



# Lincoln Wellington AC

## Welcome Pack



**Welcome to Lincoln Wellington Athletic Club!** This information pack is intended to give you an introductory guide to the club. If you have any questions not answered here, ask any coach on a training evening or visit the club website <http://www.lwac.org.uk>

### **Where LWAC is based**

Since 1979, the club has been based at the athletics track at Yarborough Leisure Centre on Riseholme Road in Lincoln.

### **Recruitment policy**

LWAC recruits members of all abilities from every section of the community. For safety reasons, we only accept members aged 8 and upwards. They may start competing when they reach school year 4.

### **How much will it cost?**

We don't ask for subs straight away as we appreciate that children may change their mind, but we do ask that after 4 weeks you complete a membership application form and hand it to the coach. Annual membership subscriptions are available on the website. Prices are discounted for new memberships received after April. A 20% discount on subs is offered to parents/carers of junior members who attend the club AGM in November.

### **Welfare**

On the first evening that each junior (Under 18) trains with us, a Young Athlete Consent Form must be completed by the parent/guardian and given to the coach. If your child uses an inhaler for asthma, an inhaler registration form must also be completed. Both forms are available on our website.

The club's Welfare Officer is Alison Dale and she is the first point of contact for any young athlete with concerns regarding anything relating to the club. All concerns raised will be dealt with promptly and confidentially.

### **Coaching Groups**

The club has several different coaching groups: -

- 515 Group
- Induction
- Sprints
- Hurdles
- Jumps
- Throws
- Multi-eventing
- Middle Distance
- Road Running

All of our coaches have been CRB checked.

Dependent on their age and availability for training sessions, all young athletes will begin in the 515 group or the Induction group. Children in these groups will be assessed for ability, stamina and technique. They will learn track & field etiquette to ensure their own safety and to make them aware of other athletes around them. At the appropriate time, young athletes will be referred to more specialist groups within LWAC, to suit their interests and abilities.



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### **Training nights**

The 515 group trains on Thursday evening from 5:15pm-6:15pm and the induction group meets on Tuesday and Thursday evenings from 6.30pm to 7.30pm. Parents must accompany their child to the track to hand them over to the coach and ensure they are signed in on the register; and collect them from the track after training. It is also important that parents make regular contact with the coach in order that both parties are updated on athlete's progress and any other matters relating to training.

Throughout the summer we mainly do track and field work.

We appreciate that the athletes have other commitments and we do not expect them to attend every session but they are welcome to do so if they are able. If athletes are unable to attend for four consecutive weeks you must advise their coach, either directly or via the website. If a coach has not heard from an athlete for four consecutive weeks, they will automatically be removed from the register and their place allocated to a child on the waiting list.

Regardless of how warm it is elsewhere in the county, the track at Yarborough is very exposed and is often very cold. Young athletes are required to wear shorts/leggings and t-shirt for training, with a sweatshirt and tracksuit bottoms over the top. In colder weather, athletes are advised to wear several top layers. Suitable footwear should be worn; spikes are allowed, but must be kept in a boot bag until advised to put them on by their coach. Also a waterproof coat should be worn, if the weather looks inclement. A drink of water should be brought to all training sessions.

If the group goes out on a road run, light clothing and high visibility vests must be worn.

### **Competition**

Athletes have a variety of opportunities to compete, including track & field and cross-country events. The most common starting point is the Lincolnshire League competitions. These are a great way to start a competitive athletics career. We also compete in the National Young Athletes League. In addition, there are various open competitions in and around Lincolnshire. Beyond this are the county championships and onward to regional and national championships. Your coach will guide you and advise you on suitable levels of competition.

A club vest and black shorts must be worn for competitions. If you wish to order a club vest or any other items of kit, please download a kit order form from the LWAC website and hand it in to your child's coach or the hub, with payment.

### **Brief history of LWAC**

The club was formed in 1911 and is one of the oldest clubs in the country and is currently the largest club in the East Midlands region. It has the distinction of being one of the very few athletic clubs who take their name from a pub (the 'Duke of Wellington' in Broadgate) where the inaugural meeting, to form the club, was held. Over the years, the club has produced many fine athletes who have represented England, Wales, Scotland and Great Britain, including a few who have competed at the Olympics.

### **Help wanted**

To allow the club to run effectively, we encourage parents to help us in anyway that they can, maybe as another pair of eyes when we are out road running; helping out at events; coaching, or in an official at competitions. Unfortunately, Lincolnshire is very short of officials and this has resulted in fewer athletes being able to compete in certain competitions. Therefore, if you are able to offer help in any capacity, we would urge you to do so. Coaching and Officials training courses will be paid for by the club after 12 sessions have been completed.

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.

Finally we want all athletes to enjoy their time at Lincoln Wellington, whether they are taking part to improve their fitness, have fun, socialise or to compete at various levels.