



# Lincoln Wellington AC

## Welcome Pack



**Welcome to Lincoln Wellington Athletic Club!** This information pack is intended to give you an introductory guide to the club. If you have any questions not answered here, ask any coach on a training evening or visit the club website <http://www.lwac.org.uk>

### **Where LWAC is based**

Since 1979, the club has been based at the athletics track at Yarborough Leisure Centre on Riseholme Road in Lincoln.

### **Recruitment policy**

LWAC recruits members of all abilities from every section of the community. For safety reasons, we only accept members aged 8 and upwards. They may start competing when they reach school year 4.

### **How much will it cost?**

We don't ask for subs straight away as we appreciate that children change their minds with the wind, but we do ask that after 3 to 4 weeks that you complete a membership application form and hand it to the coach. Annual subscriptions for seniors are £30.00, juniors £20.00, family membership £50.00. Prices are discounted for joining mid-way through a year. If you (the parent of a junior) attend the AGM in November you will receive a 20% discount off your subs.

On top of this, there is a fee for using the track and field facilities at Yarborough. Prices for this for the coming year have not yet been finalised, but will be in the order of £50 per year. This can be paid in instalments. See your coach for latest details of the arrangements for this. Alternatively, you can pay the Leisure Centre £3.10 direct for each visit by each athlete.

In the unlikely event that the athlete doesn't have shorts/teeshirt/trainers then these will need to be purchased. A club vest and black shorts will be required to be worn in competitions. Club vests cost from £13 to £15 and crop tops cost from £14 to £20. Other club kit and accessories are also available.

### **Welfare**

On the first evening that each youngster (Under 18) trains with us, it is required that a Young Athlete Consent Form be completed by the parent/guardian. Also an asthma form (if necessary). Both forms are available from our Welfare Officer, Alison Dale. Alison is also the first point of contact for any youngster that has any concerns about anything that occurs during training sessions or at competitions. All concerns raised will be dealt with promptly and confidentially.

### **Coaching Groups**

The club has several different coaching groups: -

Induction	Linda Ellis & Alison Dale Larry Allen & Jane Ramsden
Sprints	Nina Swaby, Steve Swaby, Adie Marston
Middle Distance	Dave Humberstone & Mark Baddeley Rob Lewis & Bill Delaney Gary Warhurst & Kathy Warhurst
Hurdles	Cathy Thomas
Throws	
Jumps	Stu Benson
Road Running	Anne Gilroy

All of our coaches have been CRB checked.



# Lincoln Wellington AC

## Welcome Pack



All of our younger members start off with Linda Ellis, regardless of their ability. The reason for this is so that Linda can assess each child who comes along to club for his/her ability, stamina, and technique. Also she teaches them track and field etiquette; this is to ensure their safety and make them aware of other athletes around them. Once the young athlete has been assessed, they may stay with Linda or she will talk to the appropriate coach and the parents, to see which group is most suitable.

### **Training nights**

We train on Tuesday and Thursday evenings from 6.30pm to 7.30pm. We also hold training sessions on Sunday mornings (inside in the winter). It is important that parents accompany their children to the track to hand them over to the coach and also collect them at the track after training.

Throughout the summer we mainly do track and field work. The induction group is split into two with Larry taking the ones with more stamina, and in the winter we alternate between the road and track. The other groups follow similar patterns.

We appreciate that the athletes have other commitments and we do not expect them to attend every session but they are welcome to do so if they are able.

It doesn't matter how warm it is elsewhere in the county but, for some reason, up at Yarbrough track it is nearly always freezing cold. Young athletes are required to turn up for training in shorts and t-shirt with a sweatshirt and tracksuit bottoms. Suitable footwear should be worn, spikes are allowed, but must be kept in a boot bag until told to put them on by their coach. Also a wet weather coat, if the weather looks inclement. A drink of water should also be brought to training sessions.

### **Competition**

Athletes have a variety of opportunities to compete. These arise both as track & field and cross-country events. The most common starting point are Lincolnshire League competitions. These are a great way to start a competitive athletics career. We also compete in the National Young Athletes League. There also many open competitions in and around Lincolnshire. Beyond this are the county championships and onward to regional and national championships. Your coach will guide you and advise you on suitable levels of competition.

### **Brief history of LWAC**

The club was formed in 1911 and is one of the oldest clubs in the country. It has the distinction of being one of the very few athletic clubs who take their name from a pub (the 'Duke of Wellington' in Broadgate where the inaugural meeting was held to form the club). Over the years, the club has produced many fine athletes who have represented England, Wales, Scotland and Great Britain, including a small number who competed at the Olympics.

### **Help wanted**

To allow the club to run effectively, we encourage parents to help us in anyway that they can, maybe as another pair of eyes when we are out road running, or helping out at events, or becoming a coach, or maybe an official at competitions.

Finally we want all athletes to enjoy their time at Lincoln Wellington no matter what their ability, whether it is to get them away from the television or play station and out into the fresh air or, as we have had in the past, to go on and represent their country.