



Welcome you to our club, north Somerset's home of Athletics. The next few pages should answer all of the questions you may have relating to the club, training and competing in Athletics.

### **Club Background**

In September 2004 a small training group was set up in Clevedon by Chris Millard which was attended by just four athletes and by two coaches. There was very little equipment, but plenty of enthusiasm and a desire to improve the opportunities for the young people of the area to take part in Track and Field athletics. Within a few years this training group has grown significantly and there are now well over 300 young people involved supported by up to 14 coaches. The club is affiliated to UK Athletics and all the coaches are qualified via UKA. The Club competes locally in the Avon and South West Track and Field Leagues and in the Gwent and Gloucester Cross Country Leagues. Training takes place in the evenings and weekends at Clevedon, Churchill and Nailsea/Backwell as below.

### **Training**

The club, North Somerset Athletics Club (NSAC) is a multidiscipline athletic club and trains on the following days at the below venues.

- Monday 6 - 7pm Backwell or Nailsea School 8-12 yrs Sports-hall & fun athletics  
Monday 6.45 - 7.45pm Backwell or Nailsea School 11-16yrs Sports-hall including fun conditioning and specialist throws session.
- Wednesday 6.50 - 8.20pm Clevedon Sea front (meet at sailing club). Clevedon School Summer months. 11+ yrs, Speed/Sprint sessions with Chris Millard and endurance sessions with Steve Hollier
- Thursday 5-6pm Churchill School 8-12 yrs Sports-hall & fun athletics  
Thursday 6-7pm Churchill School 11-16yrs Sports-hall inc fun conditioning and specialist jumps/hurdles session.
- Fridays once a month North Somerset Athletics Academy (Invite only).
- Saturday 8.50-10.20 Clevedon School 11+ yrs Speed/Sprint session with Chris Millard and endurance session with Steve Hollier.  
Saturday 10.30-11.45 Clevedon School 8-14 yrs Sports-hall & track & field We ask you arrive

We ask you arrive 10 minutes before each session to allow for a prompt warm up. Late arrivers may not be able to participate as we take warm up very seriously.

### **The Academy NSAA**

Your child may at some point be invited to join the exclusive North Somerset Athletics Academy (NSAA) in which case they will receive a letter from Head Coach Chris Millard. This will be for demonstrating a particular ability in a given event where we feel they can improve further with specific

coaching. NSAA meets at Churchill School monthly and details/costs would be included in the invitation letter.

## Competing

Whilst it is not an essential to compete in events we actively encourage participation. The training is an important part of club life and is geared towards competing in one of the many events that take place in the South West (competition vest would need to be purchased at £15). These include the Avon and South West track and field Leagues and The Gwent and Gloucester Cross country leagues, where we compete against other clubs as a team.

There are also a number of open events where your child can compete in a variety of events. Some of these events include the below where you can find dates and details on their respective websites:-

- Mendip AC Open meetings held throughout the summer at Millfield school, street.
- Exeter Open meetings also held once a month during the summer - [www.exeterharriers.co.uk](http://www.exeterharriers.co.uk)
- Bath AC/Team bath also hold meetings throughout the year in and outdoors.-
- The club also holds an informal summer sports day and two cross country team events, during the year.

All activity or competitions is flagged on the website including details of any necessary entry forms.

## Websites

There are two sites in use that are relevant one for the club (NSAC) and the other relates to the Academy (NSAA) all the information you could need can be found at these two sites. With a high number of athletes to keep informed the chosen route of communication is in the form of e-mail and updates online. Please see below a brief overview of the NSAC site-

NSAC which is for all things club related at [www.fitnessontrack.co.uk](http://www.fitnessontrack.co.uk)

NSAA which is exclusively for academy information at [www.nsaa.me.uk](http://www.nsaa.me.uk)

This is where you find all the main navigation links to other areas of the website including news, results, training dates; photo's and even club records.

The screenshot shows the website for North Somerset Athletic Club. The browser address bar displays 'http://www.fitnessontrack.co.uk/'. The website has a navigation menu on the left with links for 'home', 'news', 'training', 'results & records', 'gallery', 'sponsors', 'links', and 'club information'. The main content area features a large banner for 'NORTH SOMERSET ATHLETIC CLUB' with a photo of a runner. Below the banner is a 'Welcome to North Somerset Athletic Club' section with a paragraph of text and a 'Forthcoming Events' section listing dates and events. At the bottom, there is a 'Noticeboard' section and a 'uk:athletics' advertisement.

This is where you will find all the upcoming events such as training updates, cancellations as well a comprehensive list of upcoming events for you to compete in.

The notice board where all quick communications and reminders are placed such as membership payments!

## **Club Membership and Term Training Session Fees/costs**

Training fees are paid in block for each school term and should be paid before or at the first training session of that forthcoming term. Block payments for training fees free up time for the coaches to coach at the start of each training session and assist in paying the cost of venue hire and coach expenses.

Annual membership fee is included in the term payments and spread across the three terms, this therefore simplifies the process for athlete and club management. The membership still requires the completion of a form annually usually in the first term of the year or on joining the club. The membership form can be found on the website, membership ensures affiliation with England Athletics, which is necessary for all UK competitions and insurance.

The cost per term is a modest £30 for the first child, £25 per term for any subsequent child in the same family and entitles your child to train as many times a week as they would like as per the above training schedule.

The three terms are:

- Winter/Spring term - January to March.
- Summer term - April to July.
- Autumn/Winter term - September to December.

During the summer holidays Training reduces to just Wednesdays and Saturdays and a £1 payment is requested for each session attended.

There is no payment for anyone coming for the first couple of visits.

Both the membership application and for term payments forms can be found in Club Information tab on the website.

Kind Regards

The committee