

CHICHESTER RUNNERS & AC

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 and this must be paid prior to competing.

Membership fees are due in March of each year and can be paid/renewed online via <https://chirunners.worldsecursystems.com/membership-form-junior>

Training sessions are Monday and Wednesday evenings depending on age. Currently start and end times are staggered because of the virus – you will receive all details from head coach Andy Hall. There are different locations for summer training (Chichester University Campus) and winter (Chichester College Campus) training.

Session fees are £1.00 per session and are currently payable retrospectively on line via <https://chirunners.worldsecursystems.com/pay-now> Please pay at least every 10 sessions, so that we do not have to chase up payments!

As a child protection requirement all juniors must sign in when they arrive at training and sign out at the end of each session. We prefer all juniors to be collected by parents/guardians on-time but if on the rare occasion this is not possible, please let us know asap as we are very conscious of Safeguarding.

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 fun and 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 accounted for 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 Helen Dean by email juniors@chichester-runners.org.uk