMPIONSHIPS**

**CHESHIRE COUNTY RELAYS CHAMPIONSHIPS**  
**CHESHIRE TIGERS AC TRACK & FIELD TEAM**  
**CHESHIRE TRACK & FIELD LEAGUE**

**OPEN MEETINGS**

**SPORTS HALL MEETINGS (UNDER 11/13 ATHLETES)**

## How Athletes Should Behave at Vale Royal Athletic Club



Treat Athletes & Coaches  
How you would like to be  
treated!!!

Tie your laces

Make Sure your name is  
on the register!!!

Be on time for  
sessions

Please do not chew gum!!!

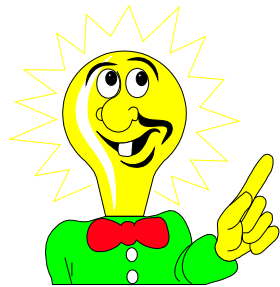
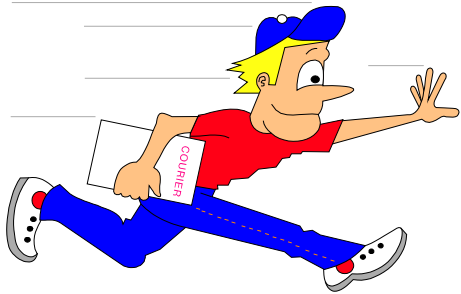
Bring a drinks  
bottle

Encourage others  
To be organised

Ask questions if you don't  
understand

Have plenty of fun!!!

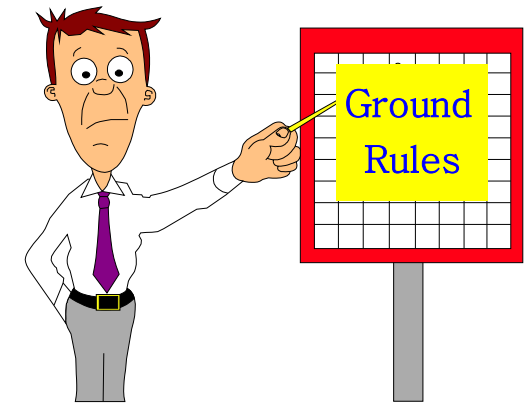
## Other Important Things To Remember Whilst At The Club



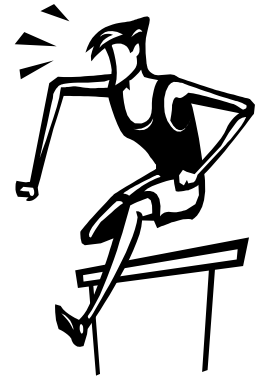
Let the coach know if you have asthma or any other issues that the coach needs to know about

Many sure we have your parents or carers contact details in the event of an emergency

Never wander off from the group you are with - you must stay with your coach at all times



When on the track - look both ways before stepping across any lanes



Use the outside lanes to warm up

Watch out for hurdlers and sprinters travelling at speed



**If someone shouts "track" whilst on the track - please move to the right to allow them to pass on the inside or step into middle of the track**



# SAFETY IN COACHING SESSIONS



## Jumps Sessions Safety Rules

Please make sure you know what you are doing before you jump

Wait for the Coach to say "GO"!!!

Make sure the runway is clear before you start to run

Make sure the coach rakes the long jump pit before you jump

Encourage others to follow the safety rules whilst jumping

# SAFETY IN COACHING SESSIONS



## Throws Sessions Safety Rules

Please make sure you know what you are doing before you throw

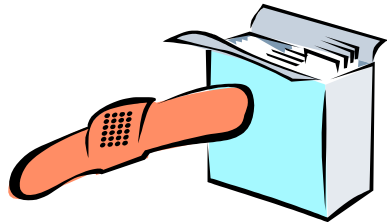
Wait for the Coach to say "GO"!!!

Make sure the area is clear before you start to throw

Make sure you always walk to pick up the javelin and carry in the correct manner

Encourage others to follow the safety rules whilst throwing

# FIRST AID EQUIPMENT



First Aid  
Equipment is  
available at the  
venues where Vale  
Royal AC train.....

**Coaches At the Club trained in  
First Aid**

**Billy Hodkinson**



**Neil Templeman**



*Welfare Officer - Harry Evans*



Each club has a Welfare officer for all athletes and coaches at the club.

The role of the Welfare officer is to ensure good practice is adhered to with regards to coaching sessions and the conduct of athletes in sessions.

The Welfare officer is also an advisory figure within the club for child protection issues and for advice on any other issues with regards to the welfare of athletes and coaches.

# COACHES AT VALE ROYAL AC

The Club has a Coaching System in place where each Coach at the club is Qualified to coach events of athletics.

Each Coach At the club has nationally recognised qualifications from....

UKAthletics (Governing Body)

Where the coach has a reference Number to show that training has been received in coaching athletics.....

Each Coach At Vale Royal AC has been police checked by UKAthletics as this compulsory for all coaches with access to athletes under the age of eighteen

# *Every Single Coach At Vale Royal Athletic Club*

*Donates their time for free....*

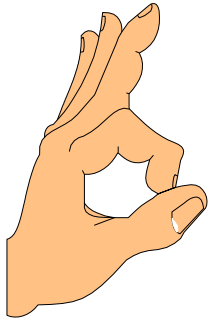
*The Coaches Have a Love  
For Athletics & Do Not Get  
Paid!!!*

*In Return....*

*The Coaches Expect A Good  
Standard Of Behaviour*



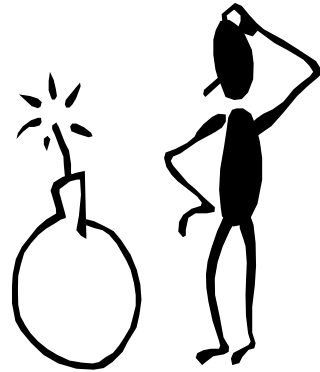
Other Areas Coaches Are Trained  
in.....



**25 coaches are  
trained in child  
protection issues**



**18 Coaches Trained in  
Health & Safety Issues**



**10 Coaches Trained  
In Emergency Life  
Support Skills (CPR)**



## COACHES AT VALE ROYAL AC

**Performance Coach** is someone who can coach in a specific athletic event such as long jump or 800 metres.

The coach can provide specialist coaching in their trained area in preparation for competition at local, regional or national competitions. Performance Coaches can work with any age group, however, generally after the age of thirteen is usual, after the introductory stage is completed and the athlete is ready to specialise in their chosen event/s.

**Development Coach** is someone who can work with athletes up to the age of thirteen where the athletes are introduced to a wide range of athletics events at an introductory level. Photos Of Coaches Are On The Web.



**The Club has a mixture  
of Performance and  
Development Coaches**



# Vale Royal AC Club Colours



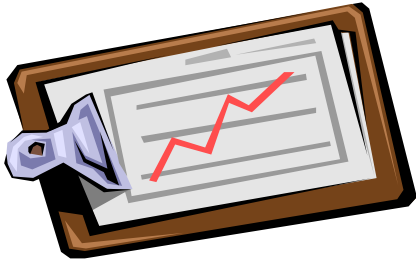
**Club Vest, Waterproof Top, Tracksters**



**Track Suits  
T Shirt  
Crop Top/Knicker  
Shorts**



# MEMBERSHIP FEES FOR THE CLUB



Yearly fee of

£20 For Junior Athletes

£60 for Family Fee

Covers Athletes Insurance Whilst In  
Sessions

## Club Roles - Structure



**Harry Evans**  
Club President  
Club Chairman



**Andy Ault**  
Deputy Chairman



**Dave Stevens**  
Membership Secretary



**Louise McGrath**  
Treasurer

# CODE OF CONDUCT FOR ATHLETES

Always treat others with respect and fairness and do not disrupt training sessions by bad behaviour.

Be organised and on time for training sessions and competitions and ensure you have with you all necessary requirements in terms of clothing and food/drink.

Thank those who help you participate in athletics.

Inform your coach if you are feeling unwell or suffering from an injury.

Inform your coach if you are receiving any other coaching.

Notify a responsible adult if you have to go somewhere and when you will return.

Do not respond if someone seeks private information unrelated to athletics.



Always maintain a clear boundary between friendship and intimacy with a coach, club official or other person with whom you work.

Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer.

Always use safe transport and travel arrangements.

Do not indulge in destructive behaviour and leave athletic venues as you find them.

Never behave in an illegal or irresponsible way.

If you have concerns or suspect a club member has suffered misconduct by someone else tell your parent/carer, coach, club Welfare Officer or Junior Coordinator.

## **Code of Conduct For Parents/Carers**

Verify that the people coaching or managing your child are bonafide.

Take an active interest in your child`s participation.

Attend training and competitions whenever possible.

Ensure your child does not take unnecessary valuables to training or competition.

Know exactly where your child will be at all times and who they are with.

Return a written consent form to the Club Team Manager/ Coach/Official including next of kin details, health and medical requirements before your child goes to any away events.

Inform your child`s coach of any illness or disability that needs to be taken into consideration for athletic performance.

Provide any necessary medication that your child needs for the duration of any trip.

Report any concerns you have about your child`s welfare/treatment to the club welfare officer.

(this does not affect your rights to notify social services or police if you feel a crime has been committed)

Never make assumptions about your child`s safety

## **Diversity Statement**

The Cub is Committed To Equality  
Within the Community

Therefore, a statement has been  
produced

“Vale Royal Athletic Club is  
Committed to the implementation  
Of a policy to achieve equality  
Of opportunity for all coaches,  
Athletes and members of the  
Community it serves.

In doing so Vale Royal Athletic  
Club will actively work to  
Achieve equality regardless  
Of age, skin colour, disability,  
Gender, marital status,  
Sexuality or faith”



**OTHER EVENTS THAT GO ON AT  
THE CLUB ARE...**

**FUND RAISING EVENTS**

**PRESENTATION EVENINGS**

**COACHES VISIT SCHOOLS**

**THERE IS SO MUCH GOING ON  
AT THE CLUB!!!!**

Thanks for reading  
this booklet!!!!!!

