



Cambridge & Coleridge Athletic Club

Young athletes' induction meeting

Welcome to C&C

- Established as C&C in 1961 but long tradition before this
- Over 950 active members; roughly even numbers of males and females; 40% under 18
- All athletics disciplines: track and field, road running, cross-country, fell running
- All abilities: we want athletes to be the best they can
- A Clubmark club and a charity



What do we offer?

- Participation whatever your standard
- Developing skills and performance
 - including self discipline and self confidence
- Competition at all levels
- Excellent facilities
- Friendly club mates
- Everything you need for athletics – or guidance on where to find the things you need



What do we expect?

- You should participate fully in the club, including team events and helping out
- You are treated with respect and treat fellow members with respect
- You sign in on training evenings or at events and follow the **athlete's code of conduct**
- **You are safe** – look at the welcome booklet especially points 3 and 4 in section 2



Young athletes' training

- Athletics is a late specialisation sport
- Under 13: running, jumping and throwing
- Under 15 more specialisation if desired
- Under 17 choose event groups(s)
- Also community clubs for school years 3-6
- Child protection policy and welfare officer



Training details

- Summer, Monday, University Track
 - **U13s**, 6.30-7.30, 3 groups – run, jump, throw, choice
 - Options on other days for year 7s if appropriate
 - **U15s and U17s**, 7.30-8.30 - run, jump, throw and specialist groups
- Winter, Monday, University Sports Centre
 - Sports Hall activities; **U13** 6.00-7.00; **U15** 7.00-8.00
 - Endurance option for year **7- 10** (6.30-8.00)
 - **U17** and older train on other days in coaching groups



Coaching

- **What can you expect from your coach?**
 - Please look at the coach responsibilities and code of conduct on the web site www.cambridgeandcoleridge.org.uk/about-us/guidelines-and-documents or in the booklet
 - All coaches are volunteers and are trained and CRB/DBS checked
- **What should your coach expect from you?**
 - Please look at the athlete code of conduct on the website or in the welcome booklet



Young athletes' competitions

- We want athletes to compete regularly
- Summer
 - Eastern Young Athletes League
 - Anglian League
- Winter
 - Frostbite Friendly League
 - Essex Cross-country League
 - Sportshall competitions
- County, Regional and National Championships



Support from parents/carers

- Drop off and pick up children promptly inside the facility
- The club is run entirely by volunteers - please let us know the things you are prepared to do, and any special skills you may have
- Go and watch what's going on (and join in)
- We also have a **code of conduct for parents**. Please see www.cambridgeandcoleridge.org.uk/about-us/guidelines-and-documents or the booklet



What happens now?

- An induction group of three sessions
 - **Check in at the information desk at the training time for your age group**
- Join on line, by the date specified, at <http://www.cambridgeandcoleridge.org.uk/joining/how-to-join>
- Activities for parents – watch, help, join the running group, drink coffee, eat cakes, chat.....



Further information

For information about what's going on at C&C,
and to join, go to

www.cambridgeandcoleridge.org.uk

