



Welcome you to North Somerset's Athletic Club. The next few pages should answer all of the questions you may have relating to the club, training and competing in Athletics.

CLUB BACKGROUND:

In 2004 a small training group was set up in Clevedon by Chris Millard and was attended by just four athletes and by two coaches. There was very little equipment, but plenty of enthusiasm and a desire to improve the opportunities for the young people of the area to take part in Track and Field athletics. Within a few years this training group has grown significantly and there are now well over 350 young people involved supported by over 30 coaches. The club is affiliated to UK Athletics and all the coaches are qualified via UKA. The Club competes very successfully in the Avon and South West Track and Field Leagues and in the Gwent and Gloucester Cross Country Leagues. Training takes place at Clevedon, Churchill, Nailsea/Backwell Weston-Super-Mare and Ashton Court details below.

TRAINING:

North Somerset Athletics Club (NSAC) is a multidiscipline athletic club and trains on the following days at the below venues.

- Monday 6.15 – 7.30pm Backwell or Nailsea School 8-12 yrs Sports-hall & fun athletics
Monday 7.15 – 8.30pm Backwell or Nailsea School 11-16yrs Sports-hall including athletics themed fun conditioning and endurance.
- Tuesday 6 – 7pm Worle School Weston-super-mare 8-12 yrs Sports-hall & fun athletics
- Wednesday 6.45 - 8.20pm Clevedon Sea front Winter months (meet at sailing club). Clevedon School Summer months. 11+ yrs, Speed/Sprint sessions with Chris Millard and endurance sessions with Steve Hollier
- Thursday 5-6pm Churchill School 8-12 yrs Sports-hall & fun athletics
Thursday 6-7pm Churchill School 11-16yrs Sports-hall inc fun conditioning
- Fridays once a month North Somerset Athletics Academy (Invite only).
- Saturday 8.45 - 10.20pm Clevedon School 11+ yrs Speed/Sprint session with Chris Millard and endurance session with Steve Hollier.
Saturday 10.30-11.45am Clevedon School 8-14 yrs Sports-hall & track & field Multi event fun fitness.
- Sunday 10 – 11.30am Ashton Court Estate 8 + yrs XC/Endurance with Steve Hollier

We ask you arrive on time and to bring a drink at each session to. Not properly equipped or late arrival may mean you are not able to participate as having a drink and the warm is important. Codes of conduct for athletes and parents can be found on at the rear of this booklet and on the Website under club information.

THE ACADEMY NSAA:

Your child may at some point be invited to join the exclusive North Somerset Athletics Academy (NSAA) in which case they will receive a letter from Head Coach Chris Millard. This will be for demonstrating a positive attitude, ability and good attendance and where it's felt the athlete can improve further with specific coaching. NSAA has a junior (yrs 4 – 6) and senior (yrs 7 – 10) section each meeting at Churchill School monthly. Details/costs are included in the invitation letter and at www.nsaa.co.uk

COMPETING:

Whilst it is not an essential to compete in events we actively encourage participation. The training is an important part of club life and is geared towards competing in one of the many events that take place in the South West (competition vest would be required and can be purchased at £15). These include the Avon, South West, National Young Athletes League (NYAL) and have athletes competing in an Avon Composite Under 20's track and field Leagues. In endurance/XC the club competes in the Gwent and Gloucester Cross country leagues. The club has been extremely successful in the last couple of years in these competitions and full details of the events and club team managers can be found on the club website if you wish to get involved.

There are also a number of open meetings where athletes can compete in a variety of events. Some of these events include the below where you can find dates and details on their respective websites:-

- Midland Counties events www.midlandathletics.org.uk
- Mendip AC Open meetings held throughout the summer at Millfield school, street.
- Bristol holds 3 summer open meetings for juniors at the Wise Campus track at Filton.
- Exeter Open meetings also held once a month during the summer - www.exeterharriers.co.uk
- Bath AC/Team bath also hold meetings throughout the year in and outdoors.-
- The club also holds an informal summer sports day and two cross country team events, during the year.

All activity or competitions is flagged on the website including details of any necessary entry forms.

WEBSITES:

There are two sites in use that are relevant one for the club (NSAC) and the other relates to the Academy (NSAA) all the information you could need can be found at these sites. With a high number of athletes to keep informed the chosen route of communication is in the form of e-mail and website updates. For matters club related visit www.nsac.org.uk and for the Academy visit www.nsaa.me.uk.

This is where you find all the main navigation links to other areas of the website including news, results, training dates; photo's and even club records.



This is where you will find all the upcoming events such as competitions socials as well a comprehensive list of upcoming events for you to compete in.

The notice board is where all quick communications and reminders are placed such as training cancellations.

COACHING:

The club currently has eight principle lead coaches that are fully UKA qualified who are insured to a level to enable each to run their own sessions. There are another 20 plus UKA qualified assistant and event specific coaches. There are also a number of our young members over 16 years who have gained coaching qualifications which allow them to assist the primary coaches with the younger age group sessions. This adds to their personal development and assists a healthy crossover of ages throughout the club.

The club now runs and in house coaching/Club ambassadors one day course for selected athletes from the ages of 14 to 16years. This is a course to develop young people at the club that are more than capable in assisting the sessions at the club for the 8 to 111 year range but not old enough for the formal England/UKA courses. The club sees this as a way increasing retention of members in the later teen's age range and assist them in with their development into higher education and even employment. The club benefits significantly from trained assistants.

We do not exclude anyone who wishes to take part or join from age 8 and up. This includes disability athletes and several of the coaches have attended a specialist disability coaching course at Bath University. The whole coaching structure is managed by Head Coach Chris Millard. All Coaches have full CRB validation. Please email coaching@nsac.org.uk for all matters training or competition.

MEMBERSHIP & TRAINING FEES STRUCTURE:

In our quest to continue to improve the efficiency in the collection of training fees, we have added options to the standard term payment fees. You can continue to pay term payment fees as in previous years; however, you will also have the option to pay annually. Training fees will remain the same.

We have also separated club membership fees from training fees, as not all members train all year or require competition affiliation. There are five different membership options for the forthcoming season. A more detailed explanation of these changes is given on the attached page.

Membership fees need to be paid at the start of each year or upon joining the club and need to be submitted with the membership form on which you select your membership option.

As part of the membership fee you will receive a membership card which will entitle you to discounts at various shops and venues, as well as Club fun-days.

This will take effect from the new term in January 2012.

Membership Fee's

- Under 11s (school years 3, 4, 5) - £10. This will include a club –t-shirt.
- Over 11s, including seniors - £20.
- Second-claim members - £10.
- Family membership - £40 (3 or more in the same family).
- Social member - £10 (for those who wish to be associated with the club).

All of the above will receive a membership card.

Training Fee's

These will remain at £35 per term; however, the following discounts will apply.

- £5 discount for prompt payment (made before the 3rd week of the term).
- £5 discount for siblings.
- We will also accept annual payment of £90 for ease of payment (This does not include membership).

All fees will be payable either by cheque or by direct credit into the clubs bank account. Bank details will be provided upon request. **Please note that we will not accept cash payments this year.** It is requested that cheques have the name of athlete on the rear.

Example, John Smith an Under 15 athlete will pay £20 membership plus £90 annual training fee - £110 in total. This can be made in one annual payment, if paid together with a term payments it would be £50 for first term and £30 for subsequent terms assuming prompt payment made.

A club membership form can be found on the club website – www.nsac.org.uk in the club information page along with detailed explanation of the charges.

A form will need to be completed and handed in with your payment.

For all membership enquiries contact us on membership@nsac.org.uk

WELFARE:

With so many young people involved at the club we take our child protection responsibilities very seriously. As an England/UKA affiliated club we follow their national guidelines. The club has a welfare officer in Jo Cooksley, who is assisted by Patrick McGowan both can be contacted by email via the welfare page on the website or below email address. More information on welfare on the the website where further details of conduct expectations of athletes, parents and coaches can also be found on the Club Information page.

For any matters of Welfare or Child Protection please contact us on welfare@nsac.org.uk

BACK THE TRACK:

In the summer of 2010 the club launched the 'BACK THE TRACK' campaign to raise sufficient funds and publicity to assist in the creation of our own training and athletics facilities in North Somerset. This is an ambitious project which is gathering support. Full details be found at www.backthetrack.co.uk/

Should you feel you may have something to offer the club or this project and wish to help, please contact us on contact@nsac.org.uk

Kind Regards The Committee 09/2011