



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 85p for juniors), with a £1 weekly subscription paid to the nominated parent before the session starts.

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 with Scottish Athletics.



Achievement

Athletics is a superb sport for improving fitness, building character and having fun. However, it is also a sport where you only get out what you put in, so we expect MAC athletes to give of their very best at all times.

MAC expects our athletes and their parents and guardians, behave in a proper and sporting manner. Athletes should be encouraged to shake hands with their fellow athletes and to show respect to track officials and judges at all times.

Active Contribution

MAC runs through the commitment and help of volunteers. All of our coaches are volunteers, as are the parent helpers and all of those who sit on the Club committee. Without volunteers the club could not exist, never mind develop and grow. As such we are always looking for parents to get involved at the club.

If you are interested in becoming more involved please either contact anyone on the Club committee, or speak to one of the club coaches.

Tasks can include:

- Collecting weekly subscriptions from athletes;
- Helping coaches with stopwatch/timekeeping/throw measurements, etc.;
- Laying out equipment such as hurdles in preparation for specific sessions;
- Preparing and handing out information on forthcoming meets;
- Attending meets and assisting coaches to organise entrants for events;
- Bringing any other issues to the attention of the coaches.

We are always in need of new coaches and the club has a programme where we will pay for coaching courses if you are interested in helping out by becoming a coach.

Being involved in athletics can last a lifetime, it helps keep you fit, it is challenging, it helps set and achieve goals, it is character building, it builds self confidence, it helps you make new friends and it is fun. If your aim is to become School/Club sports champion or represent your country at Commonwealth/Olympic games then the MAC track and field Coaches are happy to set you on that road.