



Crewe and Nantwich Athletic Club



Welcome Pack for Members



WELCOME PACK FOR MEMBERS

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The content of this Welcome Pack is presented as a guide for new Members and does not constitute any legal obligations accepted by the Crewe and Nantwich Athletic Club or any of its affiliates or associates contained therein.





INTRODUCTION

About the Club?

Established in 1974, Crewe and Nantwich Athletic Club prides itself on being a family orientated club that caters for all standards and ages from eight upwards. We offer coaching, training and local and county competitions in all track and field events, road, cross-country, indoor and sports-hall athletics. Crewe and Nantwich Athletics Club is registered under England Athletics and in-turn is governed by UK Athletics.

Crewe and Nantwich Athletic Club prospers on the fabulous facility of the Cumberland Arena, Thomas Street, Crewe, where qualified coaches are passionate about helping athletes from the South Cheshire area to reach their potential. The Club has been training and competing at the Cumberland since 1981. It has attained the cross sport Clubmark status and was the 2006 winner of the Cheshire and Warrington BBC Community Club of the Year as well as receiving the 2008 Crewe and Nantwich Majors Oscar for being the Borough's Club of the Year. It was also Runner-Up in the Cheshire East Sports Club of the Year in 2013. The club has Community Amateur Sports status.

The Club has an ever-growing membership of athletes who share a love of running, jumping or throwing, with athletes from the junior and senior sections representing the Club, the County or in some cases their Country at major athletic events. The Club are a strong Youth Development League competitor and have won the Cheshire Track & Field League titles for the last six years of its staging in the Overall, Men, Women and U11's Competitions. The Club also currently holds a number of the North West Indoor Sportshall League titles and has a thriving Cross Country section that has won North Staffs League titles in recent years

What are the benefits that Athletics can bring?

Athletics offers a variety of different events for you to try and enjoy. It is a great way to keep fit and stay in shape as well as gaining fun and enjoyment out of the sport in competing. The Club welcomes all athletes that wish to take part in athletics competitively.





Who can join the Club?

Anyone with a passion for competing in athletics! The Club takes members from eight years of age and upwards, regardless of ability. The Club is in association with the Cheshire Academy of Integrated Arts who run a disability athletics club. The Club encourages athletes from a young age, as it is here that essential fundamental skills are gained. However, the Club acknowledges that it is never too late to take up athletics and welcomes all new members as it builds its Senior Section.

How do I join the Club?

Anyone interested in joining the Club, can either come to the Club and ask for information at the Club's Registration Desk on training nights (Tuesday and Thursday 5.30pm to 7.30pm in the Winter and to 8.30pm in the Summer) or contact us by e-mailing our website. The Club runs regular ASSESSMENT TRIALS with multi-event coaches who will assess potential new athletes' abilities. If the athlete passes the assessment then they will be invited to join the club and receive the first two training sessions free before payment. To apply to become a Member simply download and complete an Application Form from the website and return this to the Membership Secretary. Applicants should be aware that the Club unfortunately at times has to operate a WAITING LIST. The benefits of becoming a Member means you are able to train regularly by qualified coaches in a structured group and obtain registration with England Athletics that in turn allows the athlete to compete for the Club in any national competition (Track & Field, Cross Country, Road, Indoor and Sportshall). Shortly after your membership is accepted by the Committee you will be asked to pay membership and training fees. Once you are elected as a member you will be registered with England Athletics as a competitor and confirmation of your England Athletics registration number will follow in due course.

What do I need to know and do when I've joined the Club?

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 particularly its junior members.

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

- Read the Athlete / Personnel / Parent Code of Conduct Form (contained in the Welcome Pack)
- 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
- Who the Junior Co-ordinator is?
- What the Track & Field Etiquette is?
- 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?
- 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?
- What the Club Procedure for Unacceptable Behavior is?

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

What Leagues do you compete in?

The Club competes in the following leagues with age-groups below

Summer Track & Field

- Northern Track & Field League - U20's and Seniors (selected U17's)
- Youth Development League - Upper Age - U17's and U20's
- Youth Development League - Lower Age - U13's and U15's
- Cheshire Track & Field League - U11's to Seniors
- Cheshire Championship Relays - U11's to Seniors
- Cheshire Multi-Events Team - U11's to U15's





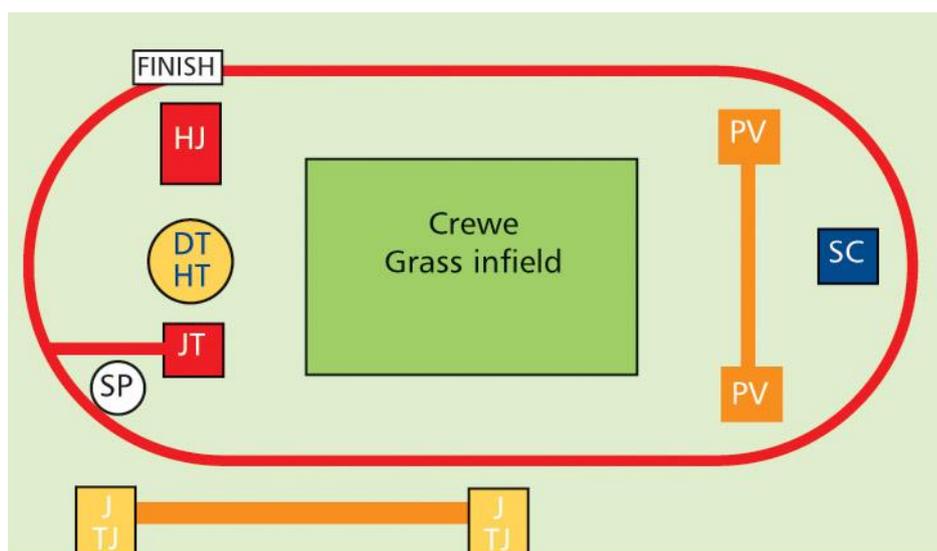
Winter Cross Country and Indoor Sportshall

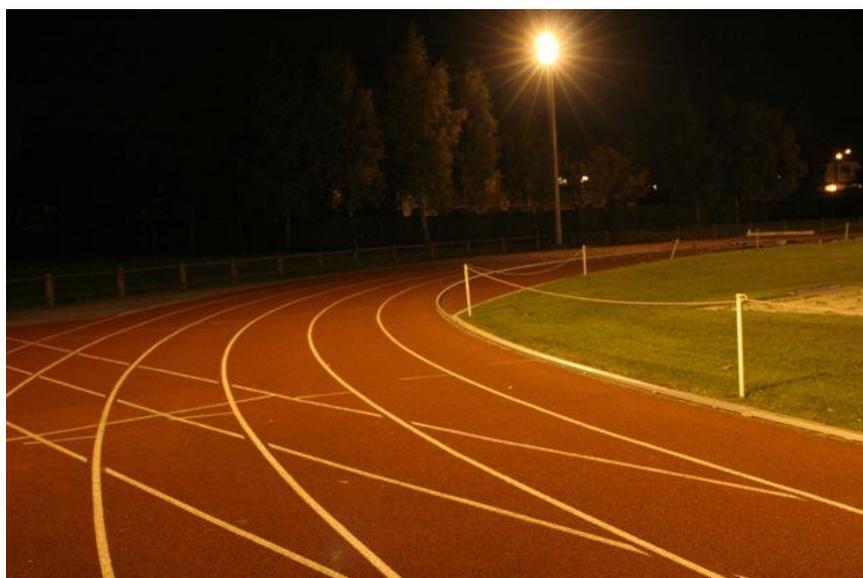
- North Staffs Cross Country League - U11's to Seniors
- North West Sportshall League - U11's, U13's and U15's

FACILITIES

Crewe and Nantwich Athletic Club is based at the Cumberland Arena, Thomas Street, Crewe. The Cumberland Arena is one of the premier venues in the region and has seen a significant amount of redevelopment over the past few years. The facility now boasts a six lane synthetic track, long and triple jump beds and facilities for all other jumping and throwing events (see diagram below). The Arena also has the premier 3rd Generation synthetic surface and a Pavilion area containing changing facilities.

In the winter the Club makes use of the local large sized sportshalls such as the magnificent facility at the MMU Crewe Campus, Shavington Leisure Centre for indoor Sportshall Athletics training sessions and Deeside Leisure Centre Indoor Track & Field as well as outdoor venues including Delamere Forest for cross country training.





CLUB MANAGEMENT AND COMMUNICATION

Crewe and Nantwich Athletic Club has a Committee that manage and develop the Club in the way that best suits the needs of its Members and its Constitution. The Club has an elected President, Chairman, Treasurer, Secretary, Coaching Co-ordinator, Head of Welfare, Junior Co-ordinator, Volunteer Co-ordinator, Fixtures & Results Co-ordinator and Social Co-ordinator. The Club also has a number of volunteers who organise member registration, payments, website, merchandise, social events and refreshments / tuck-shop. The Club always welcomes any new assistance in what is a very friendly and family oriented environment. The Club is always keen to share information and get new ideas from Members to help the Club develop. Members should keep a regular look out for new information on the Club Notice Board and on the Club website. The Club will also text, write to you or e-mail you if there is something really important that you need to know (like membership renewals or a change in training arrangements). The Club works in close partnership with the Cheshire East Council Sports and Community Development Team and MMU Crewe in developing athletics in the community and making Crewe & Nantwich Athletic Club the home of Athletics in South Cheshire.





Committee representatives hold seats on a number of local, county and regional athletics panels and committees aimed at securing a club voice in decisions that affect our sport.

COACHES

Crewe and Nantwich Athletic Club has over twenty qualified coaches covering all run, jump and throw disciplines. The Club is committed to improving the standard of its coaching and regularly sponsors coaches in their pursuit of higher levels of qualification. The Club has a Coaching Infrastructure and Lead Coaches for Sprints, Endurance, Jumps and Throws who are in turn supported by Coaches who deliver / help to deliver sessions. All Club coaches must have a valid UKA Coach License and Pass. In addition the Club ensures that all its coaches and volunteers, particularly those who work with children, undergo an Enhanced Disclosure via Criminal Records Bureau Checks or Vetting & Barring Scheme. (in-line with our governing body UKA's requirement).

OFFICIALS

Crewe and Nantwich Athletic Club has over twenty five qualified officials in starting, timing, track and field events. Officials are technically knowledgeable of the full range of run, jump and throw rules for able body and disability athletics. The Club is committed to improving the standard of its officials and regularly sponsors them in their pursuit of higher levels of qualification and with Health and Safety and First Aid courses. All Club officials must have a valid UKA Officials License and Pass. In addition the Club ensures that all its officials, particularly those who work with children, undergo an Enhanced Disclosure via Criminal Records Bureau Checks or Vetting & Barring Scheme. (in-line with our governing body UKA's requirement).





TRAINING AND COACHING INFORMATION

Coaching Co-ordinator - Neil Fowler

Sprints Lead Coach - Steve Walker
Hurdles - Lynn Schofield & Mark Machin
Endurance Lead Coach - Mark Machin
Jumps Lead Coach - Neil Fowler
Throws Lead Coach - Nick Baddeley
Pole Vault Lead Coach - Wendy Valentine
U11's Lead Coach - Wendy Valentine

Under 11s (Multi-event)	Tuesdays 5.30 - 6.30pm Thursdays 5.30 - 6.30pm Saturdays 11.00 - 1.00pm (winter)
Under 11s Lead Coach	Wendy Valentine
Under 11s Coaches	Lynn Schofield, Paul Sides, Tom Boyers, Mark Wilding, Emily Townsend

Under 13/U15s (Multi-event):	Tuesdays 6.30 - 7.30pm Thursdays 6.30 - 7.30pm Saturdays 11.00 - 1.00pm (winter)
Under 13/U15s Coaches:	Wendy Valentine, Neil Fowler, Nick Baddeley, Paul Sides, Mandy Grinnell

Under 17s/U20/U23 (Multi-event)	Tuesdays 6.30 - 7.30pm Thursdays 6.30 - 7.30pm
Under 17/ U20/U23s Coaches:	Neil Fowler, Lynn Schofield, Sylvia Brown,





Under 15's - 20s (Sprints)

Tuesdays 6.30 - 7.30pm
Thursdays 6.30 - 7.30pm

U15 - U20 Sprints Lead Coach:
Assistant Coaches

Steve Walker
Chris Platt, Tony Leigh, Pat James

U13-U23's Endurance Group:

Tuesdays 6.15 - 7.30pm
Thursdays 6.15 - 7.30pm

U13-U23 Endurance Coaches:

Mark Machin, Kate Dobson, Mandy Grinnell

U15-U23 Jumps:

Tuesdays 5.30 - 6.30pm (summer) &
Thursdays 5.30 - 6.30pm (summer)

U15-U23 Jumps Coaches:

Neil Fowler, Wendy Valentine

U13-U23 Hurdles:

Tuesdays 5.30 - 6.30pm (summer) or
Thursdays 5.30 - 6.30pm (summer)

U13-U23 Hurdles:

Lynn Schofield, Mark Machin

U17-U23 Conditioning:

Saturdays 11.00 - 1.00pm (winter)

U17-U23 Conditioning Coach:

Neil Fowler

U13-U23 Throws:

Tuesdays 6.30 - 7.30pm (summer)
Thursdays 6.30 - 8.30pm (summer)

U17-U23 Throws Coaches:

Nick Baddeley

Senior Un-coached:

Tuesdays 7.30 - 8.30pm (summer)
Thursdays 7.30 - 8.30pm (summer)

Note : Coaches may from time to time be leading or supporting different age groups than shown above. This is in the interest of ensuring adequate coach cover in the absence of the regular coach or a large number of athletes attending a particular training session





CONTACT INFORMATION

e-mail to enquiries@creweandnantwichac.org.uk

MANAGEMENT COMMITTEE MEMBERS

Position	Name
President	Bill Consterdine
Chairman	TBA
Secretary	Kay Leydon
Treasurer	Wendy Valentine
Coaching Co-ordinator	Neil Fowler
Head of Welfare	Debbie Fowler
Volunteer Co-ordinator	Vacant
Junior Co-ordinator	Kay Leydon / Lucy Atkinson
Fixtures & Results Secretary	Vacant
Social Co-ordinator	Vacant





OTHER USEFUL CONTACTS

Sarah Friday

Club and Coach Support Officer North England
sfriday@englandathletics.org





MEMBERSHIP DETAILS for 2015 onwards

All Membership is only **FIRST CLAIM**. Annual membership includes free entry to all club team leagues / championships to which the club is affiliated to all year round (sportshall, cross country, road running and track and field).

Over U23 Senior Un-coached Members - Pay as you go Option (March-Sept only at 7.30pm -8.30pm)

Annual Membership	£15.00
Then, Fee per session (Tuesdays, Thursdays or Saturdays)	£2.00

Junior / Senior U23 Coached Members - All Pre-Payment

Combined Annual Membership +Training (52 weeks block)	£150.00*
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Pre-payment includes membership entry to all Club league and champs competitions + training sessions at any location during organised club times on a Tuesday, Thursday. Also Saturday and Sundays (when available) all year round.

Volunteers - Coaches, Committee, Officials, Helpers

Annual Membership Senior or Junior Non-Competing	Free
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Annual Membership (First Claim only) Senior or Junior Competing (includes Free Training)	£15
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**Discounts are available for families of two or more junior members. Please enquire at the Registration Desk during club training sessions. The Club offers a hardship claim process for any member. Please enquire with the Membership Secretary for further details.*





CODES OF CONDUCT

ATHLETES MEMBERS (Athletes)

1. Always treat others with respect and fairness and do not disrupt training sessions by bad behavior.
2. Be organised and on time for training sessions and competitions and ensure you have with you all necessary requirements in terms of clothing and food/drink.
3. Thank those who help you participate in athletics.
4. Inform your coach if you are feeling unwell or suffering from an injury.
5. Inform your coach if you are receiving any other coaching.
6. Notify a responsible adult if you have to go somewhere and when you will return.
7. Do not respond if someone seeks private information unrelated to athletics.
8. Always maintain a clear boundary between friendship and intimacy with a coach, club official or other person with whom you work.
9. Never accept lifts in cars or invitations into homes on your own after Club training or competitions, without the prior consent of your parent/guardian.
10. Always use safe transport and travel arrangements.
11. Do not indulge in destructive behavior.
12. Always leave venues as you found them.
13. Never behave in an illegal or irresponsible way.
14. Good behavior should be maintained when representing the club at competitions.

All Athletes agree to abide by all the codes of conduct outlined in the **ATHLETES** Code of Conduct. If I breach any of the Codes, the Athlete accepts that Crewe and Nantwich Athletic Club will reserve the right to act accordingly in the best interests of the Club. The Athlete understand that he/she have the right to a hearing, but also understand that the decision of the Club's Committee is final and furthermore agree to abide by the decision of the Committee in respect to any action the Club takes. The Athlete understand and accepts this may result in a final warning, suspension or ban from the Club and that the Club, in fulfilling its governing body (UKA) and legal obligations may need to inform other associations and authorities accordingly.





COACHES, CLUB OFFICIALS AND OTHER VOLUNTEER MEMBERS (Personnel)

1. All Personnel must ensure that the best interests of the Club and its Members are put first and that the Club constitution is upheld.
2. All Personnel working with members must at all times respect basic human rights and operate without discrimination on grounds of gender, race, colour, language, religion, political or any other option.
3. All Personnel working with members must ensure there is a balance between the development of performance and the social, emotional, intellectual and physical needs of the individual.
4. All Personnel working with members must be responsible for the setting of boundaries between working relationships and friendships with their athletes. This is particularly important when working with young athletes.
5. All coaches must always be in possession of a valid coaching license and conduct training and practice sessions with athletes at a level consistent with their coaching qualifications. All coaches will undergo Criminal Records Bureau checks and hold a valid Enhanced Disclosure certificate at all times. The Club Officials must verify all coaches documentation and keep a record of Coaches information consistent with UKA guidelines.
6. All coaches should encourage a spirit of fair play and good sportsmanship. Preparation of athletes for success and failure is vital.
7. All Personnel working with members must recognise that they may have access to confidential information about their athletes and members and that confidentiality must be maintained at all times.
8. Coaches must not exert undue influence over their athletes in order to gain personal benefits or reward.
9. Coaches are responsible for the general safety of all athletes in their care. Equipment and conditions within the working environment should be checked in accordance with usage guidelines.
10. All Personnel working with members must consistently display high standards of behaviour and appearance.
11. Personnel working with members must not leave themselves open to question especially when working with younger athletes by:
 - Staying in a room with an athlete on their own
 - Excessive handling or touching beyond the needs of good coaching of the athlete within their care
 - Regularly transporting athletes on his/her own
 - Taking an athlete to your home or other premises unsupervised
12. Coaches and Volunteers must attend a recognised good practice and child protection course or complete a UKA assessment and to maintain registration on the UKA national database





13. All Personnel should work together to achieve the aims of the Club.

14. All Personnel will assist the Club as far as practicable in the delivery of the Club's Development Plan in pursuit of Clubmark and other relevant recognised accreditations.

All Personnel agree to abide by all the codes of conduct outlined in the **PERSONNEL** Code of Conduct. If a member of Personnel breaches any of the Codes, the Personnel accepts that Crewe and Nantwich Athletic Club will reserve the right to act accordingly in the best interests of the Club. The Personnel understand that he/she have the right to a hearing, but also understand that the decision of the Club's Committee is final and furthermore agree to abide by the decision of the Committee in respect to any action the Club takes. The Personnel Mem understand and accepts this may result in a final warning, suspension or ban from the Club and that the Club, in fulfilling its governing body (UKA) and legal obligations may need to inform other associations and authorities accordingly.





PARENTS (Parent)

As a responsible parent/guardian you will:

1. Take an active interest in your child's participation in athletics.
2. Verify that the people managing or coaching your child are bonafide.
3. Ensure that your child does not take valuable items to competitions and training session.
4. Attend competitions/coaching/training whenever possible.
5. Inform your child's coach/manager of any illnesses or disabilities, which could have an effect on their athletic ability or health.
6. Provide and inform the coach of any medication that your child is taking.
7. Make sure you know where your child is at all times.
8. In the case of very young athletes (U11's), accompany them on Club days out, events and competitions
9. Provide your child with adequate refreshments when on any trips or at competitions.
10. Always be on time to collect your child after a competition/coaching or training session.
11. Never make assumptions about your child's safety.

All Personnel agree to abide by all the codes of conduct outlined in the **PARENT** Code of Conduct. If a Parent breach any of the Codes, the Parent accepts that Crewe and Nantwich Athletic Club will reserve the right to act accordingly in the best interests of the Club. The Parent understand that he/she have the right to a hearing, but also understand that the decision of the Club's Committee is final and furthermore agree to abide by the decision of the Committee in respect to any action the Club takes. The Parent understand and accepts this may result in a final warning, suspension or ban from the Club and that the Club, in fulfilling its governing body (UKA) and legal obligations may need to inform other associations and authorities accordingly.





HOW TO FIND US

Crewe and Nantwich Athletic Club is located on Thomas Street in Crewe, close to the town centre. People using or visiting the club should park on the car park on Thomas Street (no charge), which is within walking distance of the Cumberland Arena.

Full address:

Crewe and Nantwich Athletic Club
 Cumberland Arena,
 Thomas Street,
 CREWE,
 CW1 2BD

enquiries@creweandnantwichac.org.uk



Nearest Transport Links

Railway Station	Crewe	0.8 miles
Motorway Junction	M6 Junction 16	4.7 miles
Airport	Manchester	18.8 miles

