

## **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.

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

**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.**

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. Athletes are expected to attend on a regular basis and will be encouraged to compete for the Club. There are numerous opportunities to compete in a variety of events throughout the year e.g. Quadkids, Sportshall and cross-country.

### **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. Athletes are required to attend on a regular basis (at least 7 times out of each block of 10 weeks) unless there is an acceptable reason e.g. illness/injury. They are also expected to make themselves available to compete for the Club on at least 4 occasions during each calendar year.

**Cost:-** the Club requires the athletes to register for a 10 week block of training at a cost of £25 per block payable in advance (i.e. £2.50 per week). There is an option to pay for a season ticket for the year – see our website under 'Membership'.

## PTO

If your son/daughter is taking part in the Junior Development Evening during the winter period, October 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.