

MARCH / APRIL 2009

Greetings to you all from Holland 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 will also been spent on new equipment and a cover for the long 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!

The increase in membership does mean that we need to update and organise our records for *all members* the details of the scheme are below and we would appreciate your time in returning the membership and subscription forms to us.

We look forward to coaching you all.

Membership Cards:

A membership card will be issued to each applying member

The details for the cards will be taken from the returned membership forms.

Subscriptions:

Subscriptions enable us to keep putting funding back into the club, all coaches are volunteers and so every subscription received goes into the equipment kitty.

The current system for subscription has been in place for a year now, and has made it much simpler to control; the renewal date for subs is 1st April 2009. If there are difficulties in paying the subscriptions please speak to Nigel, the club will not exclude children if there are genuine reasons for not paying the subscriptions. Although, it is vital that all paperwork is still completed.

The new subscription amounts combine the training fees, club subscriptions and the Holland Sports Association Membership for those adults or family applicants.

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

Subscription Form

1st April 2009 - 31st March 2010

Training Sessions: Tuesday and Thursday 7 pm - 8 pm throughout the year

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

Sue Knight
16 Hurst Green Road
Oxted Surrey
RH8 9AG

Annual Subscription Rates:

Single Adult Member:* £30.00
Single junior Member (Under 16):/Student: £20.00
Family Adult and Junior Membership:* £60.00 *

Please also complete-HOLLAND SPORTS & SOCIAL ASSOCIATION form attached*

Name of Member..... D.O.B

School Attending School YR

Name of Member..... SCHOOL YR.....

School Attending School YR

Name of Member..... SCHOOL YR.....

School Attending School YR

Name of Member..... SCHOOL YR.....

School Attending School YR

Name of Member..... SCHOOL YR.....

School Attending School YR

Subscription Amount Due for 1st April 2009

Total Subscriptions Due £

(Cheques Payable to: Holland Sports Athletics Club)

FOR HOLLAND SPORTS AC USE
FEES RECEIVED CHEQ / CASH
EMAIL LIST UPDATED ____
CARDS ORDERED ____
DBI INPUT ____
EMERGENCY CONTACT LIST UPDATED ____
UK AA PORTAL INPUT ____
HOLLAND SPORTS MEMBERSHIP COMPLETED ____

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:

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:

- 1) 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.
- 2) Food - Any food (sweets in particular) cannot be eaten during the session.
- 3) Drinks - all children should attend with a bottle of water throughout the year.
- 4) We recommend that long tracksuits are worn as the track is a rough, hard landing and during the winter legs should be covered to prevent muscle strains.
- 5) The Child Protection Officer for Holland Sports is Tanya Shaw
- 6) 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.
- 7) 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.
- 8) 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.

HOLLAND SPORTS & SOCIAL ASSOCIATION

MEMBERSHIP APPLICATION FORM

ForenamesSurname

Address

.....

.....

Postcode Telephone No.

Date of Birth Occupation

Reason for Application

Are you related to any Past or Present Member of the Club

.....

Do you participate in any Sport (if so, which)

.....

Are you a member of any other Local Club (if so, which)

.....

Signature Date

Proposer

Seconder (Committee Member to sign)

Please state for which Subscription, you are applying for :-

Single (£5) Couple (£8) Senior (£1)

Youth (£1) (16 to 18 years) Family (£10)

For Family Membership please give name and age of children under 16 years.

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Your application will be considered at the next Monthly Committee meeting. You will then be notified if your application has been accepted.

Payment will be required on collection of your membership fob