

YATE & DISTRICT ATHLETIC CLUB

Celebrating 40 years

1983 - 2023

Welcome to the 2023-2024 Season



Welcome to the 2023 / 2024 season with Yate & District Athletic Club

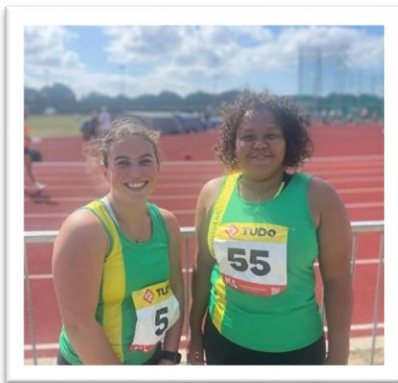
We are delighted that you are joining us at Yate & District Athletic Club - a warm welcome awaits you! We've produced this booklet to give you an overview of how athletics works.

The club is run by a wonderful group of volunteers who fulfil a huge variety of roles such as committee members, coaches, officials, team managers and general helping around the site/club house etc. We have around 250 members of all ages, as well as many younger children who come along 'just for fun', and lots of parents who, although are not official members, are very much part of the club.

We have approximately 20 experienced and dedicated coaches and many of our teenage athletes also help out with the younger ones. We welcome athletes of all ages and abilities – no experience necessary!

We take part in a range of local and national leagues, from local Sportshall and Quadkids leagues for younger athletes to the Midland and National Athletics Leagues for senior athletes. We have shared the planned dates and venues for all our league competitions (where they have been communicated), but please refer to the website for up to date information throughout the season.

We will also maintain a list of forthcoming open events on the website, as and when they become available – so do keep checking.



We are very active on social media so please do follow us for all the latest news and information. We also love to hear your athletics news, please do tag us in your tweets/posts so that we can share your successes! We also have a comprehensive website <https://yateac.co.uk> that is regularly updated and hopefully contains answers to any questions you may have.



Follow us on Twitter
[@YateAc](https://twitter.com/YateAc)



Like us on Facebook, search
[Yate & District Athletic Club](https://www.facebook.com/YateDistrictAthleticClub)



Follow us on Instagram
[yatedistrict.ac](https://www.instagram.com/yatedistrict.ac)

JUNIOR ACADEMY

Saturday 10am – 11am 11am – midday	Tuesday 6pm – 7pm	Wednesday 6pm – 7pm 7pm – 8pm	Thursday 6pm – 7pm
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Our Junior Academy, aimed at athletes aged 6 to 16 years old, is the ideal introduction to athletics.



Under the supervision of our qualified coaching team, young athletes can experience a broad range of events, from sprinting and long jump to hurdles and javelin, all within the environment of a professional athletics stadium.

Starting with a lap of the track, sessions then continue in age groups with a warm up followed by a rotation of events on a weekly basis.

The junior academy runs all year round aside from two weeks over the Christmas period. As such we charge monthly rather than termly. The charge is £12 per month for one session per week payable in advance by standing order. Please Contact Jennie Young on yateacademy@gmail.com for more details and to reserve a space.

Once you've got the hang of it you may want to focus on one or more specific disciplines, and we'll introduce you to one of our Club Nights (Tuesdays and Thursdays) for specialist coaching.

And, if you fancy it, you can join the club as a competitive member to take part in opens, local and national league competitions.

CLUB MEMBERSHIP

Everyone is welcome to come along and train with us for fitness or fun (preferably both), but if you want to compete at an open meeting or as part of the Yate & District AC team at a league match or Sportshall competition then you will need to be a member.

Membership runs from April 1st 2023 until the end of March 2024, with free associate membership of Westbury Harriers for cross country and road running (you will need to register with them too).

Online membership forms can be found at www.yateac.co.uk/membership Click on the Join Us / Renew button to register. We have a variety of memberships:

Quadkids (U11) School years 4 & 5

U11 membership costs just £15 to join (includes a competition vest) and £10 to renew. U11 members can compete in Sportshall, in our Avon League Quadkids team and at some open meetings. U11 members are not automatically registered with England Athletics.

Competitive

Competitive members are registered with England Athletics, allowing you to compete in league matches and open meetings across the UK. We have a family discount scheme providing a £5 discount on each **subsequent competitive** member:

Updated by Ellen 31/12/2022	Junior (U20) School Years 6 to 13 plus athletes still aged 19 on 31/12/23	Senior U23 and above athletes aged 20 or above on 31/12/23
Join (inc. competition vest)	£35	£40
Renew	£25	£30
A family discount of £5 is available for each subsequent Competitive family member		

Student

Students living and training away from home can benefit from a discounted membership of £17, this covers your registration with England Athletics. We will be delighted to welcome you back home to train or compete with us at any point in the season.

Westbury Harriers

As well as registering with Yate, Westbury Harrier associate members need to complete an 'other discipline form'. This can be found on our Membership page.

Second and Higher Claim

Second and Higher Claim memberships are available for members of other clubs wanting to compete for Yate AC on the track (where competition rules allow). Contact yatemembership@outlook.com for more details.

CLUB KIT

Our registered competition kit is a green vest with a yellow stripe paired with black shorts. Membership includes a club vest when you join with replacements available throughout the season for £12.

New Optional Club and Competition Wear

We have also secured a range of optional competition wear in Yate AC colours - all approved for wear in league competitions (see pictures below). These items are subject to a minimum order to keep costs down, so an initial order is placed pre-season. It is possible for us to put in singular orders however because of the way the garments are produced the costs are considerably higher. Contact Sam for more details on

Sam.yateac.kit@gmail.com or on the kit Facebook page:

https://www.facebook.com/groups/131260250978319/?ref=share_group_link



Crop tops are available for £28
(when ordered in a batch of 10 or more)

Vests are available for £22.32
(when ordered in a batch of 10 or more)



Leggings are available for £31.56
(when ordered in a batch of 10 or more)



Shorts are available for £22.32
(when ordered in a batch of 10 or more)

Club Wear such as hoodies, zipped hoodies and hopefully coats, hats, skins etc can be purchased from local kit supplier Linela. Orders can be placed at www.linelashop.co.uk

Note that personalisation is available on some items if required.

CLUB TRAINING

Club training sessions take place primarily on **Tuesday** and **Thursday evenings, 7 - 8.30pm** for athletes aged 13 years (younger athletes by arrangement) through to masters. Athletes train in event specific groups with all disciplines covered by specialist coaches.

Some additional sessions run on a **Saturday morning from 11am**, and there is a **speed work** session on a **Wednesday evening, 8.00 - 9.00pm**.

The cost is £2 per session, and we ask that you purchase sessions via the membership site at www.yateac.co.uk/membership

Just **click on the sign** in button – you won't need a password, just the email address that you are registered with. You will receive an email to verify you, **click on the link** in the email and then you'll be taken into the site. Here you can view and edit the details held on record or visit the store to purchase training sessions.

You can purchase up to 20 sessions at any time.

Please feel free to contact a coach of the event(s) that you are interested in who will be able to advise you on the most appropriate training session to come along to. Details of our coaches may be found on our website.

ADAPTIVE ATHLETICS

Monday		Friday		
11am - 12.30pm Adults with physical disability	12:30pm - 2pm Wheelchair racing & frame running	4pm - 5.30pm Para athletes	5.30pm - 6.30pm 12 to 15 yr. old adaptive athletics	6.30pm - 8pm Youth and adult para-athletes (available after Easter)

(NOTE: as we move from indoor winter training, to outdoor track sessions, these times may change. We also expect to add new sessions after Easter. Check by email below.)

We have a simple approach: **Respect the person and adapt the activity.**

We include school children as well as adults with a wide range of additional needs – physical, sensory, intellectual as well as those who have experienced a serious injury. We concentrate on what people can do and adapt our athletic challenges to match, welcoming those who are just beginning their journey as well as those with aspirations for international paralympic success.

We have a range of new equipment for fitness and a range of racing wheelchairs, frame runners and seated throws. We support and advise on a range of competition opportunities. Sessions are currently funded by Sport England and Wesport. For more information contact Jim: adaptive4athletics@gmail.com

COMPETITIONS

Many athletes enjoy taking part in athletics competitions. Athletics rules state that athletes in U17 age group and below can only take part in three events, plus a relay, at any one competition (unless it is a combined events competition, e.g. pentathlon). We have a comprehensive fixture list, of all types of competition, on our website.

Open Meetings

A great place to start competitive athletics is at an open meeting. In these competitions you enter yourself in the athletics events that you choose and compete as an individual. You will need your England Athletics number (URN) to register if you are in school year 6 or above.

League Meetings

Yate athletes compete in four league competitions:

- Avon Track & Field League (local)
 - Youth Development League (national)
 - Midland League (regional)
 - National Athletics League (national)
- Team Managers select teams to represent the club.

County / Regional / National Championships

There are county, regional and national championships held across the season. You will need to meet residential or birthplace eligibility requirements to enter, and for the higher competitions (regional or national) you will usually need to have achieved a qualifying standard this season. You enter yourself and compete as an individual, and we are always proud to see athlete representing Yate AC at these events.

Schools Competitions

The schools athletics competitions are run a bit differently, with opportunities mainly available for young people in school years 8 to 13. (There are a few opportunities for year 7 as well). You won't need an EA number to compete for your school. If you do well, you could represent your county at South West Schools or even the national English Schools Track and Field Championships.

Power of 10

The Power of 10 is UK Athletics' national record of athletic performances. If you want to take part in competitions, then you will want to set up a profile on this website.

The results of all competitions that you take part in will be logged onto your profile, and you can also see how you rank nationally and regionally in your age group. Yate AC team managers will look at the Power of 10 as they select athletes for our team competitions.

All the info is here: www.thepowerof10.info



OFFICIATING

(or how to pass the time if you're not competing)

England Athletics say that '*Officials truly are the beating heart of athletics and at the heart of all the action.*' It's not difficult to spot that athletics is a sport that needs a lot of officials.

For a full track and field meeting, thirty is just about the minimum.

- 2 starters
- 2 starter's assistants
- 6 timekeepers (including a chief)
- 4 track judges (plus a referee)
- 2 results recorders
- 1 announcer
- 2 photo finish operators
- 16 field judges (plus a referee)
- 1 equipment manager

At a league match, **each club must provide at least five** or more officials, and with six clubs competing, there are usually enough. But it does mean that when we compete away from home, five or six officials must always travel with the team. Officials are key members of the team as they earn vital points, which can make the difference between winning and losing a match, promotion or relegation from a division. *This is crucial this season for our U13/U15 team as they have just been promoted so will need the officials' points.*

So, what do they all do?

Start Team

There are two parts to the start team, **Starters and Starters' Assistants**. Starters' Assistants have a lot of interaction with athletes. They ensure athletes are checked into their race and marshalled into the appropriate lanes.

Starters have to make sure that there is a good, fair start for all athletes using the electronic start system. They have to pick up any false or faulty starts in accordance with the rules.

Finish Line

Track judges stand on the steps inside the finish line and decide which order athletes finish in. They also check that races are run according to the rules, e.g. keeping to the lanes, correct relay handovers.

Timekeepers stand on the steps outside the finish line with a stopwatch and time the athletes as they cross the line. It needs concentration and there's a bit of an art to it, but compared to driving in rush hour traffic, anyone can pick it up!

Photo Finish Operators work with the photo finish equipment from within the judges' room. Two operators ideally, one to capture images of athletes crossing the line and the other to process the images to provide times to one hundredth of a second for athletes.



In the Field

Every field event is a bit different, but basically the **field judges** measure each jump or throw and so decide who the winner is. Technical difficulty ranges from holding a tape measure or waving a flag to indicate a throw was legal, to operating the electronic measuring equipment. There are rules to learn, but they are mainly simple.

Who are the officials?

Usually **parents** who have a son or daughter somewhere in the stadium waiting to compete and who want to give something back to the coaches/team managers who so generously give their time for free. Some are ex-athletes who officiate as a way of keeping in touch with and giving back to the sport they enjoyed as competitors. Others may be coaches who complement their coaching by officiating their event. Some older athletes become officials so they officiate when not competing which can make the day more interesting.

How to get involved...

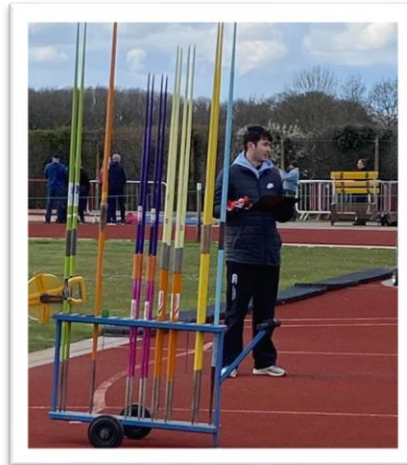
This season we are in urgent need of officials because a number of our experienced officials have retired or gone to university. **We are particularly short of parents from the U13/U15 age group**, so if you fancy having a go please let us know. Your involvement can range from simply holding a tape measure or raking sand, to taking a qualification and getting licensed.

We can provide mentoring, support, lots of opportunities to officiate as well as financial support for your training by paying for the online courses. The online courses are simple to take and are usually in the evenings or at weekends. We can also make sure that you still watch your child's particular event when they are competing.

Do just give it a go... you will enjoy it and feel more part of the Yate AC family!

Please contact Andrew Moyes our officials co-ordinator by email:

yateacofficials@gmail.com or on his mobile 07795 514413 if you would like to try some officiating or would like to book onto an online course.



AGE CATEGORIES

For our younger athletes, age categories follow school year, transitioning upwards at the end of the outdoor season on 1st October.

There are complicated exceptions for U20s, who stay as U20 until the end of December.

After that, you transition on your birthday, so masters may compete (and break club records) for two age categories in a season if their birthday falls just right – there's a challenge for you parents!

School Year	EA Age Category	Leagues Yate compete in	Age Category for Schools Competitions	Age Category for Sportshall League
Year 4	U11	<ul style="list-style-type: none"> ○ Avon League Quadkids ○ Gloucestershire League Sportshall 		U11 Gloucestershire League (Year 5 & 6 from Oct 23)
Year 5				
Year 6	U13	<ul style="list-style-type: none"> ○ Avon League ○ Lower Age Group YDL ○ Gloucestershire League Sportshall 		U13 Gloucestershire League (Year 7 & 8 from Oct 23)
Year 7			Minor	
Year 8	U15	<ul style="list-style-type: none"> ○ Avon League ○ Lower Age Group YDL 	Junior	
Year 9				
Year 10 & Year 11	U17	<ul style="list-style-type: none"> ○ Avon League ○ Upper Age Group YDL ○ <i>Midland League*</i> 	Inter	
Years 12 & 13 plus athletes still 19 on 31/12/23	U20	<ul style="list-style-type: none"> ○ Avon League ○ Upper Age Group YDL ○ <i>Midland League*</i> ○ <i>National Athletics League*</i> 	Senior	
Under 35	Senior	<ul style="list-style-type: none"> ○ Avon League ○ Midland League ○ National Athletics League 		
Over 35	Masters	<ul style="list-style-type: none"> ○ Avon League (limited masters events) ○ <i>Avon League*</i> ○ <i>Midland League*</i> ○ <i>National Athletics League*</i> 		

* Competing as seniors by invitation

Note: Masters wanting to compete at Regional and National Championships will also need to join a registered Masters Association. Our local associations are:

- <http://www.southwestvets.co.uk/>
- <https://midlandmasters.com/>
- <http://welshmastersathletics.co.uk/>

AVON TRACK & FIELD LEAGUE

<http://s250914043.websitehome.co.uk/avonleague/>

The Avon Track & Field League is a friendly local competition involving all our neighbouring clubs. It's a great introduction to competition, and close to home too. The competing clubs are Bristol & West, Gloucester AC, North Somerset, Team Bath, and SGC.

There are four league matches across the season:

21 st May Yate	25 th June Yate	6 th August Gloucester	17 th September Yate
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Avon League Quadkids (U11 only)

This is a great introduction to athletics. Teams are made up of five girls and five boys, and everyone competes in four events:

- Standing Long Jump
- 75m Sprint
- Vortex Throw
- 600m

Parents, please come prepared to hold a tape measure, stopwatch and clipboard!



We're delighted to welcome Lilia Killourhey, Annabel Gordon and Owen Boon as our brand new team managers for 2023.

Avon League (U13, U15, U17, U20, Seniors, Masters)

There is a full programme of events operating two alternating timetables.

Team Managers

U13 & U15 Boys & Girls:	Ali & Ash Gordon	ash.gordon1@googlemail.com
U17 & Senior Women:	Sam Cardwell	samjcardwell1@outlook.com
U17 & Senior Men:	Tracey Watson	tandnwatson@yahoo.co.uk

YOUTH DEVELOPMENT LEAGUE

<http://www.ukydl.org.uk>

The YDL is a national competition involving over 180 teams split across four regions (LAG) and three regions (UAG). Both of our teams compete in the Midland region.

YDL Lower Age Group (U13 & U15)

This year our Lower Age Group Teams will be competing in the Premier South West Division, after gaining promotion in last season's regional promotion match. We will be competing against Swansea Harriers, Newport Harriers, Cheltenham & County Harriers, Swindon Harriers and Cardiff AAC. There are three matches followed by a regional final for the top teams or a promotion match for the lower finishers. Dates for this year are as follows:

Round 1 7th May Swansea	Round 2 3rd June Swindon	Round 3 8th July Cardiff	Promotional Match / Regional Final 22 nd July
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The top finishers in the regional final qualify for the National Final on 2nd September.

Team Manager: Joy Bray joybraycoach@gmail.com



YDL Upper Age Group (U17 & U20)

Yate athletes compete as part of the composite Team Avon with athletes from Bristol & West, Mendip, and Team Bath. Team Managers, Sandra and Lesley, have taken the Team Avon to the National Finals in previous years, and last year finished 2nd in the UK!

We will be competing in the Premier South West Division against East Wales, Cheltenham & County Harriers, Cardiff Archers, and Swansea Harriers. Dates for the year are as follows:

Round 1 30 th April Yate	Round 2 28 th May Swansea	Round 3 2 nd July Aberdare	Regional Final 30 th July Rugby	National Final 3 rd September tba
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We are very fortunate that both Avon Team Managers are attached to Yate. Athletes need to complete the Team Avon availability sheet and return to Sandra or Lesley to be considered for selection:

Men: Sandra Woodman

sandra@swoodman.co.uk

Women: Lesley Nunn

nunn.lesley@gmail.com



MIDLAND LEAGUE

www.midlandathletics.org.uk

Midland League (Seniors, note U17, U20 & Masters may also be selected)

This regional league provides fierce senior competition for 40 teams across the Midlands. A fantastic season last year resulted in promotion to Division 2, competing against Tamworth AC, Telford AC, Coventry Godiva Harriers, Cheltenham & County Harriers and Birchfield Harriers. With one event scheduled to be held at the Alexander Stadium, venue of last year's Commonwealth Games.

The team is drawn from U20, Senior and Masters athletes although U17s are eligible and may be invited to compete where appropriate.

There are four league matches, plus, new for this season, an additional 'technical match' open to athletes from all Midland League divisions, covering sprint hurdles, 400m hurdles, 3km steeplechase, 400m, high jump, pole vault, triple jump and hammer throw. The idea is to try and give athletes a better standard of competition in these events where athlete numbers and quality are generally lower in a normal match.

22nd April Tamworth	20 th May Yate	18 th June Technical Match Nuneaton	9 th July Telford	19 th August Birmingham
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As well as a Team competition, the league also includes an individual competition, where IAAF scores from each athletes best three performances across the season are combined. A trophy is presented to the highest scoring athlete in each division.



Team Manager: Matt Muggeridge yatemidlandteam@outlook.com

NATIONAL ATHLETICS LEAGUE

www.nationalathleticsleague.org.uk

This is the last season that the NAL will be running the National One Division (a bit like football – it's actually the 3rd division!), so it's really important that we win promotion this year (we were only a couple of points off last year). We will be competing against Enfield & Harringay, Reading AC, Wigan & District Harriers, Marshall Milton Keynes.

The Team will be drawn from U20 and Senior athletes, with some Masters invited to compete as Seniors.

11 th June Reading	15 th July Wigan / Leigh	6 th August Milton Keynes
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Team Manager: Graham Howell GraTimHow@aol.com

Facebook group: Yate Athletic Club National Athletic League

The Facebook group will be the focal point for team selection, news and co-ordination.

OPEN MEETINGS

A great way to start in competitive athletics is to go along to an open meeting. In these competitions you enter yourself into the events that you choose, and you can compete wearing your Yate vest. Open meetings are an excellent opportunity to gain valuable competitive experience, sharpen up and record an official time, distance or height.

There will be an entry fee and usually you must enter in advance. There are lots of local open competitions and you will most likely come across another Yate athlete out and about!

As a rule, U13 athletes (school year 6 & 7) and above will need to provide their EA registration number to take part, but U11s should be able to enter with the name of their school (it is worth finding out first to avoid disappointment on the day).

Watch out for our very own Jumps & Throws event on 15th April, and Sprints & Hurdles on 16th April.

We are also planning a Masters Open later in the season

Details of competitions can be found at www.yateac.co.uk/fixtures-2 Please flag any to us that we have missed!

SCHOOLS

The English Schools Athletics Association (ESAA) operate a series of championships for secondary schools, starting locally and resulting in national (and international) competition.

You'll probably need to nag PE teachers to enter you for your **Local District Trials** (for example, Bristol or South Gloucestershire). Athletes attending schools in Gloucestershire and Wiltshire need to do the same. You should get a letter home from school confirming dates and locations for this.

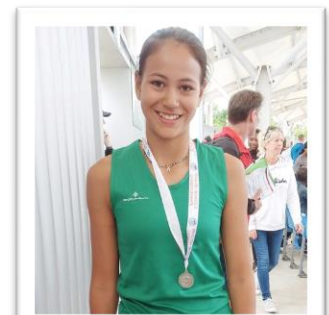
As a result, you may be selected to represent your district in the **Schools County Track & Field Championships** in June. (In this instance your county depends on which county your school is in, for example Avon, Gloucestershire or Wiltshire).

For Avon athletes the selection process for these championships may be a little different as there may not be a County Championship due to some district trials not being held until after the South West Schools event. The selection process will be completed using performances on Power of 10, results of any district trials that are held and nominations from the district coordinators.

The **South West Schools Track & Field Championships** are normally held in Exeter (this year the date is 17th June). County teams are selected by the Schools Athletics Associations based upon performances across the season as well as at the county championships. Athletes will need to have met **County Standards** this season, so winning at the county champs won't necessarily guarantee you a place in the South West Schools squad. However, if there are spaces left, athletes within striking distance of the county standard will be considered, although the number of athletes that can be entered by each county is limited.

English Schools Track & Field Championships are normally held at a prestigious venue. This year it will be held on 30th June and 1st July Alexander Stadium in Birmingham where the Commonwealth Games was held in 2022. For this championship the teams are smaller than those selected to compete at Exeter, and will be selected based on performance across the season. Athletes will need to have met an English Schools Entry Standard, although this is not a 'qualifying standard' and reaching it does not imply automatic selection. The team will stay together in a hotel in or near Birmingham for the duration of the championships.

County and Entry Standards can be found on the English Schools AA Website, esaa.org.uk.



CHAMPIONSHIPS

There are County, Regional and National Championships held across the season. Championships are another good way to gain competition experience, and you may even come out with a medal!



The championships that you enter will depend on your residential or birth eligibility. Most of our athletes are either in the athletics counties of Avon or Gloucestershire. (Although there is no longer an Avon County Council, Avon still exists in athletics terms, covering the local authority areas of Bristol, Bath and North-East Somerset, South Gloucestershire and North Somerset.) For the regional competitions we are in the Midlands region. For some of the higher championships there are entry standards that you must have obtained to take part.

Details of competitions can be found at www.yateac.co.uk/fixtures-2

SPORTSHALL

Sportshall is an indoor form of athletics for junior athletes taking place during the winter months in the warmth of a sports hall. Athletes take part in lots of different events such as standing long jump/triple jump, speed bounce, sprint races, shot put, obstacle relay, hurdles, indoor javelin etc. It's a lot of fun and a friendly competitive opportunity for those involved, giving a focus for the quieter early winter months.

Yate AC compete in the Gloucestershire Sportshall League with teams from Cheltenham Harriers, Gloucester AC, Forest of Dean, Tewkesbury and Dursley. There are three league matches across November and December. Watch out for the information from the team managers on Facebook and the website nearer the time.

Age groups continue from the track season, so our U11 teams will be made up of this summer's Quadkids who will be in school years 5 and 6 in November, our U13s will be in years 7 and 8 in November, and our U15s will be in years 9 and 10 in November

There are six athletes in each U11 team (usually competing in the morning), and four in each U13 and U15 team (usually competing in the afternoon), and we can enter multiple teams if numbers allow!



U11 Girls & Boys	U13 / U15 Girls & Boys
Sarah Scherer: sjscherer55@gmail.com	Catherine Killourhey: ckillourhey@yahoo.com

CROSS COUNTRY

Yate & District AC is not licensed for cross country or road running, so you can't compete for Yate or in a Yate vest in these disciplines. But, why not take advantage of free associate membership with our sister club, **Westbury Harriers**: <http://westburyharriers.com>.

Westbury Harriers train at YOSC on a Tuesday evening, and Jason, our Thursday night endurance coach, is also a Westbury team manager. They will be more than happy to have a chat with you about competing in the Gwent or Gloucester Leagues with races for all age groups from U11s to Veterans. You will need to complete an 'other discipline' form which can be found on the membership page on our website.



Boys	Neil Miller	running@neilmiller.info
Girls	Jason Michael	jimfitness@hotmail.co.uk
	Jayne Pemble	manager.girls@westburyharriers.co.uk
Seniors	Vicky Tester	senior.track.manager@westburyharriers.co.uk
Veterans	Mike Mewse	manager.vet.men@westburyharriers.co.uk

SPORT PSYCHOLOGY

We are really fortunate to have our own Sports Psychologist attached to the club. Jordan offers one to one sessions, but also has a range of group sessions offered across the season and available to all club members and parents:

Thursday 30th March	Self-talk to Aid Technique and Training	All workshops start at 8pm in the clubhouse
Tuesday 2nd May	Pre-performance Routine for Competition	
Thursday 1st June	Self-talk to Aid Confidence and Nerves	
Thursday 29th June	Breathing Techniques to Help with Nerves	
Thursday 28th September	Reflecting on the Season	

If you'd like to know more or find out how Sport Psychology could help you, please email: LewisSportPsychology@gmail.com



GETTING INVOLVED

Both Yate AC and Yate Outdoor Sports Complex are run by volunteers, and we're always grateful for any help or support from athletes and parents.

There are so many ways that you can get involved. From putting an hour in behind the bar, helping with grounds maintenance, setting up/packing down at events, equipment maintenance, supporting officials by raking sand or holding a tape measure, fundraising, helping team managers etc. We'd love to hear from you.

In addition, if you've got any specific skills that the club could benefit from, please do volunteer your services!

We are also always happy to support people who would like to gain qualification as either an athletics coach or an official. We can offer the experience that you will need, mentoring and financial support as required.

Talk to Jeremy Dale (or any of the committee members) if you would like to get involved. Don't be afraid to tell us what we could be doing better – even better, show us!

You can also support us by making your online purchases via www.easyfundraising.org.uk to earn club funds at no additional cost to yourself!



WELFARE

Hannah and Jim are our Welfare Officers. They are available to talk to if you have any welfare concerns.

'Hi everyone, I am an accredited counsellor working within the NHS and for a sexual violence local charity. I have experience working within safeguarding policies and handling disclosures. I can usually be found at the track and am always happy to answer any questions or have a chat. Please don't hesitate to come and talk to me if you have any concerns or complaints. Any disclosures will be handled sensitively and confidentially within our safeguarding and complaints policies. Alternatively, I can be contacted on the details below. I look forward to, hopefully, seeing you all at the track!'

You can contact Hannah on: yateacsafeguarding@gmail.com

'My background in athletics is primarily in coaching and team management for both junior and senior athletes and I have been involved in these since 1983 and I have had experience dealing with most things connected with athletics in that time. I am happy to speak to anyone about anything at any time. I am at the single at various times during the week and can be contacted by email.'

You can contact Jim on: jim.strudwick100@gmail.com

Please come and talk to Hannah or Jim if you have any concerns about sexual/physical abuse, harassment, social media behaviour, body image pressures etc. Abuse can be from anyone, including peers, coaches, volunteers, parents etc. All conversations will be treated as confidential within Yate AC safeguarding policies.

All our welfare policies, safeguarding information and our Code of Conduct are available on our website

ANY MORE QUESTIONS?

We think we've covered just about everything, but if there's anything else that you need help with, then have a chat to one of our committee members. Just ask at the bar, there is usually at least one of the committee members somewhere in the club house!

Chairman: Jeremy Dale

Vice Chairman: vacant for now

Membership: Ellen Taylor

Secretary: Stuart Nunn

Treasurer: Charlotte Viner

Coaching Coordinator: Graham Howell

Social & Engagement: Liz Ball & Matt Spicer

Officials Coordinator: Andrew Moyes

Disability Coordinator: vacant for now

Welfare & Safeguarding: Hannah Jackson & Jim Strudwick

Health & Safety Coordinator: vacant for now

Club President: Stuart Nunn



Committee meetings are generally held on the second Monday of the month. Everyone is very welcome.

USEFUL LINKS

www.yateac.co.uk	Use our website in conjunction with the notice board to find out all the latest club information.
www.westburyharriers.com	Yate Membership entitles you to free affiliate membership of Westbury Harriers for cross country.
www.avon-aa.org.uk www.athleticssouthwest.org.uk	Details of county & regional championships. Athletics in the South West
www.avonschoolsathletics.org.uk www.glosschoolsaa.org.uk wiltsschoolsathletics.org/ www.esaa.net	These Schools Athletics Association websites provide details of county schools competitions, including team selections for SW & English Schools. The ESAA website provides competition details & up the hour results.
www.ukad.org.uk www.globaldro.com	UK Anti-Doping & Global DRO provide details of substances you need to avoid to stay legal.
www.bristolandwestac.org www.cheltenhamharriers.co.uk www.yeovilolympiads.com www.openmeetings.co.uk	These local clubs run open events throughout the season – checkout their websites to see if they have anything of interest. Alternatively go direct to openmeetings.co.uk
www.midlandathletics.org.uk www.englandathletics.org www.britishathletics.org.uk	Use these websites to find out what's going on at a Regional or National level.
www.athleticshub.co.uk	This website is full of useful coaching resources.
www.powerof10.info www.runbritainrankings.com	See how you rank against the rest of the UK on these ranking sites
www.bmaf.info www.southwestvets.co.uk/	All you need to know about competing as a Master, and our local veteran association
www.easyfundraising.org.uk/causes/ydac	Use easyfundraising to shop online with Argos, Tesco or M&S etc here and earn club funds

