

HOLLAND SPORTS AC

<http://www.hollandsportsac.org.uk>

MARCH / APRIL 2011

Greetings to you all from Holland Sports Athletics Club

As spring approaches we are delighted that our membership continues to grow and that the club is again able to support both the Duke of Edinburgh Award Scheme and our competing athletes. This year should see continued improvement in the track condition as various grants will allow us to prevent further deterioration and we hope to build on this with further development of the track. Additional money has also been spent on new equipment and a new run up has been put in place for the long jump and extended to include a triple jump.

We are aiming to achieve a stronger club and to promote our involvement in competitive events by ensuring that all our eligible members compete on a regular basis. We will also continue to encourage new coaches to join and are committed to achieving new coaching levels. Any other members or parents who would like to join us in coaching are more than welcome, although consideration should be taken that this would involve a CRB check.

The increase in membership does mean that we need to make important changes to our training times. These will be as follows:

YEARS 4, 5, 6, 7 WILL TRAIN ON Tuesday & Thursday from 6.30 - 7.30

Throwing for this age group will take place during the session.

YEARS 8 & ABOVE WILL TRAIN ON Tuesday and Thursday from 7.30 - 8.30

Throwing for this age group will take place during the session

AFTER A FEW WEEKS THERE WILL BE A REVIEW AND ANY YOUNGER ATHLETES WHO SHOW A COMMITMENT TO TRAINING WILL BE ASKED TO ATEND WITH THE OLDER ATHLETES. These will be younger athletes who we feel will be encouraged by running with the older stronger athletes.

Membership Cards:

A membership card will be issued to each applying member. This card will solely be used as a way of registering our junior members on a Tuesday & Thursday coaching. The details for the cards will be taken from the returned membership forms.

A replacement card for one that is lost or damaged is charged at £2.

Subscriptions:

Subscriptions enable us to keep putting funding back into the club, all coaches are volunteers, and there are various costs which the membership fees cover including personal & club affiliation fees to the major athletic bodies, club insurances and depreciation.

Following our AGM it was felt that we would be able to keep the membership fees at the same level, but it was felt that in order to cover the various admin costs associated with new members we should introduce a:

JOINING FEE of £5 for junior members and for adults £10.

It was also felt that all existing members who did not renew by **30th April 2011** would pay a **LATE RENEWAL FEE OF £5 PER PERSON**. These fees will not apply to any existing member who renews on time.

As always if there is any difficulty in paying these fees please feel free to talk to Nigel or the membership secretary. No athlete will be excluded on financial grounds.

FOR RENEWALS ONLY RETURN THE SUBS FORM UNLESS THERE IS A CHANGE TO MEDICAL INFORMATION

******* PLEASE RETURN THE TWO FORMS BELOW *******

HOLLAND SPORTS AC

<http://www.hollandsportsac.org.uk>

Subscription Form

1st April 2011 - 31st March 2012

Please complete this form and return with subscription due to the track or post to:

Sue Knight
16 Hurst Green Road
Oxted Surrey
RH8 9AG

Joining Fee per new junior athlete £5
Joining Fee per new Adult member £10
Late Renewal Fee received after 30th April 2011 £5 per athlete

Annual Subscription Rates:

Single junior Member (Under 16):/Student: £20.00

Other membership rates available

Single Adult Member: * £30.00

Family Adult and Junior Membership: * £60.00

Please also complete-HOLLAND SPORTS ASSOC FORM attached

Name of Member D.O.B.....
School Attending School YR.....

Name of Member D.O.B.....
School Attending School YR

Name of Member D.O.B.....
School Attending School YR

Name of Member D.O.B.....
School Attending School YR

FOR ADULT MEMBERSHIP

PLEASE TICK IF YOU INTEND TO COMPETE FOR HOLLAND SPORTS AC 1st
CLAIM

Subscription Amount Due for 1st April 2011

Joining Fee (if applicable) £
Subscriptions Due £
TOTAL CHQ AMOUNT £

(Cheques Payable to: Holland Sports Athletics Club)

FOR HOLLAND SPORTS AC USE

FEES RECEIVED CHEQ _____
EMAIL LIST UPDATED _____
CARDS ORDERED _____
DBI INPUT _____
EMERGENCY CONTACT LIST UPDATED _____
UK AA PORTAL INPUT _____
HOLLAND SPORTS MEMBERSHIP COMPLETED _____

HOLLAND SPORTS AC

<http://www.hollandsportsac.org.uk>

Club Membership Form: MEDICAL

We are very pleased to welcome you to *Holland Sports Athletics Club*

To ensure that we have the correct contact details for you, please insert the information requested below and return this form to Sue Knight at the track or post to address given. If you are under 16 please also ask your parents or guardian to sign this form before it is returned.

We will also use this information to ensure that you are kept informed about club events.

PLEASE COMPLETE ONE FORM PER PERSON

Name:

Address:

Postcode:

Home telephone number:

Mobile:

email:

Date of birth:

Gender: Male Female

Medical information

Please detail below any important medical information that our coaches should be aware of (e.g. epilepsy, asthma, diabetes, etc.)

Name and Address of Doctor..

.....
.....

Emergency contact details

To be completed by parent/carer

Please insert the information below to indicate the person(s) who should be contacted in case of an incident/accident:

Contact name (e.g. parent/carer):

Emergency contact number:

By returning this completed form, I agree to my son/daughter/child in my care taking part in the activities of the club and follow the club rules.

I understand that I will be kept informed of these activities - for example timing and transport details.

I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.

Name of parent/carer:

Signature of parent/carer:

Date:

HOLLAND SPORTS AC

<http://www.hollandsportsac.org.uk>

A FEW IMPORTANT CLUB RULES:

The club does have a written constitution which lists all the rules of attendance but rather than include this document we would like to highlight a few of the important rules that last summer we felt weren't clearly understood by some of our more junior members:

- Children left at the club without parental supervision need to remain within the track perimeter unless involved in the supervised cross-country run. Children may not participate in cross-country training until the consent form is signed and returned.
- Food - Any food (sweets in particular) cannot be eaten during the session.
- Drinks - all children should attend with a bottle of water throughout the year.
- We recommend that long tracksuits be worn as the track is a rough, hard landing and during the winter legs should be covered to prevent muscle strains.
- The Child Protection Officer for Holland Sports is Tanya Shaw
- It is essential that children arrive on time to participate in the warm-up at the start of each session; failure to do so may lead to muscle strain especially during the winter months. Please arrive in time to sign in before your warm up.
- A snack before training would be most beneficial but should be consumed no later than 2 hours before. i.e. 5pm. It is best if this contains easily digested foods such as pasta, many children find a banana also a good source of energy.
- Any mobile phones that are brought to training should be handed in to a coach at the start of training - so they do not become a distraction.
- To comply with Health & Safety, your membership card should be brought each time to training, failure to do this on a regular basis, will unfortunately mean that parents/guardians will be asked to collect you from training.