



Welcome you to our club, North Somerset's home of Athletics. 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 300 young people involved supported by up to 14 coaches. The club is affiliated to UK Athletics and all the coaches are qualified via UKA. The Club competes locally in the Avon and South West Track and Field Leagues and in the Gwent and Gloucester Cross Country Leagues. Training takes place in the evenings and weekends at Clevedon, Churchill and Nailsea/Backwell.

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.
- Wednesday 6.45 - 8.20pm Clevedon Sea front (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 10.30-11.45 Clevedon School 8-14 yrs Sports-hall & track & field Multi event fun fitness.

We ask you arrive 10 minutes and bring a drink at each session to. Not properly equipped or late arrival may mean you are not be able to participate as having a drink and the warm is important.

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 particular ability in a given event where we feel they can improve further with specific

coaching. NSAA meets at Churchill School monthly and details/costs would be included in the invitation letter.

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 need to be purchased at £15). These include the Avon and South West track and field Leagues and The Gwent and Gloucester Cross country leagues, where we compete against other clubs as a team. The club has been extremely successful in the last couple of years in these competitions.

There are also a number of open events where your child 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:-

- Mendip AC Open meetings held throughout the summer at Millfield school, street.
- 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 two sites. With a high number of athletes to keep informed the chosen route of communication is in the form of e-mail and updates online. Please see below a brief overview of the NSAC site-

NSAC which is for all things club related at www.fitnessontrack.co.uk . NSAA which is exclusively for Academy information at 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.

The screenshot shows the website for North Somerset Athletic Club. The browser address bar displays <http://www.fitnessontrack.co.uk/>. The page features a navigation menu on the left with links for home, news, training, results, records, gallery, sponsors, links, club information, and contact us. The main content area includes a banner for 'NORTH SOMERSET ATHLETIC CLUB', a 'Welcome to North Somerset Athletic Club' message, and a 'Forthcoming Events' section listing dates and locations such as '28/06/2009 Avon League 2, Yate' and '30/06/2009 Tuesday Evening Exeter Open Meeting'. There is also a 'Noticeboard' section at the bottom right. A 'The Meningitis Trust' logo is visible in the bottom left corner.

This is where you will find all the upcoming events such as training updates, cancellations as well a comprehensive list of upcoming events for you to compete in.

The notice board where all quick communications and reminders are placed such as membership payments!

Club Membership and Term Training Session Fees/costs

Training fees are paid in block for each school term and should be paid before or at the first training session of that forthcoming term. Block payments for training fees free up time for the coaches to coach at the start of each training session and assist in paying the cost of venue hire and coach expenses.

Annual membership fee is included in the term payments and spread across the three terms, this therefore simplifies the process for athlete and club management. The membership still requires the completion of a form annually usually in the first term of the year or on joining the club. The membership form can be found on the website, membership ensures affiliation with England Athletics, which is necessary for all UK competitions and insurance.

The cost per term is a modest £30 for the first child, £25 per term for any subsequent child in the same family and entitles your child to train as many times a week as they would like as per the above training schedule. This is a discounted rate for payment in the first two weeks of the term failure to pay within this time schedule means a term payment of £35.

The three terms are:

- Winter/Spring term - January to March.
- Summer term - April to July.
- Autumn/Winter term - September to December.

During the summer holidays Training reduces to just Wednesdays and Saturdays and a £1 payment is requested for each session attended.

There is no payment for anyone coming for the first couple of visits.

Both the membership application and for term payments forms can be found in Club Information tab on the website.

BACK THE TRACK

Finally in the summer of 2010 the club launched the 'BACK THE TRACK' campaign to raise sufficient funds to create our own training facility and indoor track. This is an ambitious project which is gathering support. Full details of this campaign events and money raised can be found at www.backthetrack.co.uk/

Should you feel you may have something to offer this project and wish to help, please contact us.

Kind Regards

The committee