



# Junior Academy

## Purpose

The key purpose of the Junior Academy is to introduce young people to the variety of Track and Field activities and the sport of athletics in general.

The goal being to develop a life-long love of physical activity and in particular athletics through coach-led training, age appropriate competition and introduction to volunteering opportunities such as coaching, officiating or team management at competitions.

## Who

The academy is the only route into C&C for athletes at least 10 years old and defined by the athletic age-groups of under 13 (U13) or under 15 (U15) – as defined by their age on 31<sup>st</sup> August in the current athletics season (starts 1<sup>st</sup> October in the prior calendar year). This will normally be for children in school years 6 to 9. We cannot accept anyone in year 5 or below before the summer holiday just before they enter year 6.

## When

Every Monday evening except public holidays, February half-term or October half-term. The training sessions continue through school holidays except for a Christmas facilities closure by the university.

## Joining C&C and the academy

All prospective members who fit the age criteria, including those who towards the end of year 5 at school, may request to be put on the waiting list by emailing [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk).

For fairness and safety, it is not possible to 'just turn up' and have an induction session. We invite young people from the waiting list for induction when we have capacity and resources. The Junior Academy is popular and wait time is dependent upon demand and resources. Ideally, wait time will be less than 3 months but waiting longer is not uncommon.

## Induction and Joining

Once invited to an induction, a fee is payable to cover C&C's costs. An introduction to the club and its expectations is given to parents/carers; and the young athlete is given at least 2 weeks of introductory activity on 2 consecutive Monday evenings. After this, those who wish to continue are asked to become members of the club which involves an annual fee to cover club costs and an England Athletics affiliation fee. Anyone with special financial needs can apply for assistance through [membership@cambridgeandcoleridge.org.uk](mailto:membership@cambridgeandcoleridge.org.uk)

## Training Seasons

The Junior academy operates "winter" and "summer" training seasons.

### Winter

From the Monday after October half-term to the Monday before February half-term, training is possible in the University of Cambridge Sports Centre at Philippa Fawcett Drive, Cambridge CB3 0AS. These 1 hour sessions start at 6pm for Introductory training and 6:30pm for the progression groups.

### Summer

From the Monday after February half-term to the Monday before October half-term, training is based only at the University of Cambridge Track at Wilberforce Road, Cambridge CB3 0EQ. These sessions start at 6:30pm for Introductory training and 7:30pm for the progression groups.



## Methodology

The Junior academy is the first step on an athletic development journey with an opportunity to progress to more event specific training within the academy after (typically) two years; and then progression to specialist training groups on other days that C&C provides training (typically on the transition to under 17).

### Introductory Training

It is expected that all athletes whether U13 or U15 will join the introductory training sessions after initial induction. U13 athletes would normally be expected to stay in this training until they are U15. New U15 members may stay 1 season or less by exception.

The introductory training provides a vital foundation for a young athletes development and should be bypassed only in exceptional circumstances with the agreement of club coaches.

In Winter, the indoor training will involve rotation around different activities during each training season.

In summer, athletes will be allocated to groups A, B or C (usually alphabetically by surname). Each week, each group will be allocated to a different training activity: Run, Jump or Throw according to the following 4 week repeating schedule, for example:

	<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
<b>Week 1</b>	Run	Jump	Throw
<b>Week 2</b>	Jump	Throw	Run
<b>Week 3</b>	Throw	Run	Jump
<b>Week 4</b>	Free choice: Run, Jump or Throw		

Where Run is sprints or middle distance, Jump is long jump or high jump; Throw is shot putt, discus or javelin – **All subject to coach availability.**

In winter, introductory athletes should be booked onto the 6pm session online. In summer, introductory athletes should be booked onto the 6:30 mixed group online and on the evening, go to the registration “desk” to sign in where it will be confirmed which activity they are doing that evening.

### Progression Training

Athletes will only move to progression training after a conversation with an event specific coach who agrees the athlete is ready and invites them to their group – as demonstrated by their commitment to training; their attendance at a reasonable number of summer competitions and their behaviour and attitude at training.

At this stage athletes will be training with a coaching group every week, for example: sprints, middle distance, heavy throws, javelin, horizontal or high jump – **All subject to coach availability**

In winter, progression athletes should book onto the 6:30pm indoor session or their event specific outdoor group. In summer, progression athletes should book into their event specific group at 7:30 – they are allowed to be booked onto the rotations at 6:30 as well if they wish to do both and there is room.

## Drop-off / Collection of Young Athletes

See the Drop off and Collection Policy:

<https://www.cambridgeandcoleridge.org.uk/wp-content/uploads/2018/08/Drop-off-Collection-policy-Juniors-v1.pdf>