



Birtley Athletics Club Welcome Pack



A warm welcome to Birtley AC! In this pack you'll find useful information and advice, and an application form. As a member, it's important that you adhere to the Club's code of conduct (available on website) to make the club a safe environment for all members. As a club we treat all our members equally, regardless of age, ability, gender, race, sexuality, ethnicity, or religious beliefs.





Club Welfare Officer Details

Welfare Officer 1:

Name :- Stephanie Young

Email :- garystephyoung@yahoo.co.uk



The Welfare Officer will:

- Deal with confidential matters that may arise related to athletes and have an understanding and an appropriate way to such matters.
- Responsible for the promotion of codes of conduct to members, parents and young people.
- Receive, record and pass on to the NGB Child Protection officer, any concerns relating to the welfare of young people and vulnerable adults
- To provide advice on the development of activities for young people within the club/organisation.
- Support the registration of all personnel involved in activities for young people with the club/organisation (CRB checks).
- Recognise the difference between poor practice in according to club rules and matters that would be seen as welfare issue.

BIRTLEY ATHLETICS CLUB (founded 1987)



Club Headquarters	Lord Lawson of Beamish Academy, Birtley Lane, Birtley
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Club nights	Tuesdays and Thursdays at 6.45pm for 7pm start (Additional sessions at the discretion of coaches & athletes)
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Membership fees (Includes North of England Registration fees)	Payable by 1 st May annually
	Adults £60 Family £95 Juniors, u/20 £35 Unemployed & students £35

Nightly subscription	All members to pay £2 per week (1 or 2 sessions) – money to be paid at door and register signed
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Club Contacts	Chairperson	Jeff Southern
	Secretary	Val Baxter 7 Lanchester Fatfield Washington NE38 8SR Tel: 07739097411 Email: birtleyribbons@gmail.com
	Treasurer	Shannel Curtis

Club Website	www.birtleyac.co.uk for news, race dates, and further club information. Find us on Facebook as Team Birtley. Pictures on Team Birtley AC – Just the Photos
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Coaches	<p>The club has a number of UK Athletics qualified coaches who work with the club on a purely voluntary basis. Their drive and commitment help all of our athletes achieve their goals, and make the club the success it is today.</p> <p>A full list of coaches and the qualifications they hold is available on www.birtleyac.co.uk along with the coaching structure, and a list of our qualified officials can also be found there. Many of our coaches have also had training in first aid, child protection and equality and diversity.</p> <p>Copies of our child protection policy are available on request from our welfare officer Stephanie Young.</p>
Code of Conduct	<p>A code of conduct exists for all members and associates of Birtley AC. All codes of conduct are available on the club website www.birtleyac.co.uk.</p>
Club Clothing	<p>The registered club colours are a blue vest with a yellow side stripe, and blue shorts with yellow stripe. Athletes are required to wear club vests in most events – these can be purchased from Lee Drummond, along with club sweatshirts. Hoodies (with athlete name if desired), beanies and lightweight jackets may also be available. Order via our website shop www.birtleyac.co.uk/club-shop</p>
Club Activities	<p>Throughout the year the club competes in a variety of athletics events, road racing and track and field. All upcoming races, events, etc. are displayed on the noticeboard – <u>please check regularly</u>. The club enters teams in Northern and National competitions. A copy of the selection procedure is available on our website.</p> <p>As this is an athletics club, members* are expected to compete (*excludes social members)</p> <p>The club holds various social events throughout the year such as discos and Presentation Night, with reduced price tickets for members. Numerous fundraising activities also take place during the year, with monies raised being used to help finance events and to add to the development fund.</p> <p>Club meetings are held regularly to discuss club business. If you have an item for the agenda email the club secretary (details above). All members are encouraged to attend and have input into how the club is run - contact the club secretary for further details of time and location.</p>



Top tips for new members, and parents of younger athletes

Attending your first proper competition can be daunting, but it needn't be. Here are some tips to help you enjoy the experience!

1. Remember to pack your vest and spikes (if needed) – most events require you to wear your club vest.
2. Arrive in plenty of time - if the race is due to start at 11.30, try not to arrive at 11.25! For league matches, your coaches need to sort out teams on the day, so the earlier you arrive the easier it is for all involved.
3. Look for the Birtley colours and coaches (or our flag + tent at cross-country races). For a lot of the events, Birtley AC will have already registered you, but you will still need to get your number from one of the coaches, and let them know you've arrived.
4. Some events require registration on the night – sign up for the event you wish to compete in, then you will be given a number.
5. Bring a good supply of safety pins to attach numbers to your vest (usually two numbers - one for the front and one for the back = 8 safety pins).
6. Most YDL matches begin at 11.30 on a Sunday and last for most of the day – bring lunch! Most venues have space on grass for chairs etc. if it's a nice day.
7. If transport (or time) is a problem, please remember that our members are very friendly and will help out with car-sharing etc. if possible.
8. Cross-country can sometimes be cold and wet – remember to bring a change of clothing and a big bag for the muddy stuff!
9. Remember to warm up and then cool down after the event(s).
10. Remember, you may not win, but participation is important, and this is especially so in league matches, where the club can gain valuable points for every member who competes. We also gain points for running certain field events – please help out if you're asked to do so by a team manager, or even better – volunteer your services at the start of the match!
11. Results are often displayed on the day (usually near the reporting box), but if not, they can usually be found online – search for the particular event and you will usually find a link to results, www.harrierleague.com for xc, or for a good general site look at www.thepowerof10.info, with athlete profiles, PBs plus links to most main events.
12. Try to perform to the best of your abilities at all times, but more importantly, ENJOY IT!

