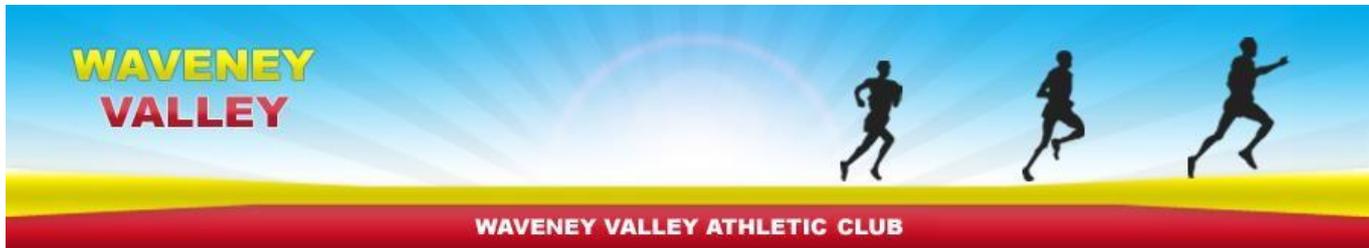


Waveney Valley Athletic Club

Welcome Pack



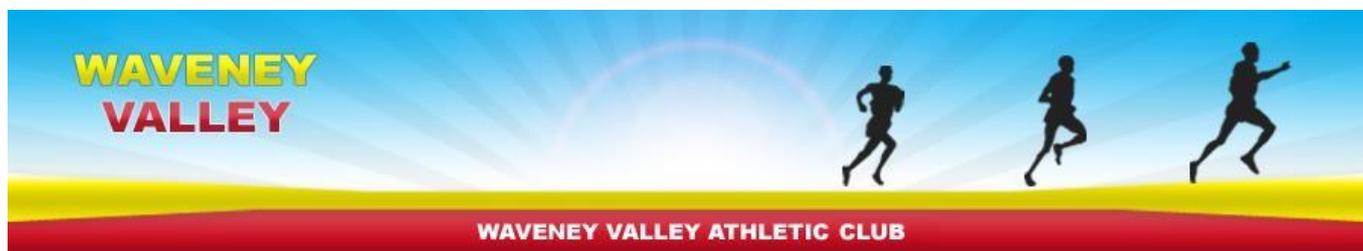


Contents

Contents

Introduction.....	3
Medical Information	3
Injuries	3
Club Committee Members	4
Training times and fees	4
Membership Fees	5
Clothing and Equipment	6
Competitions.....	6
Track and Field	7
Individual distance races and cross country.....	8
Suffolk Sportshall	8
Codes of Conduct.....	9





Introduction

Welcome to Waveney Valley Athletic Club this welcome pack will provide information about our activities.

The club provides opportunities for athletes from the age of 8 to receive coaching and opportunities to take part in appropriate competition. All sessions are taken by qualified UKA coaches that have been DBS checked.

During training we offer coaching to athletes in all disciplines of athletics including running, jumps and throws, until they have reached an appropriate stage of development to specialise. We apply UK athletics development pathway and Athletics 365 and discourage early specialisation until athletes have developed fundamentals skills. If you have any questions about this please speak to a coach.

The club has been accredited to Sport England Clubmark status. This is awarded to clubs who demonstrate they meet the criteria regarding training, safeguarding and protecting children, sports equity and club management. This accreditation is an acknowledgement that we take these issues seriously and we aim to provide a high quality and welcoming environment for all athletes.

We welcome parents and carers to spectate at training and encourage volunteering at competitions, we value any support you can give.

We would appreciate it if the athletes can arrive and depart promptly at the beginning and end of the session. All athletes in the Under 12 session must be collected by their parent or carer.

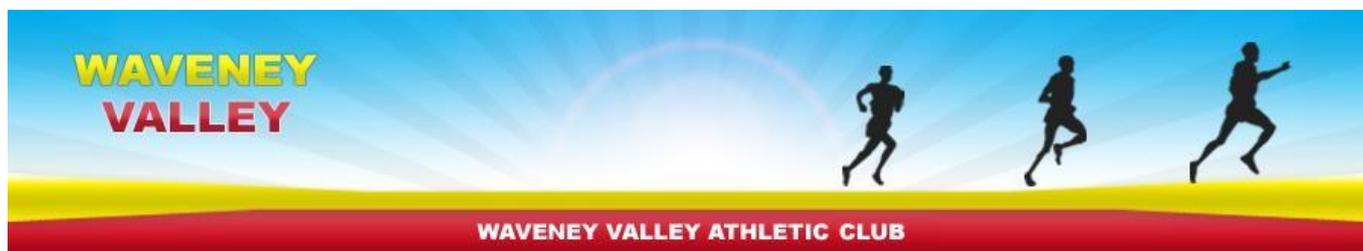
Medical Information

For the safety of the athlete it is important that the club is informed of any medical condition, allergies or injuries.

Injuries

If your child has an injury, please do not send them to the training session without discussing in advance with a Coach. Attending training with an injury can make it worse and can disrupt the session for others. We thoroughly recommend that you seek medical advice via Doctor/Physio before an athlete returns to training after an injury. If you are unsure about whether an athlete is ready to return to training please contact the Coach.





If you would like to talk to someone at the club, your first point of contact should be our Athletics Co-ordinator, or if a welfare issue, our Welfare Officer. Their contact details and are contained in the Club Committee member's page.

Club Committee Members

For more details, please visit our website: [Waveney Valley AC - Club Committee](#)

Training times and fees

Athletics training normally takes place at East Point Academy, Kirkley Run, Lowestoft. During summer training (April to September), training will usually take place outside on the field, during winter training (October to March), training will usually take place in the sports hall or all weather pitch. Exact dates for transition are confirmed by email, nearer the time.

On Monday's during the summery months we may book the track at Wellesley Road, Gt Yarmouth where possible. This provides the athletes with access to a track and throwing cage. Details of this will be shared nearer the time.

Endurance training normally takes place at Lowestoft seafront, however this may change to the track at Gt Yarmouth or the field EPA and details will be provided by the endurance coach.

Training Times:

April - September

Thursdays

Under 12 (U12) training takes place from 6:30pm to 7:30pm

Over 12 (U14, U16, U18, U20 and Seniors) training takes place from 7:30pm to 8:30pm

Athletes will usually be separated by age and ability.

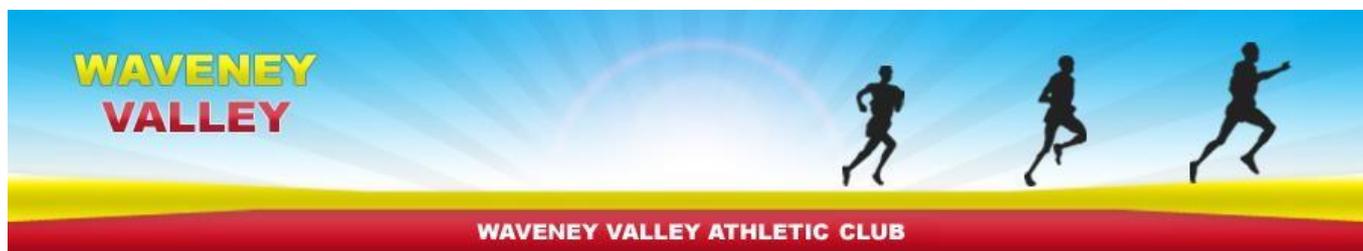
Mondays

U12 training takes place from 6:30pm to 7:30pm

Over 12 training takes place from 6.30pm-8pm

Endurance training takes place from 6:30pm – 8pm (Monday's and Thursday's)





October – March

Thursdays

Under 12 (U12) training takes place from 6:30pm to 7:30pm

Over 12 (U14, U16, U18, U20 and Seniors) training takes place from 7:30pm to 8:30pm

Athletes will usually be separated by age and ability.

Mondays

All training sessions are from 6pm to 7pm

Monday training sessions are for more serious athletes that are preparing to compete. Currently these sessions are open to all who are training regularly on Thursdays.

Endurance training takes place from 6:30pm – 8pm (Monday's and Thursday's).

Membership Fees

For new members, the first 2 sessions are free of charge. If you decide to continue, you will then need to become a member of the club. This currently costs £15 per year for Under 10s and £38 per year for Over 10s (includes a £23 UKA affiliation fee which all athletes reaching age 10 during the training year are required to pay. The club will forward this to UKA on your behalf).

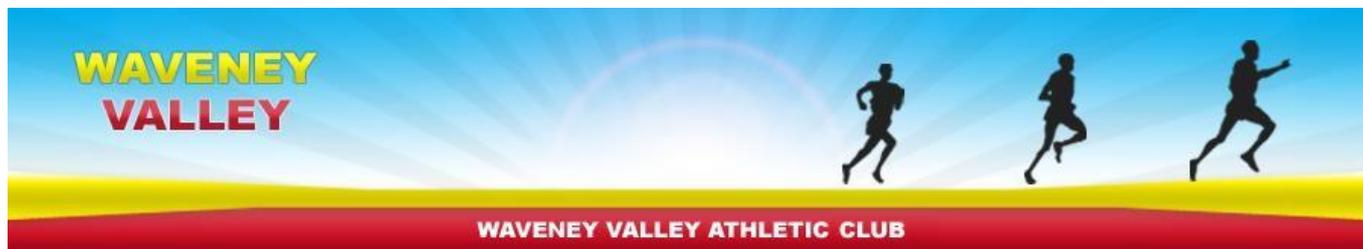
Thursday sessions must be paid in advance by standing order at £12.50 per month. Sessions must be paid regardless of attendance to reserve your place.

Monday sessions are currently at no additional cost.

Membership and training fees are used towards the costs of hiring facilities, purchasing or renewing equipment, training coaches, officials and the general administration of the club. All coaches and officials are volunteers and unpaid.

Cross Country/Road Running Members Only – If the athlete is over 14 and wants to compete for the club in Cross Country or Road races only and does not want attend training at EPA facilities then your membership fees would be the same as the Off Track running members, monthly training fees would not apply. Note the following limitations:





- Any race fees normally paid by the club for Junior members (such as Suffolk Winter XC League) would be chargeable at cost.
- The athlete would not be able to attend training at EPA or Gt Yarmouth Track.

Clothing and Equipment

When representing the Club in competitions, Waveney Valley AC t-shirts/vests/crop tops must be worn.

On training nights, appropriate sports clothing must be worn.

Whenever athletics is being practised, whether training nights or during competition, appropriate athletics/running/sport footwear must be worn. Fashion trainers (e.g., Converse) are not suitable, therefore not permitted.

The Club has all the equipment required for training on Club nights and at competitions.

To see our full range of Club Kit go to our website: www.waveneyvalley.org

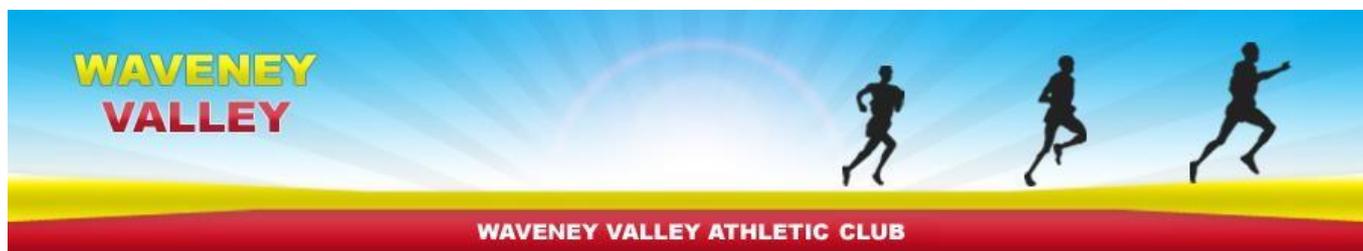
Competitions

The club will enter and compete in various competitions. The club considers competitions important in the development of athletes. We would like athletes to make themselves available for selection, however we fully appreciate that some athletes may not be able to travel or may have other commitments. Once selected and a commitment has been made to compete, every effort must be made to attend the competition and to contact the Track & Field Secretary with **at least 48hrs notice**, if this will not be possible.

We would like athletes to compete in at least four fixtures from the team/club competitions we are focussing on, these are: East Anglian League fixtures, Suffolk Sportshall League fixtures, Suffolk Winter XC league fixtures, Lowestoft Scores Race, and Club Championships - there are around 16 fixtures within these over the season.

The club will compete, or offer athletes the opportunity to compete at a variety of events:





Track and Field

A separate document listing the events, locations, dates and eligibility criteria will be circulated separately.

Here is a brief overview of our usual program:

WVAC Club Championship

This event is usually run on a single day.

Awards are given for each individual event, we would want all members to attend this event if possible.

There is no entry fee for this event.

Suffolk/Norfolk County Championships

A one-off event for awards in individual events. Athletes are usually restricted to a maximum of three events of their choice. Entry fees payable by the athlete. Eligibility to compete at either Norfolk or Suffolk County Champs is dependent on residence or birth.

Note: Athletes who were born in Norfolk but reside in Suffolk can choose either county, but once you make a choice you will need to stick with it as the rules can be prohibitive on changing counties.

East Anglian League (EAL)

A series of usually three league matches located at various locations around East Anglia + a league final normally in Bury St Edmunds during September.

The event is team based by age group, athletes must be 10 years old on the date of the competition.

A team enters a maximum of two scoring athletes per event.

The team is awarded points for both scoring athletes, dependant on performance.

Younger athletes can enter a maximum of three events plus the team relay.

The team composition is by selection by the team manager.

The team manager will call for entrants via email.

Athletes can express a preference for events as part of their entry, but the manger will place the athletes in events as required by the team.

Athletes can participate in events as non-scorers, but the three-event rule still applies.

We would want all members to attend these events if possible.

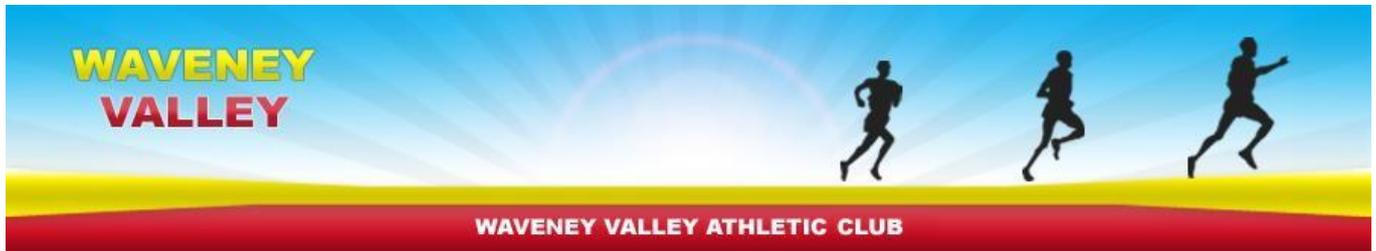
Suitable for all athletes who meet the age criteria.

The club pays for the entry fees for this event.

Open meetings

Various one-off meetings are held with a restricted set of events. Local Open events are usually held early in the season and give athletes to record performances in multiple events.





Suitable for all athletes who meet the event age criteria.

Quadkids

The Norfolk Quadkids series consist of 4-5 meetings. Athletes participate in four events per meeting, a sprint (distance age dependant), 600m, standing long jump and the howler (a rugby ball shaped foam ball with a tail for stability). Athletes are given points per event and there are awards for best total point score per meeting and across the series. These events are suitable for beginners and junior athletes and are good introduction to competitive meetings. Entry fees payable by the athlete. More details via the Athletics Norfolk website.

Individual distance races and cross country

The club encourages participation in several distance running events:

The Suffolk Winter cross country league – a series of cross-country events held across various locations in Suffolk. Athletes enter via a call from club via email. Suitable for all athletes who meet the event age criteria. The club pays for the entry fees for these events.

Lowestoft Scores Race – WVAC organise this event and we encourage any athletes who are up for the challenge to enter! Juniors run a shortened course. Prior to the race we will run training sessions over the course so athletes can familiarise themselves with the event. Entry fees payable by the athlete.

Suffolk Sportshall

A multi event team competition held at various locations in Suffolk (usually Lowestoft and Ipswich) from September through the winter months.

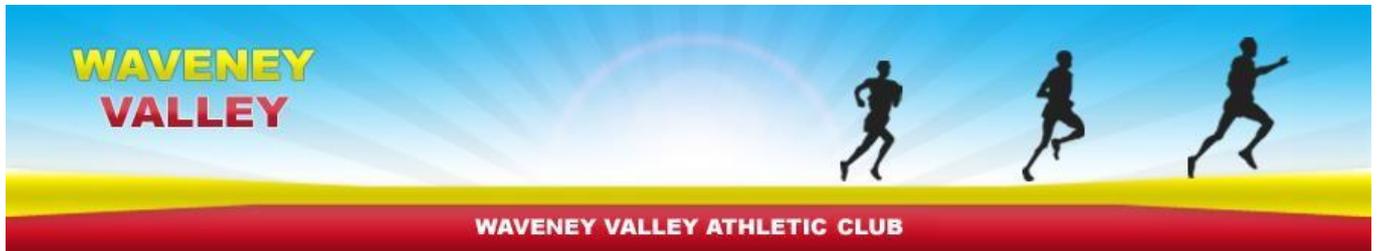
Athletes enter via a call from club via email. We would want all members to attend these events if possible.

These events are suitable for beginners and junior athletes and are good introduction to indoor competitive meetings. Successful athletes may be selected to represent Suffolk in the regional event.

The club pays for the entry fees for this event.

Black club vests/shirts and black shorts/ trousers **must** be worn at club competitions.





Codes of Conduct

The club adheres to and accepts the policies as laid out by England Athletics as follows

[Codes of Conduct - England Athletics Club Hub](#)

It is a requirement as part of the membership process that the athletes sign the Children and Young People Code of Conduct, and the parent/carer sign the Parent and Care Code of Conduct.

