

CHICHESTER RUNNERS & AC JUNIOR INFORMATION

It is the objective of Chichester Runners & AC's Junior section to promote all aspects of running and athletics for children from Year 5 upwards who have an interest in the sport.

The club aims to provide appropriate coaching and competition in a wide range of events including Track and Field, Indoor Sportshall and Cross-Country.

Juniors are encouraged to attend for up to three weeks trial before making the commitment to join.

There is an annual membership fee for juniors that when applicable includes the registration fee to England Athletics.

Membership fees are due in January of each year that can be renewed either online by card or by cheque made payable to Chichester Runners & AC. When first attending a training session a parent/guardian will be asked to complete a contact form.

Training sessions are Monday and Wednesday evenings depending on age. There are different locations for summer (Chichester University Campus) and winter (Chichester College Campus) training.

Training session fees are £1.00 per session and are payable upon registration.

As a child protection requirement all juniors must sign in when they arrive at training and sign out at the end of each session.

The club has several UK Athletics qualified coaches. Coaching groups are arranged according to age, ability and experience. The younger members are started in a reception group and are coached in a wide range of events with the emphasis on learning a wide range of skills.

You can expect your coach to;

- Operate safely
- Be committed to their Athletes
- Retain a sense of humour
- Promote good sportsmanship

In return the coach expects their athletes to;

- Be punctual
- Accept advice
- Be polite and responsive to instructions
- Behave sensibly
- Wear suitable kit
- Compete when asked to do so

Athletes should inform the coach of any injuries, illness or previous sports sessions at school etc. so that they can be taken account of and sessions adjusted accordingly.

Remember all the Coaches, Team Managers and other Club Officials are volunteers and give their time willingly to help the athletes.

All enquiries regarding junior membership should be made to the Secretary via the **CONTACT US** facility on the homepage of the club's website or by email chichesterrunners@googlemail.com.