



Huntingdonshire Athletics Club

Welcome Pack for
New Members

January 2010

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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 19th 1967, the remnants of previous attempts 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. At the 1968 AGM, membership was reported at 35 and the following year, club membership had reached 80. There was no turning back now as the club was going from strength to strength. 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.

How do I join the club?

Anyone wanting to join the Club should come along to one of our training sessions on Tuesday and Thursday evenings (7:00 pm to 8:30 pm). The Club encourages athletes to take TWO FREE TRAINING SESSIONS before considering membership. To become a member, simply complete a membership form and hand it, complete with your payment, to your Coach or a member of the Committee. The benefits of membership are that you're able to train regularly on paying the relevant track fees and receive appropriate training in a structured training group. You'll be registered with England Athletics which allows you to compete for the Club in any competition.

All members should know

- Codes of conduct for athletes, parents, coaches (these are included in our Club Constitution and are available on our website: www.huntsac.org.uk).
- Who the Club welfare officer is. See further details ([Child Welfare policy](#), page 10) and the Club noticeboard for details.
- Club track & field etiquette. See further details ([Conduct in training sessions](#); page 7).

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, and a Club newsletter. The committee's actions are guided by the Club Constitution and the Code of Conduct both of which are both posted on the club website and on the Club noticeboard.

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): Regularly check our club website to stay abreast of club matters, to learn of upcoming events, and to get the latest results.
- **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 tracksters. 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 boards in the sports centre building. Additionally, the road runners produce a road running-specific newsletter which is distributed in hardcopy format and is also posted to the website.
- **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: Andy Richardson (asdj.richardson@virgin.net)

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

Club Welfare Officer

The Club Welfare Officer is: Penny Butcher Tel: 01480 869394 or email: pennybutcher@hotmail.co.uk

Coaches

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

TRAINING AND COACHING

Where we train

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

One Centre Track

One Centre
California Road
St. Ives
HUNTINGDON
PE27 6SJ

Telephone: 01480 388555

Tuesday: 6:30-8:30pm U11s from 6:30pm (Juniors & Seniors from 7pm).

Thursday: 6.30-8:30pm U11s from 6.30pm (Juniors & Seniors from 7pm).

Training fees

Training Fees: £1 per session (First two sessions are free. After two weeks, your child will be required to become a member).

Club coaches

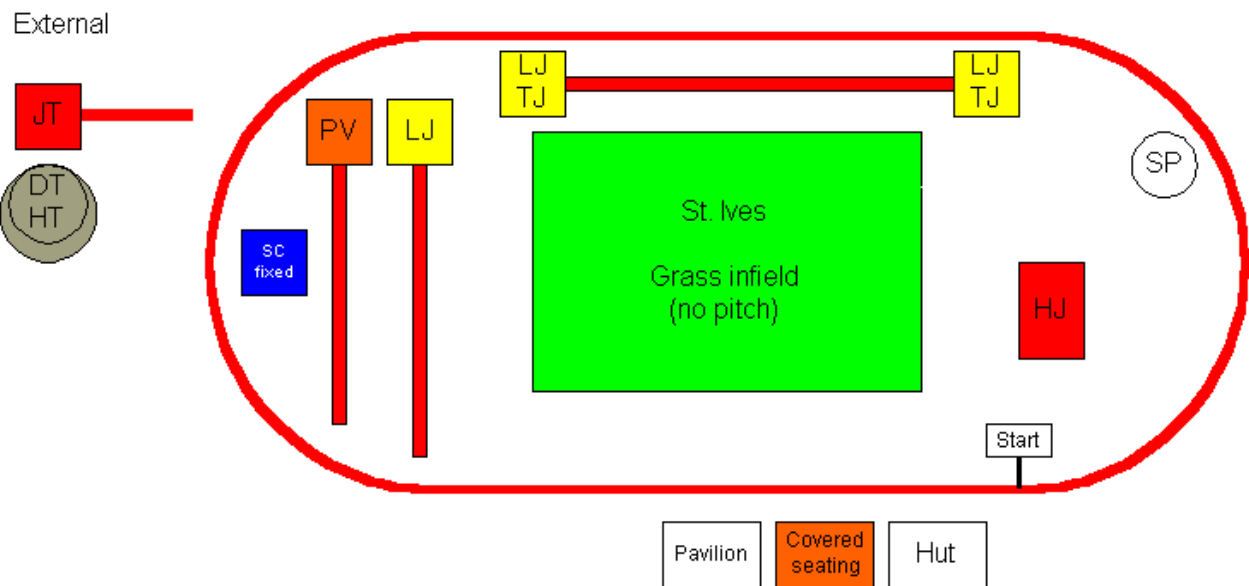
Hunts AC has qualified track & field coaches. The Club is committed to improving the standard of its coaching and regularly sponsors coaches to help them achieve higher levels of qualification. All Club coaches must have a valid UKA Coach licence. Additionally, the Club ensures that all its coaches and volunteers, who work with children, undergo an Enhanced Criminal Record Bureau Check (CRB) in line with UKA Practice.

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).

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

HJ=High jump

SP=Shot putt

SAFETY IN SESSIONS

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

- Don't go onto the grass centre area without the OK from a coach.
- Look out for others on the track.
- Look both ways before moving across lanes.
- If someone shouts 'TRACK', move to the right and let them pass you on the inside or step into the middle of the track.
- Don't stop suddenly on the track.

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 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.

First Aid

- Is available at the Outdoor Centre and several coaches and officials are qualified first aiders.

COMPETITIONS

The Club fixtures booklet (issued twice yearly) lists specific dates for these events as well as details of the team managers for each league.

Competition age groups

Age at 31st August	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.
- All ages.
- Four Sundays in July and August (with a picnic following the last one).
- Gold, silver and bronze medals awarded at a later presentation evening.
- Annual plaque/trophy awarded to highest-scoring athlete in each age group.

Club Cross Country Championships

- Held within home Frostbite League race (U11-U15) and County Champs (U17-U20).
- Medals awarded to first, second and third placed athletes in each age group.

Eastern Young Athletes League

- Five Sundays during the summer track season.
- All events/team competition per age/gender (U13B, U13G, U15B, U15G, U17W, U17M).

East Anglian League

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

Southern Women's League

- Five Saturdays during the summer track season.
- Under 15's up to Seniors/all events/team competition (promotion).

Southern Men's League

- Five Saturdays during the summer track season.
- Under 17's up to Seniors/all events/team competition (promotion).

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 at our track.

Frostbite Friendly League

- Six races on Sundays between October and March at venues in Cambridgeshire.
- Junior races (1.5 to 2.0 miles) are open to all aged 9–15 years.
- Senior races are open to members aged 16+ years.
- Races are off-road/road/mixed road & off road.

Schools Competitions

Cross Country/Track & Field.

School age groups for competition

Age at end of current school year	Competition age
18	Senior
17	Senior
16	Inter
15	Inter
14	Junior
13	Junior

Schools Competitions

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

OTHER INFORMATION

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 and that their participation in athletics should be 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 parents and children to voice any concerns they may have.
- Ensuring that the Club Child Protection Policy is reviewed and updated as appropriate.

The Club's Child Welfare Policy can be viewed on the Club website 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 almost 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.