

NEW FOREST JUNIOR ATHLETIC CLUB

WELCOME INFORMATION

Welcome to New Forest Juniors. We hope this information will help you navigate the world of Athletics and Cross Country (XC) and improve yours and your child's enjoyment of the sport.

If you ever have any questions, PLEASE ASK at the registration desk, we're more than happy to help.

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NEW FOREST JUNIOR ATHLETIC CLUB

WELCOME INFORMATION

CODE OF CONDUCT / EXPECTATIONS FOR ATHLETES AND PARENTS

New Forest Juniors Athletic Club is run entirely by volunteers, who week on week, turn out in order to provide a healthy, safe, fun environment for your children.

We expect all athletes and parents to treat all coaches, helpers, officials and fellow athletes with respect.

We expect athletes to always show good sportsmanship, to encourage fellow athletes and to never make derogatory comments regarding the athletic abilities of others.

We expect athletes to attend training regularly, to listen to their coaches, follow their instructions and give training sessions their full effort.

We expect athletes to arrive on time for training, with the correct equipment, footwear and clothing and for parents to collect their children on time at the end of the session.

Whilst athletics celebrates individual achievement and improvement, the core of the sport is in the team. We expect athletes to compete on behalf of the club. With Cross Country, Track and Field and Sportshall, there should be a competition opportunity to suit everyone. To help incentivise athletes, Club medals and Cross Country Club medals are awarded to children who show a commitment to competition at our annual club awards night.

Should we have any concerns regarding your child's conduct or behaviour, we will raise this with you. Poor behaviour, if not rectified, may result in your child losing their place in the club.

AGE GROUPS

The competition age groups are based on your child's school year:

School Year	Summer Track & Field	Winter XC / Sportshall
4	U11 Quad Kids	U11
5	U11 Quad Kids	U11
6	U13	U11
7	U13	U13
8	U15	U13
9	U15	U15
10	U17	U15
11	U17	U17

The athletics year is split into two seasons. The summer season revolves around the Track & Field (April - July), whilst competition moves outdoors for Cross Country during the winter months (September – March), or for some of our younger athletes, into the Sportshall.

*** MEMBERSHIP REFERRALS ***

If you have any talented friends who are interested in joining the club please direct them in the first instance to RACHEL JONES our membership secretary via will.merrett@btopenworld.com

*** PLEASE NOTE, THE CLUB CAN ONLY TAKE CHILDREN FROM SCHOOL YEAR 4 AND UP***

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LEAGUE COMPETITIONS

Despite being a small club, we are a mighty force, thanks to our athletes' commitment to competition, something we fully encourage. We participate in a number of leagues, details for which are below. In all cases the team manager will email the membership in advance of a meeting, calling for availability (and where applicable, event preference). Athletes DO NOT need to be available for ALL meetings in order to compete at one. If you would like to compete but are not receiving emails, please let us know.

Summer Track and Field Athletics

The Wessex Young Athletes Track & Field League

<http://www.wessexleaguetandf.co.uk/index.htm>

24 participating clubs from across the South of England

Team Manager: Rachel Jones

Four meetings between April and July (usually Sundays)

Wessex League meetings are OPEN TO ALL!

U11's compete in Quad Kids (75m, 600m, Long Jump and Vortex throw) where performances are plotted on a points chart with their final position determined by their total points tally

U13 – U17 are selected by event for either A string, B string or non-scoring. You will be sent a list from which to select your preferred events (maximum of three events plus a relay) and Rachel will circulate the final team sheets ahead of each meeting

The Youth Development League (YDL)

<http://www.ukydl.org.uk>

A national athletics league with promotion/relegation between leagues according to performance

Lower Age Group U13/U15 (LAG) Team Manager: Dave McManus

Upper Age Group U17/U20 (UAG) Team Manager: Tim Wilding

Four meetings (per age group) between April and July (usually Saturdays)

More selective than the Wessex League we put forward a combined team with Bournemouth AC for the YDL.

Team selection is based upon an athlete's PB's as recorded on Power of 10.

Winter Cross Country

The Wessex Cross Country League

<http://www.teamdorsetathletics.btck.co.uk/Competition/WessexLeague-CrossCountry>

20+ participating clubs from across the South of England

Team Manager: Rachel Jones

Four meetings between October and December (usually Sundays)

Approximate league distances: U11's 1.5-2km, U13's 2.5-3km, U15 3-3.5km, U17 4-5km

PRE-REGISTRATION with Rachel at the start of the season (or at least one week before the next race) is ESSENTIAL in order to be allocated a number for the league, but XC is fully inclusive and OPEN TO ALL!

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The Hampshire Cross Country League

<https://www.hampshireathletics.org.uk/events/cross.html>

15+ participating clubs from across the County

Team Manager: Rachel Jones

Four meetings between October and February (usually Saturdays)

Approximate league distances: U11's 1.5-2km, U13's 2.5-3km, U15 3-3.5km, U17 4-5km

No pre-registration required, just turn up and run (U11's usually pay a nominal registration fee on the day)

Fully inclusive, Cross Country is OPEN TO ALL!

Winter Sportshall

The Hampshire Sportshall League

<https://www.hampshireathletics.org.uk/events/sportshall.html>

8+ participating clubs from across the County

Team Manager: Anna Raynsford

Four meetings between October and March (usually Sundays)

Sportshall is open to all U11's, U13's and U15's

A good introduction to competition for some of our younger athletes, Sportshall is an indoor competition where athletes compete in a variety of events including sprints, throws, jumps and agility tests

CHAMPIONSHIP COMPETITIONS

In addition to the various leagues, we strongly encourage those who are competing regularly to enter their County Championships. There are County Championships for both XC (December/January) and Track and Field (May) across the age groups from U11's through to U17's.

Unlike the league meetings, for County Championships the onus is on the athlete to enter themselves (whilst the club does not enter you, we do publicise the entry link and relevant information). The competition rules for championships dictate that athletes enter the championships based on **either** their *county of birth* or their *county of residence*.

OPEN COMPETITIONS

There are a number of additional 'Open' opportunities to compete at Track and Field events hosted by other clubs local to us. Whilst we endeavour to promote these opportunities via our Facebook page and website, as with the County Championships, the onus is on self-registration. They are great for garnering valuable competition experience in your chosen event or for trying a new event for the first time. Keep an eye on the relevant club websites for further details.

Bournemouth	The John Rumbold Memorial Open	March
Bournemouth	Autumn Open	September
Basingstoke	Young Athletes Meeting	March
Southampton	A number of Graded Opens	April to June
Winchester	Friday evening Quad Kids Opens	March to May

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The Lords Wandsworth Cross Country Series

<https://www.hartroadrunners.co.uk/races/lord-wandsworth-xc/>

Five meetings between November and March

This is a great Cross Country series with medals awarded on the line to the first three girls/boys home in each age group. Open to EVERYONE! Entry is available ON THE DAY.

Series distances: U9's 900m, U11's 1.5km, U13's 3km, U15 4.5km, U17/Seniors 8km

INFORMATION FOR COMPETITION DAYS

Winter Cross Country

You will receive an email informing you of upcoming races with locations, timings and course maps. We encourage EVERYONE to participate in Cross Country - there is no team selection.

We advise athletes arrive about an hour before their start time to allow time to locate the club representative/club tent, collect their number, walk the course and warm up. Athletes should run in their NFJ t-shirt (U11s) or vest (U13+) and black shorts/leggings. We recommend running in trainers or running spikes with 9-15mm spikes.

In addition, depending on the weather athletes might also want to bring the following:

- A base layer to wear under their club strip in very cold weather
- A ZIP UP FRONT hoody (not over the head) which they can wear to the start line
- Wellingtons/alternative sturdy footwear to walk the course
- Plenty of warm, dry layers and warm dry footwear/socks for after the race

As soon as their race is over athletes are free to leave and results are published later in the week.

Summer Track and Field

As with the Cross Country you will receive an email informing you of upcoming events requesting your availability and event preferences. Athletes can complete in up to three events and a relay. Team selection is based upon an athlete's preference and ability and final team sheets are circulated ahead of the day.

Again it's advisable athletes arrive an hour ahead of their first event in order to locate the club tent, collect their number and warm up. Athletes should run in their NFJ t-shirt/vest (U11s) or vest (U13+) and black shorts/leggings. We recommend running in trainers or running spikes with 6mm track spikes.

Track and Field meetings are generally all day affairs and facilities can be limited to a tuck shop/small café bar at best. Therefore you will want to bring deckchairs, picnic blanket, sun/rain umbrellas and a picnic.

Results are generally displayed throughout the day with comprehensive results to follow.

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Sportshall

Again, you will receive an email with details of the upcoming competition. There is no team selection for Sportshall, all children are welcome and all athletes participate in the same events on the day.

Athletes should arrive 30 mins ahead of the start time in order to register, collect their number and warm up. Athletes should compete in their NFJ t-shirt/vest (U11s) or vest (U13+), black shorts/leggings and trainers. Facilities at Sportshall events can vary widely so it's always advisable to bring a water bottle and snacks.

During Sportshall competitions, athletes rotate around the various events in their respective clubs, so your child will always be with their NFJ team-mates.

Results are displayed throughout the day with comprehensive results to follow.

CLUB PERSONNEL

Huw Davies	Chairperson	
Rachel Jones	Membership Secretary	anotherlevelcoaching@gmail.com
Rachel Jones	Treasurer	anotherlevelcoaching@gmail.com
Anna Raynsford	Registration/Admin	newforestjuniors@gmail.com
Jackie Surprenant	Registration/Head of Kit	newforestjuniors@gmail.com

Coaches

Kate Conti	U11's
Katie Johnson	U11's
Anna Raynsford	U11's
Nicci Robertson	U11's
Jackie Surprenant	U11's
Stuart Seymour	U13's
Cath Smith	Endurance coaching
Huw Davies	Endurance coaching
Dave McManus	Sprint coaching
Paul Wright	Sprint coaching
Rachel Jones	Hale Satellite Group coach (U11's - U17's)

ATHLETES' WELFARE

We aim to provide a safe and happy environment for all athletes to enjoy the sport.

Should you or your child have any concerns, at any point, regarding bullying or inappropriate behaviour, please speak in confidence to one of our two appointed Welfare Officers:

CATH SMITH
perigny15@yahoo.com

STUART SEYMOUR
gandsseymour@googlemail.com

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USEFUL WEBSITES

Power of 10

<https://www.thepowerof10.info>

Power of 10 is a website that logs the results of night on all official Track & Field meetings and Cross Country races, season by season. Athletes are assigned their own profile where by their individual performances are logged, noting seasons bests, PB's and UK rankings, so it's a great resource for watching ones progression. For our newest members you will need to set up your profile initially, after which your performances are automatically assigned to you (if you have any questions please ask!)

Other useful websites (for checking information and results)

NEW FOREST JUNIORS	http://www.newforestjuniors.co.uk/index.html
HAMPSHIRE ATHLETICS	https://www.hampshireathletics.org.uk/index.html
WESSEX TRACK AND FIELD	http://www.wessexleaguetandf.co.uk/index.htm
YOUTH DEVELOPMENT LEAGUE	http://www.ukydl.org.uk
WESSEX LEAGUE CROSS COUNTRY	http://www.teamdorsetathletics.btck.co.uk
SOUTHAMPTON AC	http://www.southamptonathleticclub.org.uk
WINCHESTER AC	https://www.wadac.org.uk
BOURNEMOUTH AC	http://www.bournemouthac.co.uk/community/
BASINGSTOKE AC	http://bmhac.co.uk
PORTSMOUTH AC	http://www.portsmouthathletic.co.uk

FACEBOOK GROUP

We also have a CLOSED Facebook group. This is for CURRENT MEMBERS and their families only. If you are on Facebook but not yet a member of the page please find us at NEW FOREST JUNIORS ATHLETICS CLUB, request to join, specifying your connection to the club, and we can sign you up. The page is regularly updated and is subsequently the best source of up to date information on club activities.

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