



# Motherwell Athletics Club

## Track & Field Section – Our Ethos

### “This is what we stand for...”

Motherwell Athletics Club (MAC) is committed to helping young people get the best out of athletics (and themselves) in a positive, encouraging and safe environment.

In order to achieve this, we have set out a number of points which we hope will help both children and parents make an active, enjoyable and beneficial contribution to the club and to the sport in general.

We undertake to ensure that children are:

- Provided with the opportunity to help reach their potential in this great sport;
- Helped to build character, good manners, discipline and commitment in a well supervised set up;
- Encouraged to enjoy themselves and give of their best.

There are certain standards which the club has set to make sure that we can achieve this. We expect those involved with the club to adhere to these standards at all times.

### Age Limits

For insurance purposes the minimum age for membership of MAC is 9 years. Children who are nearly 9 may be allowed to train only if a parent/guardian stays to watch and clearly understands the insurance position.

### Subscriptions

A track user fee should be paid at the front desk of Wishaw Sports Centre (currently £1.25 for juniors), with a £5 monthly subscription paid by standing order which gives access to up to 3 training sessions a week.

### Timekeeping

Sessions start on a Monday and Wednesday at 6.00pm and 9:30am on a Saturday. Please be dressed in your kit, having eaten not less than an hour before training and having gone to the toilet if necessary, before the start time of the session. Your coach will tell you when to start your warm up, which they will supervise. Please do not run about the track before being instructed to do so by your coach.

### Respect for your Coach and your fellow club members

Your coaches are keen that your track sessions should be fun, however in Athletics there are some important Health & Safety rules that must be followed. These rules are in place to prevent injury to both you and to others. Therefore it is important that you give your coach your complete attention during these safety talks.

Foul or abusive language is strictly forbidden and will result in you being asked to sit out the session, with parent/guardians being informed and asked to ensure no repetition.

You will also be supplied with details of track etiquette to ensure your own safety and enjoyment and that of others. Please familiarise yourself with this and ask your coach, who will be happy to keep you right, if you have any questions.

Parents should feel free to raise any specific issues with coaches in private at the end of the training session.

All MAC coaches are fully vetted by Disclosure Scotland and are qualified to at least Level 1/Assistant Coach with Scottish Athletics.

