



WSEH Athletic Club Academy Information

- 1) Welcome to the Windsor Slough Eton & Hounslow Athletic Club Academy. The Academy Coaches are Ellie, Gisele, Debbie, Angela, Lorraine and Sarah.
- 2) **Parents of children in the Academy are required to help assist at sessions. You do not need any athletic knowledge to do this.** You may be asked on the day to assist if there are insufficient parent helpers.
- 3) The athletic Academy starts with 2 trial sessions, a Tuesday and Thursday. This is to allow the athlete to experience the Academy set up and see if this is something they are going to enjoy and will suit your child. It also allows us to assess fitness level and behaviour standards.
- 4) After the 2 sessions the athlete may be offered full membership to the athletic club. This is dependant on behaviour, their attitude and showing some dedication to the training. For some this is hard but they have to persevere to improve.
- 5) WSEH is an athletic club **and NOT** a fitness club. A condition of full membership is that athletes compete for the club **on a regular basis**. The expectation is that they compete at least 50% of the club competitions they are eligible for. This maybe in track league matches, indoor home events or cross country, If an athlete avoids competing, their membership will be terminated. There is no refund of club fees in this case.
- 6) If an athlete's behaviour puts others at risk of injury or hurting themselves they may be asked to leave the Academy. There is no refund of club fees in this case. The coaches will not accept messing around, bullying or disruptive behaviour within the Academy squad. The **Coaches are all volunteers** who give up their free time. Athletes are required to respect the Coaches and parent helpers and the rest of the group at all times.
- 7) If the athlete's behaviour or fitness level is not acceptable or adequate they may be asked to come back when older or fitter.
- 8) Training continues throughout the year including half term breaks and school holidays. We only have a break at Xmas and the New Year.
- 9) If the athlete has a preferred event or events please inform the Academy coaches of this after the 2 trial sessions as they may be able to move to an event specific coach depending on age and ability.



- 10) We meet in Club Room and register, be ready to start warm up at **6.30pm**. Session finish time **approx. 8.00pm**. Athletes are the responsibility of parents before 6.30pm and after 8pm. Finish time may be earlier if the weather is very wet or very cold. Sessions may be cancelled at the last minute if it has been snowing.
- 11) Athletics is a year-round sport, training in winter can be tough. Not only with the hard sessions but also difficult weather conditions. If it's raining or cold we will still train. You need to be prepared for this. Athletes that do not attend sessions over the winter training period will not be able to rejoin come the spring.
- 12) All Academy athletes will try different events (weather permitting), All will participate in sprint and/or middle distance running every week. This is for general fitness and the assessment of running capabilities. No matter what event you end up doing (High Jump, Long Jump, Javelin etc.) a lot of running and general fitness is needed to support the technique training. Be prepared for some hard running sessions, but most importantly the athletes should enjoy the training. Many make friends as well.
- 13) The Academy coaches will be constantly assessing the athletes to monitor their capabilities.
- 14) If your child is accepted into the Academy, you will be provided with direct contact details for one or more of the coaches. If your child is unable to attend a training session at any time, please send a text message before the session to help with planning the sessions.
- 15) If you are ill or injured, please don't turn up for training. Just let us know by text. For some injuries we can modify the sessions for the athlete. Just let us know at the beginning.
- 16) If the athlete has any medical conditions that the coaches need to be aware of it is your responsibility as the parent to inform us. For example: asthma, diabetes, autism, ADHD etc.
- 17) Kit suggestions (we are not suggesting you go out and buy lots of kit, try to use items already in your wardrobe):
 - a. ***Proper running trainers, not* fashion trainers, without these you will be unable to take part in the session**
 - b. A drink of water/squash/energy drink, no fizzy drinks
 - c. Layers of clothes that you can take on and off, Tee-shirt, Long Sleeved top, Sweatshirt or Tracksuit Top, Rain Jacket.



- d. Long leggings/Run tights with shorts underneath (not sweatshirt material please), to keep you warm in the cold. Gloves and hat/running headband when gets cold.
- e. Be prepared for bad weather, bring along some dry clothes so you have something warm and dry to travel home in after your session
- f. **IF ATHLETES ARE NOT WEARING THE CORRECT FOOTWEAR OR WARM ENOUGH CLOTHING THEY WILL BE UNABLE TO TRAIN DUE TO THE RISK OF INJURY OR ILLNESS. THEY WILL HAVE TO WAIT IN THE CLUBROOM UNTIL COLLECTED.**

18) **All athletes have to pay an additional track fee** when they use the track which is paid at reception. This fee is paid to the centre and not the athletic club, we all have to pay to use the facilities. **WSEH club membership** is paid annually and covers April to April.