

Wednesday Junior Development Evenings Information Leaflet

Our Junior Development Sessions are held on Wednesday Evenings at Kings Park Athletics Stadium. These sessions provide the opportunity for children in School Years 3 to 11 (minimum 8 years) to take part in and receive coaching in a variety of athletic disciplines.

Sessions are split into two age groups as follows:-

School Years 3, 4 & 5 (minimum age 8 years)

These are 'taster' sessions and are designed to give an insight into a variety of events (running, jumping and throwing) in a fun and friendly environment.

It is a requirement that athletes become members of the Club and this enables them to have the opportunity of competing in a variety of UK athletics events representing BAC.

School years 6 and upwards

These sessions are designed to prepare athletes for a longer term involvement with the sport and to develop their skills in their chosen athletic disciplines. It is the intention is for these athletes to compete on a regular basis and it is a requirement that athletes become members of the Club. BAC then encourages and introduces the members to an events group within the Club and enables them to compete for the Club in a wide range of UK athletic events.

Cost:- the Club requires the athletes to register for a 10 week block of training at a cost of £25 per block (i.e. £2.50 per week).

The costs relating to membership can be found on the Club website 'www.bournemouthac.co.uk' and any queries can be answered by our Admin team on Wednesday evenings. There is also a page on this website relating to the Junior Development Evenings and updated information will appear from time to time.

If your son/daughter is taking part in the Junior Development Evening during the winter period, September to March, could you please note the following recommendations for standard training sessions.

They are:

1. The athlete should come with a warm or cold drink.
2. Change of base layer clothing (tee shirt or light fleece) to minimise the risk of getting cold.
3. Track suit top and bottoms (sweat shirt & jogging bottoms or similar).
4. Woolly hat (beanie) and gloves.
5. Lightweight rain top as protection against rain and cold winds.

Note – If your son/daughter has to walk or cycle through badly lit areas whilst travelling between home and the Athletics Stadium, please ensure that they wear bright clothing or illuminated bands to enable them to be seen.