

HAAC JUNIORS' CLUB EXPECTATIONS



The Club coaches commit a significant amount of voluntary time and effort to ensure that our junior athletes receive the highest standard of coaching and development appropriate to their age and stage of development. In return they expect and appreciate a level of commitment from parents / guardians and from athletes themselves. The hope is that, by working together, through training and competition, all parties will contribute towards helping all of our Juniors realise their full potential, both as athletes and as individuals.

The coaches have set out a list of basic expectations that all Junior members and their parents / guardians should meet, these are described below. Although extremely uncommon, the coaches will consider significant and /or continued breaches of these expectations to be a breach of the Membership contract and could, after discussion with parent / guardian, lead to Membership being revoked; should this be the case then there will be no eligibility for a refund of fees.

Parents / Guardians' Expectations:

To support their child by:

- ✓ encouraging regular and prompt attendance, appropriately dressed for the weather and type of training, particularly warm, waterproof and reflective clothing on winter nights.
- ✓ ensuring athletes are sent to training with the ability to take part in session. Ill or injured athletes should not attend training, the coaches should be informed of any injuries to athletes.
- ✓ ensuring good behaviour at all training sessions, competitions, and social events.
- ✓ encouraging participation in appropriate individual and team competitions. (If your athlete is reluctant to compete, please discuss this with their coach and we will try to work together to find an agreeable resolution.)

In addition, parents / guardians can assist Club Coaches and Team Managers by:

- ✓ ensuring that your child has well organised, prompt and safe travel arrangements to and from training and other athletic events.
- ✓ regularly reviewing the club's TeamApp site. Particularly notifying planned attendance at training and competitions via the appropriate pages.
- ✓ advising club of reasons for prolonged non-attendance at training, missing infrequent individual sessions can be notified by simply selecting 'no' for attending the session on TeamApp.
- ✓ advising Team Manager of prior availability for team competitions.
- ✓ ensuring attendance for team competitions, minimising any call-offs, and advising the relevant Team Manager immediately if call-off is unavoidable.
- ✓ helping with officiating at competitions.
- ✓ helping at coaching sessions.

Scottish Athletics Membership (SA Number):

To be eligible to compete it is necessary for each Junior athlete to be registered with Scottish Athletics. Parents / guardians should register their child on joining the Club, advise the Head Coach of their Registration Number and renew their Membership annually thereafter.

Registration cost £10 per year for U13s, £13 per year for U21s, and is completed online at: <http://www.scottishathletics.org.uk/membership/>

Competition Structure and Entries:

Details of all upcoming competitions are advertised on TeamApp with as much notice as possible. Some entries are completed by the individual, most by the Club and some through the schools – the Competition page on TeamApp will detail how entries are to be submitted and the final date to sign-up. Most events have closing dates for entry which are strictly adhered to.

Last minute call-offs cause significant disruption to the team and often incur a financial penalty to the club, please avoid these unless absolutely necessary. Athletes with avoidable call-offs will be asked to reimburse the Club for competition entry fees.

Athletes:

Competition:

- A primary aim of the Club is to coach athletes to allow them to realise their potential and partake in various competitions throughout the year. Training should be viewed as preparation for competitions. All athletes are expected to make themselves available for selection for all available team events and to aim to take part in the competitions below, commensurate with their age-group and their own level of ability.
- Where necessary, priority selection for teams and competitions will be afforded to those who are training regularly with the Club and are showing dedication and commitment. Athletes must be training with the Club in order to compete for HAAC.

Training:

- All athletes should strive for regular and prompt attendance, appropriately dressed for the weather and type of training, particularly warm, waterproof and reflective gear on winter nights.
- All athletes are expected to show the correct attitude to training and display good behaviour at all times. The coaches give up a significant amount of their time and effort to support athletes and where attitude or behaviour falls below the standard expected parents will be advised. If attitude / behaviour fails to improve then the Club reserve the right to revoke membership. Under these circumstances membership fees will not be returned.
- As stated in the Membership Form: In order to keep our waiting list to a minimum and ensure all Club spaces are fully utilised after 6 weeks of non-attendance, without notifying the Head Coach, membership of HAAC will be considered to be relinquished. Under these circumstances membership fees will not be returned.

Annual Age Group Competition Expectations

U11

- ✓ Central and South Scotland League (3 matches in Summer).
- ✓ Scottish Athletics Indoor League (4 matches in Winter).
- ✓ Open and Local area County Cross Country fixtures.
- ✓ Club Track and Field Championships.
- ✓ Open Meetings (entered as individuals).

U13 / U15 / U17 / U20

- ✓ Central and South Scotland League (3 matches in Summer).
- ✓ Scottish Athletics Indoor League (4 matches in Winter).
- ✓ Youth Development League (3 matches in Summer – U13 & U15 only).
- ✓ County, District and National Track and Field Championships
- ✓ Open and County Cross-Country fixtures.
- ✓ District and National Cross-Country Championships
- ✓ District and National Cross-Country Relay Championships
- ✓ Club Track and Field Championships.
- ✓ Open Meetings (entered as individuals).