

Chepstow Harriers Junior Section

www.chepstowharriers.org.uk

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Welcome to Chepstow Harriers Junior Section (8 - 15 year olds)

We meet every Monday & Thursday (information below), including school holidays, at Chepstow Leisure Centre.

Trial Period

All potential members will have a free trial period of approximately four weeks.

Before attendance please to complete a Medical Declaration Form for each child. At the end of the trial period, we will meet to discuss whether your child will become a full member of the club.

Fees

The fees, due when your child becomes a full member, are as follows:

- Club membership: £10 yearly (from April 1st to 31st March)
- Welsh Athletics membership: £5 yearly (from April 1st to 31st March)

Welfare

All our coaches are trained and qualified volunteers. You can speak to any of them about any aspect of your child's membership and performance. Chris Rees is our Welfare Officer, his role is to ensure the protection, welfare and safety of all club members. If you have any concerns about your child's welfare you can speak to Chris in confidence.

Training

Our training sessions are Monday 6-7 pm, 8-15yrs & Thursday 5.45 - 6.45pm 11-15yrs at Chepstow Leisure Centre.

All parents/guardians are welcome to stay for the session. If you are not staying for the session then -

- It is **essential** that you are on site before the end of the training session in order to collect your child **or** let us know of your arrangements. Our coaches are not responsible for the care and safety of the children after the session has ended.
- Make sure the coaches are aware you are not on site, and ensure that you (or another guardian) can be contacted on the numbers that have been supplied. When necessary give coaches an alternative contact number before leaving site.
- Ensure that you have our numbers in case you need to call us.

Summer/daylight months : Training will take place outdoors on the playing fields at the Leisure Centre and occasionally at Piercefield Park. It is therefore **important** that your child comes equipped with suitable clothing. We suggest that as a minimum your child has a warm top that they can put on at the end of the session.

Enquiries to Junior Co-ordinator Lou Summers via e-mail: juniors@chepstowharriers.org.uk

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Winter months : Training will take place in the Leisure Centre Sports Hall, with the possible occasional use of the outdoor floodlit pitches. You will be informed of where the training is taking place before the night.

It is not advisable to eat for a least an hour before training. Please ensure that children come to training and events with a drink and any medication e.g. asthma inhaler.

More details on the training sessions can be found on the Junior Page of the website. If a training session has to be cancelled at short notice for any reason we will endeavour to contact you by 'phone. Normal communication will be via website & e-mail, please check these regularly.

Races

A key aim of our Junior Section is for members to compete as a team and individually. Our main summer competition is the Welsh Under 15's Athletics League which is composed of six events, the first on April 25th. There are track and field events for Under 11's, Under 13's, and Under 15's.

Our main winter competition is the Gwent League Cross Country. Details of the League can be found on the Gwent League website (www.gwent-league.org.uk). There are a number of different races covering different age categories :

- Novice Girls / Novice Boys (School years 5 & 6)
- Under 13 Girls / Under 13 Boys
- Under 15 Girls / Under 15 Boys
- Under 17 Girls / Under 17 Boys

We will also take part in other competitions. A full calendar of events will be available on our Junior Page of the website. Information regarding events will be supplied as they are available.

It is NOT a compulsory requirement for Juniors to compete in any race or competition. This is a decision for you and your child to make together.

Initial Contact & Communication

For further information regarding Chepstow Harriers Junior Section please contact us via the e-mail address supplied below. General communication from the club will be via our Junior Page on the website and e-mail. **Please check these regularly.**

We look forward to welcoming you and your child to the Junior Section of Chepstow Harriers!

Enquiries to Junior Co-ordinator Lou Summers via e-mail: juniors@chepstowharriers.org.uk

Chepstow Harriers Junior Section

OUR COMMITMENT TO EACH OTHER

The primary purpose of our Junior Section is to facilitate the sporting development of all our young people, with their welfare and balanced life experience as a priority.

All Coaches, Children and Parents have rights and responsibilities that they will agree and sign up to.

As a Junior Harriers Coach:

I will respect the rights of every Junior to participate fully in all Club activities.

I will develop a relationship with children, parents and other coaches based on honesty, openness, mutual trust and respect.

I will demonstrate proper personal behavior and conduct at all times.

I will maintain a high level of competence, and will be committed to best and safest practice.

As a Junior Chepstow Harrier:

I will come to training nights on time, wearing the right clothes and with my shoelaces properly tied.

I will be polite, kind, helpful and considerate to all other Juniors and Coaches.

I will try my best at all times.

I will take care of Club kit.

I will listen to the Coaches and follow their instructions.

I will tell a Coach if something is worrying me, or I don't understand something, or if I am hurt or not feeling well.

As a Parent/Guardian of a Junior Chepstow Harrier:

I will support my child and help him/her to achieve their Junior Harrier commitments.

I will bring my child to the Club and collect them at the agreed times, or make reliable and known alternative arrangements.

I will maintain good communications with the Club Coaches, and will talk to them and listen to them if any concerns arise.

I appreciate that the Club Coaches are volunteers and are committed to the welfare of all Junior members.

Junior
Parent
Coach
Date.....