



# City of Portsmouth Athletic Club

## -Introductory Coaching-

Welcome to the Fundamentals training group, the following information should answer your immediate questions, but please contact us again if there is anything we haven't anticipated. Full contact details are at the foot of this document.

There is a two-week introductory period, so you and your child can see just what you are letting yourselves in for, after which you will be expected to join the club.

### **Who?**

Introductory coaching is offered for children from 8-year-old (or rising 8) to 10 (school years 4 and 5). We currently do not operate a waiting list and welcome young athletes of all abilities.

### **Where?**

Most sessions are held on the track at the Mountbatten Centre through the summer, although when there is an event on the track the sessions are held either on the all-weather pitches adjacent to the track, or on the playing fields immediately to the north of the track. Any late changes to the training venue are posted on the groups Messenger page.

### **When?**

The sessions are held on Tuesday evenings from 5:30 to 6:30, and Saturday mornings from 9:00 to 10:00.

Sessions run throughout the year and are not aligned with the school terms. They are rarely cancelled for bad weather, so please be aware your child may get wet!

### **What?**

The sessions concentrate on the fundamental movement skills that underlie all athletic events, indeed all sports, but with a distinct bias to track and field disciplines. Through the year all events will be covered.

Unleash Your Inner Athlete.



# Unleash Your Inner Athlete.

## **What equipment is required?**

There is no special equipment required, just clothing suitable for running in, a good pair of sports trainers as opposed to fashion trainers, and a bottle of water. During the summer months it is advisable to apply sunblock before attending.

Most young athletes eventually purchase spiked running shoes, these are not necessary initially. If you do want to purchase a pair please buy middle distance spikes, rather than sprint spikes. Middle distance spikes have a small heel which offers some protection. Sprint spikes have less padding and are set at high angle to facilitate sprinting not for comfort and certainly not for prolonged wearing. (Alexandra Sports are our sponsors and partners and they offer a good discount for club members on all sports goods. This doesn't apply to club vests; these are already discounted).

## **Who Coaches?**

All Coaches and Coaching Assistants are UK Athletics trained, have enhanced DBS clearance, and have Child Protection and Welfare training. We do encourage parents to get involved with coaching, with a view to take UKA coaching qualifications.

## **How Much?**

Fundamentals Membership is £90 a year. This operates from 1<sup>st</sup> April to 31<sup>st</sup> March each year. Those joining from January to March will be granted membership for the following year. There are family membership options available.

The membership fee includes club membership, Track pass and England Athletics registration, as well as entry into the Sports Hall League. As part of your England Athletics registration, each registered U11 athlete will receive a free place on an official's training course. We strongly recommend taking up this offer. It provides valuable insight into the sport and means you will be able to assist at events, getting up close to all the action.



# Unleash Your Inner Athlete.

## Joining the club.

Please try a maximum of 4 sessions before committing to join the club. This will allow your child to see if they enjoy the sessions. We do have a registration system for all sessions, but also rely on parents taking the initiative to join after these trial sessions.

Joining the club is via the club's website, [HERE](#).

## Competition.

Through the summer months we compete in age-appropriate competitions, often following the well-established Quadkids format. As the name implies this is a four-event competition comprising a sprint, a middle-distance, a throw, and a jump. Usually this is 75m, 600m, vortex howler throw, and long jump. Entry to these events is usual an additional cost per event entered and the cost will vary depending on the club or organisation putting on the event.

In the winter we take part in the Hampshire Sportshall League. This is an indoor event where all the essential elements of track and field are performed but modified for indoor competition. This is noisy, and all action, many events taking place at the same time. Entry into this is included with your membership

We also take part in the Hampshire Cross Country League. Although nominally it is Hampshire there are clubs from Dorset, Surrey, Berkshire, and West Sussex involved. Regular venues include Reading and Bournemouth, neither of which is in Hampshire! These are at the discretion of the host club and there is a small admin fee to pay.

## Communications.

There is a closed Messenger group, where all the immediate information is posted. There is also a closed Facebook page for more general information. For both Messenger and Facebook you will have to be admitted by the Administrator, but please visit our website for information about the whole club.

[www.portsmouthathletic.co.uk](http://www.portsmouthathletic.co.uk)

Please contact me if you need further information.

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