



Windsor Slough Eton & Hounslow Athletic Club Academy Information December 2021

1) The Windsor Slough Eton & Hounslow (WSEH) Athletic Club Academy is for young athletes from the age of 10 up to 15, who think that athletics could be the sport for them but do not know which event(s) they would be best suited to. The lead Academy Coach is Ellie Moore, very experienced and a long-term member of the club as an athlete and coach.

2) The Academy serves as an introduction for young athletes into all areas of athletics covering running, jumping, throwing, which also works on balance, coordination and agility, to enable athletes to grow and develop their confidence and capabilities.

3) Potential Academy athletes starts with two 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 if this will suit them. It also allows us to assess fitness levels and behaviour standards.

4) If the athlete is not yet at the required level of behaviour or fitness, they could come back and re-trial when they are older or fitter.

5) After the two trial sessions if the athlete is at the required level of behaviour and fitness, they would be offered full membership of the athletic club.

6) WSEH is an athletic club not a fitness club. **There are two key expectations of its members:**

- a. To train regularly – which for Academy athletes is twice a week at Academy training nights (Tuesday & Thursday evenings)*.
- b. To compete regularly for the club at athletics meetings (track and field, road running, cross country) – which for academy athletes will mean at least 50% of the track and field competitions that they are eligible for. Fixtures can be found on the club website www.wseh.info

If an athlete does not meet these conditions, their Academy membership will be terminated. There is no refund of club fees in this case.

*At Thames Valley Athletic Centre, Pococks Lane, Eton, Windsor, SL4 6HN

7) All academy athletes will train in a range of events. The aim is to develop them technically and to give them experience of all areas of athletics, i.e. running, jumping, throwing. Finding out what they are good at and what they like, (normally the same thing), is a key aspect of an athlete's time in the Academy.

They will all 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 they progress to in the future (e.g. long jump, high jump, hurdles, javelin etc.) a lot of running and general fitness is needed to support the technical training.

8) The Academy coaches will be constantly assessing the athletes to monitor their development. When they reach potential for joining a specialist event training group, they will be invited to trial with that group, with a view to progressing from the Academy.

9) We meet in a designated area at the track. Athletes are expected to be ready to start warm up at **6.00pm**. Session finish time **approx. 7.30pm**. Athletes are the responsibility of parents before 6.00pm and after 7.30pm. 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. Please note that for safety athletes are expected to be collected from inside the athletics centre.

10) Training continues throughout the year including half term breaks and school holidays. We only have a break over Christmas and New Year.

11) Please inform the coaches if your child is unable to train on occasion, e.g. illness or injury. This needs to be no later than two hours before the start of the session (i.e. by **4.00pm**). This is because the sessions are planned in advance, including groupings and pairings of athletes.

NB: For some injuries, the athlete could still train, because we can modify the session for them.

12) 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, so that we can meet their needs.

13) Parents of children in the Academy are required to help assist at sessions and at club competitions. You do not need any athletic knowledge to do this.

14) Athletics is a year-round sport, training in winter can be tough. Not only with the sessions being focused on hard fitness work, but also difficult weather conditions. **If it is raining or cold, we will still train.** Athletes need to be prepared for this. Athletes that do not attend sessions over the winter training period will not be able to re-join come the spring.

15) If an athlete's behaviour is disruptive or puts others or themselves at risk of harm or injury, their Academy membership will be terminated. 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. Athletes are required to respect the coaches, the parent helpers and the rest of the group at all times.

16) Kit suggestions - we are not suggesting you go out and buy lots of kit, try to use items already in their wardrobe.

a. **Proper running trainers**, not fashion trainers

b. **A bottle of water**, no fizzy drinks

c. **Comfortable sports/athletic kit:**

- shorts for when they sprint, plus tracksuit bottoms and/or leggings for warmth for the rest of the session, especially when it is cold.

- short or long-sleeved top, and a further layer for the warm up and cool down, plus when it is cold, an extra top layer.

d. Bring a **rain jacket** in case it rains (and some dry clothes so they have something warm and dry to travel home in after the session).

e. Gloves and hat/running headband when it is cold.

Spikes are optional, but if you do want to purchase some, please consult with Ellie first, as there are different types of shoes and spike lengths for different events, so it is important to get the correct type for general use.

17) Membership subscription fees:

Membership fees are £75.00 a year. The subscription year is from 1st April to 31st March. Subscriptions for new members joining after September 30th shall be half the normal subscription rate.

Anyone joining from January onwards pays the following subscription year's membership fee of £75 prior to joining, with their membership between their start date and the end of March being free.

There is a one-off joining fee of £50.00, which covers the cost of trials and admin involved in a new athlete joining, plus includes a club vest/crop top, which all members need to own to wear when competing.

There is a fee of £15 a year for registering with England Athletics. The club would do this for you and athletes need to be registered to be able to compete in athletics meetings.

Like other athletics tracks, there are also track fees to pay at club training nights, (£2.15 per session), which is separate to the Athletic Club (i.e. to Thames Valley Athletic Centre), but there is a discounted track card available. The cost is £70 and it lasts for a year. Attending two sessions each week for just 17 weeks covers the cost of it, so getting the card is well worth it!

We believe these fees are one of, if not the cheapest, compared to other local clubs in Berkshire, Buckinghamshire and surrounding counties. No fees would need to be paid until an athlete has a place.