



# Motherwell Athletics Club

## Track and Field Welcome Information

If you are a new member to Motherwell Athletics Club (MAC), or are interested in joining us, we hope the following information will be of use to you.

Please also check out our website [www.motherwellac.com](http://www.motherwellac.com) which contains comprehensive details of the history, qualifications and background of our club and coaches, plus current news and contact details if you have any queries. We are a friendly club and would be delighted to hear from you.

### Child Safety

MAC adheres to the highest standards of child welfare and safety. All our coaches have undergone statutory Disclosure Scotland checks and the club has its own dedicated Welfare Officer who can be contacted via the club website.

In 2009 the club achieved "Clubmark" accreditation from scottishathletics which signifies our commitment to being a safe, effective and child-friendly athletics club. The award is in recognition of the quality of MAC's coaching, management and safety procedures. This was replaced by "Club Accreditation" in late 2011 and we have been awarded the Foundation Award.

### When and Where?

There are a variety of training sessions each week with main training days being Monday and Wednesday 6pm–7.45pm and Saturday 9.30am. Timings and venues vary depending on the time of year so it is best if potential new members contact a coach (contact details on [www.motherwellac.com/coaches.shtml](http://www.motherwellac.com/coaches.shtml)) prior to coming along for the first time. The main base for track training is at Wishaw Sports Centre, but there are various other sessions including ones at Strathclyde Park and Chatelherault in Hamilton.

MAC aims to provide a wide range of training throughout the year in an atmosphere that is fun, inclusive, safe and supportive. We want our members to take every opportunity to get involved, improve their fitness and enjoy themselves.

There is a "Road Runners" section of the club too for seniors and veterans. More information can be found on our website.

### Minimum Age

For insurance purposes the minimum age for membership of MAC is 9 years.

### Arrival and Departure

The safety of children attending our training sessions is of paramount importance, and we ask for your support in ensuring simple security procedures are adhered to.

Under 12s should always be accompanied by an adult until they have been signed in on the register. Parents may then choose to leave until collection time, but many parents stay to spectate and this is encouraged by the club.

If a child needs to go into the sports centre during a session (for instance to use the toilet), they **must** tell a coach where they are going.

On the MAC membership form we ask for emergency contact details in case we need to urgently get hold of you. If parents are not spectating, you must ensure the club has your current contact numbers (preferably your mobile number, which should be left on).

In the interests of safety an adult is required to collect their child from the track. We do not condone children wandering unsupervised through the sports centre or carpark.



## What to bring?

A good pair of running shoes is the most important piece of kit for young athletes. Cushioned, supportive shoes are recommended for basic training; fashion trainers do not provide adequate support for growing bones and ligaments.

In wet weather, coaches recommend athletes have a pair of running spikes to give better grip on the frequently wet surface of Wishaw track, thereby reducing the risk of accidents/injuries caused by slipping.

Good sports shops (not fashion stores) are excellent places to seek advice, and your coach will be happy to discuss your requirements.

It is important to dress appropriately for the weather conditions. Several layers of clothes are best as they can be removed/replaced as necessary. In poor weather bring a lightweight waterproof jacket, hat and gloves.

Bring something to drink (water is best) in an unbreakable bottle please.

A sports bag will reduce the risk of items being lost.

## Pre-training Meal

Avoid large meals before training. A light meal or snack 1-2 hours beforehand is adequate. Drink plenty of fluids.

## How much does it cost?

### Session fees

On arrival at Wishaw Sports Centre you should pay at reception for use of the track (currently £1.30 for juniors).

A monthly fee of £5 is payable to the club by standing order. The mandate form is available from <http://www.motherwellac.com/documents/membership/StandingOrder.pdf>.

This means:

- No more queues waiting to pay;
- Train up to 3 x times per week;
- Pay every month on a date suitable to you;
- Forget about having to bring money to training;

Great value for money!

This is in line with modern and convenient payment methods which benefits both members and the club.

### Membership

Check [www.motherwellac.com/club\\_membership.shtml](http://www.motherwellac.com/club_membership.shtml) for current subscription fees.

All MAC members pay an annual membership fee.

The membership year is from January 1 to December 31.

New members joining from October onwards are covered for membership of the following year.

Existing memberships will be deemed lapsed if not renewed by March 1.

New first-claim members receive a MAC vest in club colours which must be worn when competing on behalf of the club.

A Family membership 25% discount is applied to the cost of each family member where there is a minimum of three first-claim members (this **must** include at least one Senior).



## Standards of Behaviour

MAC insists on a certain standard of discipline from its members, and in applying for membership you are committing to comply with this. MAC has the right to expel members whose conduct is unacceptable.

Please acquaint yourself with the “Codes of Conduct” and “Constitution” documents which are displayed on the club notice boards and on [www.motherwellac.com/club\\_membership.shtml](http://www.motherwellac.com/club_membership.shtml).

If you have any queries at all about MAC, please feel free to speak to one of the coaches at the training sessions, or check out the contact details on our website [www.motherwellac.com](http://www.motherwellac.com) for telephone numbers and e-mail addresses. We will be delighted to help you.

## Scottish Athletics

MAC may ask you to take part in scottishathletics events for which membership is a necessity.

To join contact scottishathletics on 0131 476 7321 or [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk).

## Rules of Track and Field

- Obey the instructions of your coaches or adult helpers at all times, and show respect and consideration to other track users;
- The running direction on the track is anti-clockwise;
- Think of the track as a busy road with fast traffic. Look both ways before crossing.
- On finishing fast work, leave the track immediately. Do not stand about talking;
- If you hear the warning shout “*TRACK!*” from behind, you are probably in the way of an approaching athlete who is likely to be travelling fast. Quickly get out of the way, to the inside of lane 1. They will pass you on the outside. Stay left and do not zig-zag in the lanes;
- Similarly, if someone steps out in front of you, or changes direction abruptly while you are approaching fast from behind, shout “*TRACK!*”. Pass them on the outside, to their right;
- Warm-up laps and recovery jogs should be done on the outer lanes (7 and 8) or on the grass and paths outside the track. Stretching and mobilisation should be done off the track;
- Lanes 1 and 2 are reserved for fast work and distances greater than 100m. Sprinters generally use lanes 3, 4 and 5. Hurdles are usually in lanes 6, 7 and 8;
- The grass area in the centre of the running track (the “infield”) can be a dangerous place if throwing events are taking place. Do not cross the infield unless your coach says it is safe to do so, and always look out for danger. If you need to get to the opposite side of the track, jog around in lanes 7 or 8, or stay on the grass following the inside edge of the track;
- Throwing events are fun but the implements used can be dangerous. There are special rules for throwing that your coach will teach you, but one general rule is to look in the direction your implement will land and ensure the area is clear before you throw;
- Run-up areas and landing areas for jumps and throws must be kept clear. Do not stand in the way of another athlete. Remove any sticks, stones or litter that you see. Never commence a jump or throw unless it is safe to do so.



### **And finally...**

We hope you find all this information useful and that you enjoy running with MAC. If you have any questions, please don't hesitate to ask. Full contact details are on our website [www.motherwellac.com](http://www.motherwellac.com).