

St Helens Sutton Athletic Club



Welcome Booklet

St Helens Sutton Athletic Club
Sutton Leisure Centre
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1. Welcome

The Committee of St Helens Sutton AC would like to wish a warm welcome to all new members and those considering becoming a member.

We are elected annually to manage the Club and our aim is to provide a friendly and successful Club where local people can experience and enjoy our great sport. The Committee acknowledge all of the hard work that the coaches, parents and athletes put in. We could not run the Club without volunteers and their help is very much appreciated.

We are based at Sutton Leisure Centre, where we have access to all of the facilities needed to run a successful Club. We cater for all ages and abilities from 8 to 80, competing in Track and Field, Road Running, Cross Country and Sports Hall. We have a number of excellent, qualified coaches to assist athletes of all abilities to achieve their individual goals and reach their full potential.

All of our training groups are carefully organised and managed so they are small enough to give each athlete individual attention yet big enough for athletes of similar strengths and abilities to work together.

We believe in a hands on approach, and if there is anything that any member of the Club would like to discuss or wants addressing, we would be pleased to hear from them.

The Club is here for the athletes and all those involved in their development, and we will do all that we can to assist along the way.

We hope that you find this welcome pack interesting and look forward to training and competing alongside you soon.

Warm Regards

St Helens Sutton AC Committee

Email: info@st-helens-sutton.co.uk

2. Club History & Affiliations

St Helens-Sutton Athletic Club was created in 1990 following a merger of Sutton Harriers, Pilkington Harriers and St Helens A.C.

Sutton Harriers was formed in 1899 and within seven years had won the National Cross Country Championship. Immediately after the Second World War, they won the title four years out of five between 1947 and 1951. The club's President, Billy McMinnis, is the last surviving member of that legendary team.

In 1979 Sutton won its sixth National cross-country title when the Under 13 girls' team took the crown at Runcorn. During the 1970's and early 1980's Sutton had developed a strong track presence with the ladies team winning the Northern Track and Field League title and reaching the UK Qualifying match on four occasions. The men's team also reached the first division of the Northern League.

By the early 1990's the architects of those successes had left and, along with many other clubs, Sutton suffered a decline in membership. St Helens A.C, which has been formed in the late 1970's, had performed well in men's road running but had failed to develop in other areas. Therefore, the two clubs decided to pool their resources in the interests of athletics in St Helens as a whole and form a single unit for all the town's athletes.

In 1996 the club moved its base to Sutton Sports Centre, Elton Head Road, where an all-weather track had been laid. It continues to operate from the track where it meets for club training nights.

The club has a number of Life Members, awarded for services to the club and, when appropriate, on achieving international standard in club (not schools') competition. The current Life Members are Billy McMinnis; David Forrester; Tony Raffle; John Irwin; Trevor Prescott, Dr Phil Thomas; Ray Vose; Ken Wilcock; Julia Hayes.

The club is affiliated to UK Athletics and works with other government and sporting organisations.



3. Membership & Subscriptions

To continue to operate to such a high standard and to offer athletes an opportunity to train and compete regularly there are a number of pre-defined financial commitments that we must meet. These include track fees, league fees and insurance costs.

We cover these costs by asking athletes to pay an Annual Membership Fee and Subscriptions when they train. **Failure to register as a member may mean that an Athlete is not covered by the Club Insurance Policy and cannot compete in competitions as a member.**

Once registered, members are able to vote at the AGM or apply to join the committee which administers the club and arranges the various events and training schedules. You will receive a copy of the club constitution which explains the rules and your rights as a member in more detail. And finally you will receive UK Athletics Affiliation which often enables you to enjoy reduced fees for competitions.



Current Annual Membership Fees & UKA Registration are:

Adults	£16.00
Juniors & Students	£11.00
Under 9's	£6.00
Family's	£27.00

(two members plus £5 for each additional member over 10 years)

Subscriptions are paid before each training session in the Club Room. Current Subscriptions are:

Per Athlete	£1.00 for members, £2.00 for non members.
Per Family	£2.00 (2 or more people), £4 for non members.

We would ask that new Athlete's apply for membership as soon as possible after attending a couple of training sessions.

4. Next Steps & Essential Information

There are a number of things that a new Member needs to be aware of and to do; and in the case of Junior Members, there are also a number of things the parent or guardian has to be aware of and do. This is all aimed at ensuring that the Club can make the environment safe and legal for all its members but particularly its junior members.



All Members (and in the case of Juniors their parent/guardian) should:-

- Be committed to compete individually and on behalf of the club as much as possible.
- Read the Athlete / Personnel / Parent Code of Conduct on the web site or in the clubhouse.
- Advise the Club of any change in their details (addresses, emergency telephone, medical details etc. as they may occur)

All Members (and in the case of Juniors their parent/guardian) should know:-

The Codes of Conduct for Athletes, Parents, Coaches and Club Personnel

- Where and when to check-in for training registration?
- Where to assemble just prior and after training?
- Who their coach / coaches for a training session are?
- Contact Details for the coach / coaches in case of emergencies and to keep in touch regarding events?
- Who the Club Welfare Officer is and who the deputies are?
- Who the Club First-Aiders are?
- What the Club track and field etiquette is?

If in doubt please ask a member of the Committee at the Club at any time.

5. Latest News & Information

During the year there are lots of events and activities to tell members about. We use a number of methods to ensure that Athlete's and where relevant parents are kept informed and get involved.



The club website contains news & results – <http://www.st-helens-sutton.co.uk>



Become a Fan on Facebook – St Helens Sutton Athletic Club



Follow us on Twitter – @sthelenssutton



Notice Boards in the Club Room contain Registration Forms for Events



Most Coaches also operate an SMS Service for more current news. Please pass contact details to your coach. Note: Parent's / Carer's numbers should be provided for Junior Athlete's.



From time to time, Newsletters will also be provided to Athlete's at training.



Results from competitions can be found on our web site or at www.thepowerof10.info

6. Training

Training for all age groups and abilities is held on Tuesday's and Thursday's at Sutton Leisure Centre. Athlete's should register and be ready to start at 6.30pm at the Club Room near the running track. Please see you coach for finishing times as all groups vary.

Sessions vary depending upon the group and discipline. New members with little or no athletics experience will be assessed by a Coach and helped to find the right group for them.

For younger Junior's, Coaches try to ensure that athlete's have fun as well as improving their fitness and technique. At this development stage athletes will try different field and track events and build a foundation level of fitness before assessing which discipline best suits each individual. The athlete will then move into a more focused group when space becomes available.

In the focus groups, athletes will work on the specialist skills and fitness needed to become competitive in that discipline. Athlete's do not have to stay in that group and are free to try other disciplines should they wish.

After training, Junior Members **MUST** be collected by a parent / guardian at the Club Room and **NOT** at a pre-arranged point elsewhere.

7. Events

Events for all ages and abilities take place throughout the year (including winter). **We strongly encourage all athletes to compete in both individual and team competitions** and Coaches / Team Managers accompany them to all events where the club has a presence.

Although it is each athlete / parent's responsibility to identify an event to participate in, Coaches will guide their group when an event is announced and will be able to assess whether they think an athlete is ready to compete or not. They can also provide individual training advice so that an athlete prepares as well as possible and maximises their chances of success.



Whilst athletics is a competitive sport, some events are more informal and are well suited to athlete's that participate for fun and general fitness. Again, Coaches can help where needed.

How are Events Organised?

Although athletics is largely and individual sport, the Club enters a number of regional leagues or competitions each year and competes against others clubs as a team. In the summer such competitions are largely focused on Track & Field events with occasional road events for older athletes.

In Spring, Autumn and Winter competitions move off track and more emphasis is placed upon Cross Country, Road Running and Indoor Competitions for Juniors.

Events are organised in age groups starting at Under 11's and progressing to Under 13's, Under 15's, Under 17's, Under 20's and then Seniors and Veterans.

Because events are scheduled regularly throughout the year it is essential that members check notice boards, the web site, Facebook and speak to their coaches to identify which competitions suit them.

Types of Competition

The first thing to note for Junior's is that age groups for Track & Field are different to other events and sports. School Years 4 & 5 are Under 11's, 6 & 7 are Under 13's, 8 & 9 are Under 15's and 10 & 11 are Under 17's.

Open Competitions – Typically these are organised by individual clubs and are open to young athlete's right through to Seniors. They can be entered on the day and cost a couple of pounds per event. They are a good, informal starting point for competing but can take a long time due to the number of participants and events.

Regional Leagues – For Cross Country & Track & Field. These are entered as a team but again can be quite informal, very friendly and a good starting point for athletes and parents.

Young Athlete's League – Track & Field for Under 13's to Under 17's. These are team events by selection only. Athletes register their interest in participating but a Team Manager selects the team.

Sportshall – Under 11's to Under 15's, these events are great fun and take place during the winter months. They are indoor "cut down" versions of athletic events and are held at local leisure centres.

County Championships & Schools – These are outside the club fixture circuit but we encourage our athlete's to take part as they stand a very good chance of success due to their regular training and competition schedule. Top performers go on to representative honours and national championships.

8. Coaches

The Club is committed to improving the standard of its coaching and regularly sponsors coaches in their pursuit of higher levels of qualification. All Club coaches must have a valid UKA Coach Licence and Pass. In addition the Club insists that all its coaches and volunteers, particularly those who work with children, have undergone Criminal Records Bureau Checks.

For details of the current coaching team and their background, please see the Notice Boards in the Club Room.

9. Key Club Officials

The contact details for other key officials are below. In particular, members should be aware of whom the club 1st Aiders are and who the Club Welfare Officers are:



Role: Chairman
Name: Colin Spark
Mobile: 07788 642838
Email: Colinspark58@blueyonder.co.uk
Responsibilities: Colin is the Club Chairman and hosts a monthly committee meeting. If you want to raise anything with the committee please see Colin or the Secretary.



Role: Secretary
Name: Chris Dempsey
Mobile: 07708 441255
Email: dempsey90@blueyonder.co.uk
Responsibilities: Chris is the Secretary and deals with the majority of the paperwork for the Club. If you have queries, questions, comments or suggestions about the or how it is run – she is the person to contact. If you would like to be an observer at one of the monthly Committee meetings, contact Chris.



Role: Treasurer
Name: Chris Causer
Responsibilities: Chris manages the club finances and accounts and can be found on most training evenings manning the subs desk.



Role: Juniors Coaching Coordinator
Name: Antony Young
Mobile: 07767 310204
Email: ayoung@demuto.eu
Responsibilities: As Coaching Coordinator, Ant is responsible for overseeing the Junior Coaches qualifications and ensuring that the coaching groups are managed effectively. He also manages the club's Facebook page and Teamer Communication system.



Role: Mascot
Name: Suttie the Bear
Mobile: Too young for a mobile phone ☹️
Email: And definitely too young for email and Facebook!
Responsibilities: Suttie joined the club in 2010. His main responsibilities are to guard lunch, mind the kit whilst athletes compete and to scare off mascots from the other clubs.

10. Welfare

The Welfare Policy and Procedures, adopted by St Helens Sutton AC are those of its governing body these can viewed at <http://www.uka.org.uk/governance/welfare-and-safeguarding>

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If you have any concerns regarding child welfare, please contact the Club Welfare Officer's Sue Clague or Colin Spark. Their Deputies are Helena McGoldrick and Pauline Picton.



Sue
Clague



Colin
Spark



Helena
McGoldrick



Pauline
Picton

11. First Aiders

The Club 1st Aiders are currently:



Ste
Clague



Colin
Spark



Helena
McGoldrick



Chris
Dempsey



Antony
Young

12. Developing Young Athletes

Athletics is classified as a “late Specialisation” sport. This means that participants are not expected to reach their peak until at least their early twenties. Therefore, it is especially important that coaches working with young athletes maintain a fine balance between technical development and event performance. By getting the balance right coaches can ensure that young athletes:

- Enjoy sport and continue to participate
- Develop their technique effectively
- Reduce the likelihood of injury
- Develop performance in a controlled and effective manner

At St Helens Sutton AC we are committed to find this balance and apply guidelines for Long Term Athlete Development (LTAD) as used by UK Athletics.

Practically, this means that our coaches encourage athletes to try all forms of running, jumping and throwing events until they reach the stage where they want and need to specialise in one particular event. We do this by using award and accreditation programmes such as [Athletics 365](#) and [UKA Awards](#). Athletes are therefore rewarded for developing their technique as well as their performance at events and competitions.

The club have developed a number of Blog articles on subjects such as LTAD that can be viewed on the club web site. <http://www.st-helens-sutton.co.uk/coachhints.htm>

13.Volunteering

Amateur Athletics relies heavily on volunteers to coach the athletes and manage clubs and events. As a result the club welcomes help from parents, friends and families of our athletes. Involvement can be formal/informal, regular/occasional but without it the club would struggle to survive.

It is vital that we recruit high numbers of volunteer coaches so that we can offer the best possible support to our athletes. Coaching volunteers don't need any experience of athletics to begin with; many have no experience at all and come to the club just as parents of young athletes. The coaches are all encouraged to develop their technical and coaching skills by attending courses arranged by UK Athletics and other bodies. Often these courses are free of charge or supported financially by the club.

Volunteers can get a great deal of satisfaction from their involvement with the club and can often relate their experience with us to other aspects of their life such as work or University.

For more information regarding volunteering, please speak to the Chairman, Secretary or Coaching Coordinator.