



North Shields Polytechnic Club

Junior Welcome Pack

Thank you for choosing North Shields Poly as your athletic club it is great to have new members and we are sure you will have loads of fun training with us.

Some people you need to be familiar with at the club are the coaching coordinator and the welfare officer:

- **Chris Mole** Coaching Coordinator -any problems/ queries you may have with coaching or for more information about becoming a volunteer/ coach chris.mole@btinternet.com
- Welfare officer - **Bruce Robertson**, if you have any problems with athletes / parents or other coaches please contact Bruce as soon as possible. Bruce can be contacted on *mobile* 07806791393 email bruce@brucerobertsonfitness.co.uk

Junior coaching beliefs and values

We believe that young children should develop athleticism in an environment that is child-centred: safe, enjoyable, inclusive, well organised, with activities that are appropriate to their developmental stage and needs and that will enhance their overall health and well-being.

Junior coaches

All junior coaching groups are led by a fully qualified coach. All other coaches and volunteers are CRB checked. To see a full list of our current coaches and volunteers, please visit the website.

Training Times

We train on Tuesdays and Thursdays where each session lasts for 1 hour giving you plenty of time to get fit and meet lots of new friends. If you are unsure about what group might be best for you then speak to Chris Mole chris.mole@btinternet.com

Club Kit

Our club colours are red navy and white. Please visit our club shop to obtain club vest which you will need when competing for NSP.

Navy blue shorts are recommended but you may also be interested in other club branded clothing including hoodies, jackets and various wet weather kit items.

Events

There are loads of opportunities to compete for the club in Cross country and indoor/outdoor athletic events. This is left entirely up to you if you want to know more just ask your coach.

Junior events can be found on the club notice board and on our website:

<http://www.nspoly.co.uk/results-events/juniors/>.

The club likes to encourage you to try something new. Ask your coach which events might be suitable for you.

Membership

First things first you must complete a membership form with contact details with your parent or guardian just to make sure you are safe when you are here and that you don't have any medical issues.

You must also fill out a code of conduct for the club to make sure that everyone is safe and happy whilst you are training.

First Aid

The first aid box and defibrillator is located on the club shop counter. The club shop is always managed during club training times.

There are two spare first aid boxes in the kitchen.

First aid waist pouches are available for anyone to carry. These can be found in the office.



Code of Conduct for Junior Athletes and Parents/Guardians

Please read the England Athletics Code of conduct listed below

As a responsible athlete/parent/guardian you will:

- Respect the rights, dignity and worth of each and every person and treat equally within the context of sport.
- Place the wellbeing and safety of each athlete above all other considerations, including the development of performance.

Parent/ Guardian Code of Conduct

As a North Shields Poly parent/guardian, you will:

- Respect the decisions of the officials, coach and team officials without protest.
- Help young people to accept winning and losing in an appropriate way.
- Not use foul language, obscene gestures or ridicule people, or put undue pressure on individuals to perform.
- Ensure that your child uses appropriate clothing and equipment for the activity that he/she is participating in.
- Adhere to all of the Club's policies and bring any grievance/concerns to the attention of the relevant parties.
- Ensure that children under the age of 8 are accompanied by a responsible adult at all times.

Code of Conduct for Young Athletes

As a North Shields s Poly Athlete, you are accepting that you will:

- Always try your best.
- Compete within the laws of athletics and accept any coach or marshals decision.
- Not lose your temper or use inappropriate language or gestures.
- Show respect for other athletes, coaches and officials.
- Encourage and support others to improve their athletic ability.
- Report anyone that makes you do something that you do not want to do to your parent coach or Welfare Officer.
- Accept winning and losing in an appropriate manner.

Important

This code is a framework within which the Club members must work. It is a series of guidelines and instruction which members are required to abide to. By joining North Shields Polytechnic you also agree to these codes of conduct.