

Lincoln Wellington Athletic Club



515 Group

Welcome to the 515 group of Lincoln Wellington Athletics Club.

We have athletes from 8-12 years, with an emphasis on good technique and fun!

We hope your child enjoys their time with us and if you have any questions, just ask.

When we meet:

Our sessions run every Thursday from 5:15 to 6:15 pm. We continue to meet during most school holidays but not usually during the February half-term. We also have a two week break during the summer holidays, which we will notify you of closer to the time.

What you will need to wear/bring:

Athletes will need to wear clothes that are comfortable for exercising in and appropriate for the weather. During the winter, please ensure they wear several layers as it gets very cold on the track. They should also have a waterproof jacket.

Please ensure they also bring a still drink to each session.

If you wish to purchase training kit, with the LWAC logo, please download the kit order form from: <http://www.lwac.org.uk/docs/lwac-kit-orderform.pdf> and hand your completed form and cheque into the hub at Yarborough.

Coaches

Alison Dale
Danielle Wasyliw

Janette Dunderdale
Odette Read

Young Coaches:

Megan Ball
Katie Jackson
Paige Martin
Catrina Thomas

Libbie Read
Cameron Reed
Rebekah Ward
Rhiannon Philps

Joining the club

All athletes begin on a four week, free-of-charge, trial basis to decide if athletics and the club is what they expected. For the first trial session, please download and complete a Young Athlete Consent Form from the website, to ensure we have all of your details. Visit: <http://www.lwac.org.uk/docs/lwac-youngathlete-consentform.pdf>

If after four weeks your child wishes to become a club member, please download and complete the club membership form from the LWAC website: <http://www.lwac.org.uk/docs/lwac-membershipform.pdf>
Membership subscription fees will also be due at this time.

Communication

Details of special events, competitions and any changes to dates, venue or sessions, for example due to weather conditions etc, will be posted on the LWAC website. Please visit: <http://www.lwac.org.uk/newslatest.htm>

On the website, you will also find information relating to club procedures and policies at: <http://www.lwac.org.uk/infopack-youngathletes.htm>

If you have any queries relating to the group, club or your child, please either ask to speak to one of the level two coaches or Odette during one of the session. Alternatively, you can email any of us via the LWAC website.

Volunteers

The club is run entirely by volunteers, most of whom are also full time workers with other commitments.

We always welcome new volunteers, especially those who could provide admin, fundraising support or help with specific events and competitions.

Please let us know if you are willing and able to get involved and in what capacity. Additionally, if you have any ideas or expertise in an area which you feel would be of benefit to the group or club, we would be very pleased to hear from you.