

Important Updates to Training Schedule and Policies at WestCheshire Athletics Club

Dear Members,

We are writing to inform you of several important updates to our training schedule and policies at WestCheshire Athletics Club. These changes are designed to improve the training experience for all our athletes and ensure a smooth and efficient operation of our sessions.

Changes for year 8 and Below:

- Training Time: Sessions will now run from 6:00pm to 7:30pm.
- Compulsory Multi-Event Training: Every Tuesday & Saturday, athletes will participate in multi-event training. If this initiative proves successful, we will consider extending it to Thursdays as well.
- Advancement and Specialization: Athletes and their parents will be informed by the Track & Field Officer, Coaching Coordinator, or Club Secretary when the athlete is ready to advance to the next level or specialize in a specific event.
- Coaches Involved: The following coaches will be available to support these sessions: Dennis, Victor, Jane, Jill, Jo, Paul, Tim D and many more helpers.

Changes for Year 9 and Above:

- Training Time: Sessions will continue running from 6:30pm to 8:00pm.
- Track Access: Athletes in this group will not be permitted on the track until 7:00pm to ensure the younger group can complete their track session safely & without interruption.
- There are a few changes to training groups and each of the older athletes will be advised of the new training group and coach where applicable.

Additional Information:

- Track-Side Room: The track-side room will be open for those who need to wait if their parents or siblings have training sessions at different times.
- We would love your help in signing athletes in, making sure everyone is safe.
- The club is happy to support any parents who wish to get involved with coaching or officiating- please speak to Victor Oyesola or Tim Palmer to discuss this.

We understand that changes can sometimes lead to questions and concerns. Below are some anticipated questions along with their answers:

Potential Questions:

1. Why is the training time changing for Year 9 and below? - The time change is intended to provide a more focused and structured training environment for all our athletes.
 - To reduce the congestion at the track
 - To make the best and efficient use of all our resources including our coaches, equipment and space

2. What is the purpose of compulsory multi-event training?
 - Multi-event training helps young athletes develop a well-rounded skill set, which is beneficial for their overall athletic development.
 - England athletics recommends that young athletes should not specialize; this approach focuses not only on how fast someone runs, how far they jump or throw but also, more importantly, on developing the technical skills ('how' to run, jump and throw) required to perform at full potential and move like a champion.
 - Reduce boredom especially during this important period of growth.
 - Reduces chance of injury in young bodies from over training in one discipline,
 - The children can work towards England Athletics PB awards.

3. How will we be notified if our child is ready to advance or specialize?
 - Notifications will be given to parents and or athletes by the Track & Field Officer, Coaching Coordinator, or Club Secretary after assessing the athlete's mental & physical readiness.

4. Can Year 9 athletes arrive early and wait until 6:30pm?
 - Yes, Year 9 and above can arrive at 6:00pm and use the track-side room to wait until they are allowed on the track.
 - Warm up can be done in the pole vault area or on the concrete areas from 6pm.
 - We also welcome some help & support from older athletes (warmups, signing in etc) (this can be a good volunteering opportunity for the Duke of Edinburgh awards, or towards their owning coaching/ officiating qualifications).

5. What should we do if we have children in both the younger and older groups?
 - The track-side room is available for waiting, ensuring that parents and siblings can stay on-site comfortably while different sessions are in progress.

Children must remain under parental supervision when waiting

6. Who do I contact if I have additional questions or concerns?

- For any further questions, please feel free to reach out to the Track & Field Officer (Segvic95@yahoo.co.uk)

7. How can I request for my child to change training groups?

Once allocated a training group by the Club, if you wish to change groups you will need to make a request via[segvic95@yahoo.co.uk] which will be considered by the coaching and welfare officers.

We appreciate your understanding and cooperation as we implement these changes. Our goal is to provide the best possible training experience for all our athletes. Should you have any additional questions, please do not hesitate to contact us.

We have a zoom meeting scheduled for any questions/ concerns.

Topic: West Cheshire athletics

Time: Jul 31, 2024 07:15 PM London

Join Zoom Meeting

<https://us05web.zoom.us/j/83820271132?pwd=Uij1QJjQplyYxNH4hHp3dwxw0cpOA.1>

Meeting ID: 838 2027 1132

Passcode: Cheshire

Thank you,

West Cheshire Athletics Club