

Welcome to Law & District AAC

# Welcome to...



## What you need to know?

Important information for athletes and parents



# The Club

Law & District AAC is a South Lanarkshire athletics club with its roots in the village of Law, which sits between Carluke and Wishaw, on the boundary with North Lanarkshire. The club is based at Wishaw Sports Centre and The John Cumming Stadium, Carluke. In addition, we offer a weekly training night in Biggar, which provides an introduction to athletics for youngsters in rural Clydesdale.

The club welcomes athletes of all abilities, from age 9 years upwards. We are affiliated to **scottishathletics**, the governing body of our sport in Scotland.

In order to compete for the club, athletes must be a member of both Law & District AAC and **scottishathletics**. The latest club membership information is available on the club website. Membership of **scottishathletics** can be completed online or by phone and is the responsibility of the athlete (contact details below).

## Useful Contacts

|                      |   |
|----------------------|---|
| Wishaw Sports Centre | 01698 355821  |
| John Cumming Stadium | 01555 751384  |
| Scottish Athletics   | <a href="http://www.scottishathletics.org.uk">www.scottishathletics.org.uk</a><br>0131 476 7321 |
| Club website         | <a href="http://www.lawaac.co.uk">www.lawaac.co.uk</a>  |

## Membership

The membership year runs from 1<sup>st</sup> November to 31<sup>st</sup> October. Membership subscriptions are due on 1<sup>st</sup> November. Members joining within the membership year pay a proportion of the annual subscription as set out on the club website. Members are sent a letter or email during October to remind them to renew their membership. The cost of membership is set at the AGM, which is held in October.

# Training Sessions

Normal training times and locations are shown below. All members are eligible to attend any of these sessions.

|           |                               |             |
|-----------|-------------------------------|-------------|
| Monday    | John Cumming Stadium, Carluke | 6.30-7.45pm |
| Monday    | Biggar Playing Fields         | 6.30-7.30pm |
| Tuesday   | Wishaw Sports Centre          | 7-8.30pm    |
| Wednesday | John Cumming Stadium, Carluke | 7-9pm       |
| Thursday  | Wishaw Sports Centre          | 7-8.30pm    |

In addition to the training times above, individual squads may be offered additional training as deemed appropriate by the coach.

During the winter one session is usually moved indoors. Information about indoor training will be provided by the coach when appropriate. On occasion training may be moved to a different venue or cancelled at short notice. In such circumstances we will aim to notify parents/athletes by email, text or via the website.

Arriving late interrupts the session for the coach and other athletes. Athletes are asked to arrive at the training venue in good time and to be ready to train at the start time of the session. Please notify your coach if you are unable to attend training.

## Keeping you informed

It is very important to the club that all its members are kept informed about training, social events, competition opportunities and club development issues. We try to ensure that the website is kept up to date with all this information, and in the years ahead, we hope to develop other online methods for sharing information. Please use the club website and feedback to us your suggestions for improvements in communication.

## Coaching

We have an experienced team of coaches, all very knowledgeable and approachable. If you need information about your own or your

child's training programme please do not hesitate to speak to the coach concerned.

A full list of coaches and their qualifications/experience can be found on the club website.

## Coaching Policy

It is our policy to coach U11 and U13 athletes as a multi-event training group. Athletes will receive coaching appropriate to age and ability in sprints, endurance, throws and jumps. We will discourage athletes from specialising in one event too early, which is believed to be detrimental to the long term development of the athlete.

As athletes develop and move into the U15 age group they may decide to specialise in a particular event or range of events. Coaches will always try to accommodate the needs of individual athletes in arranging training groups and programmes.

## Coaches Code of Conduct

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Law & District AAC coaches follow the UK Athletics Code of Conduct, as set out below:

### **Your coach should:**

- respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability
- place the welfare and safety of the athlete above the development of performance
- develop appropriate working relationships with athletes (especially under 18s), based on mutual trust and respect
- do not exert undue influence to obtain personal benefit or reward
- encourage and guide athletes to accept and take responsibility for their own behaviour and performance and give them as much autonomy as possible
- avoid critical language or actions, such as sarcasm, that undermine an athlete's self-esteem

- do not spend time alone with a young athlete unless clearly in view of others
- ensure that parents/carers know about and have given prior approval in advance if taking a young athlete away from the usual training venue
- respect the right of young athletes to an independent life outside athletics
- adopt safe training regimes appropriate to the age, stage of development and capacity of the athlete
- at the outset, clarify with athletes (and where appropriate their parents or carers) exactly what is expected of them and what performers are entitled to expect from you
- consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited or age-inappropriate substances
- report any accidental injury, distress or misunderstanding or misinterpretation (using a standard accident report form)
- consistently display high standards of behaviour and appearance

Should you have any concerns about the coaching you or your child receives, please address the issue with the coach concerned or, if you prefer, speak to another coach or a member of the committee.

**Any concerns about child welfare can be raised directly with the club's Child Protection Officer. See website for contact details.**

## **Codes of Conduct for Athletes and Parents**

All Law & District AAC athletes and their parents/guardians are expected to adhere to the following codes of conduct:

### **The athlete should:**

- treat others with the same respect and fairness that they wish to receive
- anticipate their own needs, be organised and on time

- thank those who help them participate in athletics
- inform their coach of any other coaching they are receiving
- show patience with and respect diversity in others
- act with dignity at all times
- notify a responsible adult if they have to go somewhere (why, where and when they will return)
- not respond if someone seeks private information, unrelated to athletics e.g. home / school life
- avoid destructive behaviour and leave athletics venues as they find them
- never engage in any illegal or irresponsible behaviour
- **Speak out immediately if anything makes them concerned or uncomfortable (telling parents/carers and or the club's Child Protection Officer) or if a club mate has suffered from misconduct by someone else**

#### **A responsible parent/guardian should:**

- meet the people who are coaching or managing your child and ensure you understand the role each person plays
- take an active interest in your child's participation and communicate with the club and coach in order to understand what training your child's participating in and why
- ensure you are given the opportunity to attend training and competition sessions whenever possible
- ensure that your child does not take unnecessary valuable items to training or competition
- know exactly where your child will be at all times and who they are with
- inform your child's coach of any special needs that should be taken into consideration during your child's training and athletic performance
- provide any necessary medication that your child needs for the duration of any trips
- report any concerns you have about your child's welfare/treatment to the club/regional/national welfare officer

(this does not affect your rights to notify the social services department or police if you feel a crime has been committed)

- get involved with the club and help out at events
- emphasise your child's enjoyment rather than an over-emphasis on winning
- be prepared to ask questions and be happy about the following things:
  - ✓ coaches qualifications and experience
  - ✓ coach should have Child Protection and Health and Safety awareness
  - ✓ name and contact of the adult responsible for the athlete during the session
  - ✓ coach's behaviour towards the athlete and you

The full welfare policy can be read on the club website.

## Age Groups

To compete at any **scottish**athletics registered event athletes must be **at least 9 years of age on the day of competition.**

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The Competition Year runs from 31<sup>st</sup> October in the current year to the following 30<sup>th</sup> September.

Outdoor season 2011 saw the introduction of track and field age groups in line with the International Association of Athletics Federations, IAAF. These new age groups are for national championship events and other **scottish**athletics run events. The age groups are U14, U16, U18 and U20.

### For the 2011 outdoor season:

**Under 14** - Born between 1 Jan 1998 - 31 Dec 1999

**Under 16** - Born between 1 Jan 1996 - 31 Dec 1997

**Under 18** - Born between 1 Jan 1994 - 31 Dec 1995

**Under 20** - Born between 1 Jan 1992 - 31 Dec 1993

**Senior** - Born before 1 Jan 1992

Leagues, open graded meetings and other local competitions will continue for the time being as set out in the following table.

|                             | <b>Track and Field</b>  | <b>Road Running and Cross Country</b>  |
|-----------------------------|---|--|
| <b>Under 11</b>             | Aged 9 or 10 on the 31 <sup>st</sup> August within the Competition Year.  | Aged 9 on the day of competition, or 10 on 31st August prior to the commencement of the Competition Year.  |
| <b>Under 13</b>             | Aged 11 or 12 on the 31st August within the Competition Year.   | Aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year. |
| <b>Under 15</b>             | Aged 13 or 14 on the 31st August within the Competition Year.   | Aged 13 or 14 on 31st August prior to the commencement of the Competition Year.                            |
| <b>Under 17</b>             | Aged 15 or 16 on the 31st August within the Competition Year.   | Aged 15 or 16 on 31st August prior to the commencement of the Competition Year.                            |
| <b>Junior Men and Women</b> | 17 or over on 31 August within the Competition Year, but under 20 on 31 December in the calendar year of competition. | Aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year.                        |
| <b>Seniors</b>              | Athletes aged 20 and over on 31st August prior to the commencement of the Competition Year.                           |  |

Age groups may well change in the coming years. Check the **scottishathletics** website for the latest information on age groups.

# Competitive Opportunities

We encourage all members to compete at competitions that are appropriate to their age and stage of development. Good coaching should lead to confident athletes, keen to compete for their club.

## **Outdoor Track and Field:** April to October

### **Central and South of Scotland Athletics League, CSSAL**

- U11 to Masters
- 3 matches throughout the season
- team selected and entered by Team Manager
- venues all within central belt area
- transport arranged by club

### **Scottish Young Athletes League, YAL**

- U13, U15 and U17athletes
- 3 or 4 matches throughout the season
- team selected and entered by Team Manager
- venues all within central belt area

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### **National Championships**

- U14 to Masters
- athletes enter themselves

### **Open Graded Meetings**

- U11 to Seniors
- athletes enter themselves
- various venues throughout the country

### **Lanarkshire AAA Championships**

- U11 to Seniors
- athletes enter themselves

### **Club Championships**

- U11 to Seniors
- a multi-events competition
- held in September, Wishaw or Carluke
- enter on the day

## **Indoor Track and Field** November to March

### **Scottish Indoor League**

- U11 to U20
- 3 matches from December to March
- team selected and entered by Team Manager

### **Open Graded Meetings**

- U11 to Seniors
- athletes enter themselves
- various indoor venues throughout central belt

## **Cross Country** October to April

All athletes are encouraged to take part in cross country events. The club enters teams in the District and National XC Relay. Individual championships include the Lanarkshire AAAs, the West Districts and the Nationals. Our own XC Championship is decided over a number of races. The list of club championship races is available on the website.

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## **Road races** Throughout the year

Many of our senior/veteran members participate in road races throughout the year. The club runs an annual event in April, the Tom Scott 6K and 10 mile Road Races. For details visit [www.tomscottroadraces.co.uk](http://www.tomscottroadraces.co.uk).

Races for younger athletes include:

- Lanarkshire Road Relay Champs
- National Junior Road Race Champs (U13-U20)

## **Hill Running** Throughout the year

Getting out into the hills can be great fun; very demanding but very rewarding. The **scottishathletics** website has details of all the hill races and junior hill races held throughout the year.

Entry forms and information on other competitive opportunities can be found on the **scottishathletics** website.

# Athlete Progression

Athletes in the U13 and younger age groups should expect to begin in a multi-event training group. This will give them the best all round introduction to athletics and allow them to develop skills and techniques in a range of events at a pace appropriate to their age and level of ability.

Athletes in and above the U15 age group will be placed in a training group that best suits their ability, with coaching tailored to a particular event or range of events as appropriate to the athlete's needs.

**scottishathletics** has established regional squads for a number of events/disciplines. A few of our athletes will achieve the standard required to be selected for these squads and will benefit from specialist coaching and mentoring.

**The Power of 10** is a UK Athletics initiative to improve performance across all track and field events. It is a system for ranking performances against a benchmark performance in each event and age group. Athletes can track their performance against that of other athletes in Scotland or the UK and have a clear target to work towards. For more information, visit [www.thepowerof10.info/](http://www.thepowerof10.info/).

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## Clothing and Footwear

### KEEP WARM AND DRY

Make sure that you wear suitable clothing to each training session: **trainers, tracksuit bottoms, t-shirt and jumper/fleece**. This is Scotland, so a waterproof jacket will be required; and in winter, hat and gloves if you are training outdoors. It is a good idea to bring a large plastic bag that you can put your things into to keep them dry at the side of the track. In warm summer weather you will need to pack sunscreen.



It is very important that athletes' muscles do not get cold straight after training. Better you have extra layers of clothing than not have enough to keep you warm.



## ***Trainers and Spikes***

### **WEAR PROPERLY FITTED SPORTS TRAINERS OR SPIKES**

The type and style of trainers worn is crucial for development and safety of athletes. Choose a shoe that provides adequate support, and that is appropriate for the type of activity undertaken. Most specialist running shops offer a free assessment and fitting service.

Spikes are also very important and athletes should get the correct spikes for their event i.e. sprints, distance, throws. For all round competitors, you can also buy multi-event spikes.

Spikes to be worn on the track must not exceed 6mm (5mm for indoor tracks), and spikes to be worn for cross-countries vary between 7mm to 15mm.

## **Your First Athletics Competition**



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### ***Before the Competition***

- Make sure you have a club vest.
- Know where the competition is taking place and the travel arrangements for getting there.
- Don't break-in new spikes or trainers at a competition. Wear them at training first.
- Bring suitable warm/waterproof clothing and a change of socks/footwear in wet conditions.
- Carry sunscreen with you and something to cover up with.
- Ensure you have plenty of drinks and snacks.
- Bring safety pins to attach numbers.

### ***At the Competition***

- When you arrive at the venue find out where and when to report for your event.
- Begin your warm up in good time for your event.

- Report to the start area in good time.
- Keep warm if there are any delays before the start of your event.
- Congratulate your opponents and thank officials at the end of your event.
- Cool down and stretch after your event to avoid sore muscles.
- Replace lost fluids after your event.
- Keep warm after your event.
- Refuel with something to eat – banana, protein bar etc.

## ***Club branded items***

The following items are available in club colours. Ask at the club desk or check the website for prices and ordering.

- Club Vest
- Crop top
- Tracksuit
- Club T-shirt
- Running shorts



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## **Nutrition and Sport**

There are clear connections between what we eat and health. It is important therefore to establish good nutritional habits from an early age. When training hard, and particularly during growth spurts, an athlete will have higher energy requirements and will need to eat more. We need nutrients in the form of protein, carbohydrates, fat and fibre in order to gain enough energy to build up the body.



### **Eat healthy...**

- Keep to a balanced diet. Plenty of fruit and vegetables (five portions a day). Lots of carbohydrates, e.g. potatoes, bread, cereals, fruit.

- Avoid high fat foods, e.g. fried food, take-aways, crisps, white sauces, croissants, doughnuts, fatty meat, food with more than 4% fat content.
- A diet which is rich in carbohydrates is recommended for athletes who train on a regular basis in order to replenish glycogen stores in their body.
- Choose healthy snacks e.g. baked beans on toast, pasta, jacket potato, energy and muesli bars, banana and jam sandwiches, and dried fruit.

### **And at the right time...**

- Breakfast is the most important meal of the day.
- You should eat within 30 minutes of finishing exercise (including every training session and competition), as this is the best time to refuel muscles and speed recovery (take a banana and a drink to training).
- Get to know your own body and how close you can eat to competition and training. Try to eat 3-4 hrs before. This will ensure that the brain as well as the muscles will have enough fuel for the competition.

## **Fluid and Keeping Hydrated**

It is vital that you drink plenty of fluids every day such as water and other still drinks, especially when exercising. This is because fluid is lost during exercise and a lack of fluids can result in dehydration, which can affect health as well as performance. This is important even with a short exercise session.



It is best to drink water or well-diluted juice rather than fizzy drinks or tea and coffee. A good indicator of being well hydrated is when urine is straw-coloured and plentiful.

Be organised and take drinks to training in a bottle, as suitable drinks may not be available at the venue.

- Drink 500ml 2 hours before exercising
- Drink 500ml for every 40 minutes of exercise - you should ensure you take regular sips throughout your session.
- Continue to drink after exercising for 1 – 2 hours.

## Tips on dealing with injuries

Participating in any sport carries the risk of injury. However, with good coaching, taking good care of yourself i.e. not over training, taking sufficient rest etc, the risk of injury is lowered considerably.



**Rest, Ice, Compression & Elevation** (RICE) is a tried and tested procedure when dealing with soft tissue injuries such as swelling and bruising. The best ice pack is ice crushed into a wet flannel and applied for up to 20 minutes. Repeat every few hours. Rest and only return when fully recovered to ensure that the injury is not aggravated. Always seek medical advice if there is any possibility of a head injury. If in doubt, always seek advice from a doctor or qualified physiotherapist.

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**The club may be able to help with the cost of physiotherapy arising from an athletics injury. Ask your coach for details.**

## Anti-doping advice

Competing in sport *drug free* should be important to all athletes. Athletes and parents of young athletes should be aware of anti-doping rules and medication registration procedures.

It is important that you or your child understands that sport is about performing and competing to the very best of their natural ability. If they use prohibited substances or methods to enhance their performance they are cheating themselves, their competitors and their sport. They will get caught.

## ***Medication and Therapeutic Use Exemption***

Many common medications, including asthma inhalers, contain prohibited substances. If your child is competing in athletics it is important they check that their medication does not contain a substance which is on the prohibited list. You can check the status of medications and substances at Global Drug Reference Online, [www.globaldro.com](http://www.globaldro.com). If a banned substance is present in the athlete's medication the athlete can contact the Therapeutic Use Exemption Service, [tue@ukad.org.uk](mailto:tue@ukad.org.uk), for information on how to proceed. The Anti-doping department of UK Athletics can also offer advice and further information, [antidoping@uka.org.uk](mailto:antidoping@uka.org.uk).

## ***Asthma Inhalers***

Athletes who use an inhaler will need to complete the internal UKA Inhaler registration form to notify UKA of their Inhaler use. The form can be downloaded from the club website or from the UKA website, [www.uka.org.uk](http://www.uka.org.uk).

The UK Anti-Doping website provides detailed information and guidance on all aspects of drug use and sport. Visit the website at [www.ukad.org.uk](http://www.ukad.org.uk).

## **Volunteers and Supporters**

One of the best things about athletics is that it is a sport for all ages, with so many different ways to get involved. Everyone in the family can be included.

The leagues we participate in require clubs to provide track and field officials. We have some qualified officials who generously give their time at these league meetings, but in addition we require parents or older brothers and sisters to come forward to assist officials. If we fail to provide our quota we have points deducted at these matches. In certain circumstances, events will be cancelled if there are insufficient officials.

## ***Have you got a few hours to spare each week?***

We need volunteers to:

- help with club administration
- officiate at league meetings
- assist coaches on training nights
- develop ideas for club recruitment and promotion
- develop ideas for club sponsorship and fundraising
- contribute to the future development of the club

## ***Have you got skills and contacts that could benefit the club?***

We need volunteers with:

- IT skills with spreadsheets, databases, word processing, desktop publishing applications
- Web skills
- Administration skills – record-keeping, book-keeping
- Marketing and publicity skills
- Knowledge of grants and other sources of funding
- Experience of fundraising
- Experience of working with children
- A sports background

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However, more important than skills is ENTHUSIASM. If you are able to contribute to the success of the club please speak to a coach, committee member or leave your name at the club desk.

The **Annual General Meeting** takes place in October. All parents and athletes are encouraged to attend. Parents and older athletes are encouraged to take on some of the administrative responsibilities of the committee.

WITHOUT THE ACTIVE INVOLVEMENT OF PARENTS, THE CLUB WILL NOT BE ABLE TO OFFER YOUNG ATHLETES THE SUPPORT THEY NEED TO ACHIEVE THEIR POTENTIAL.