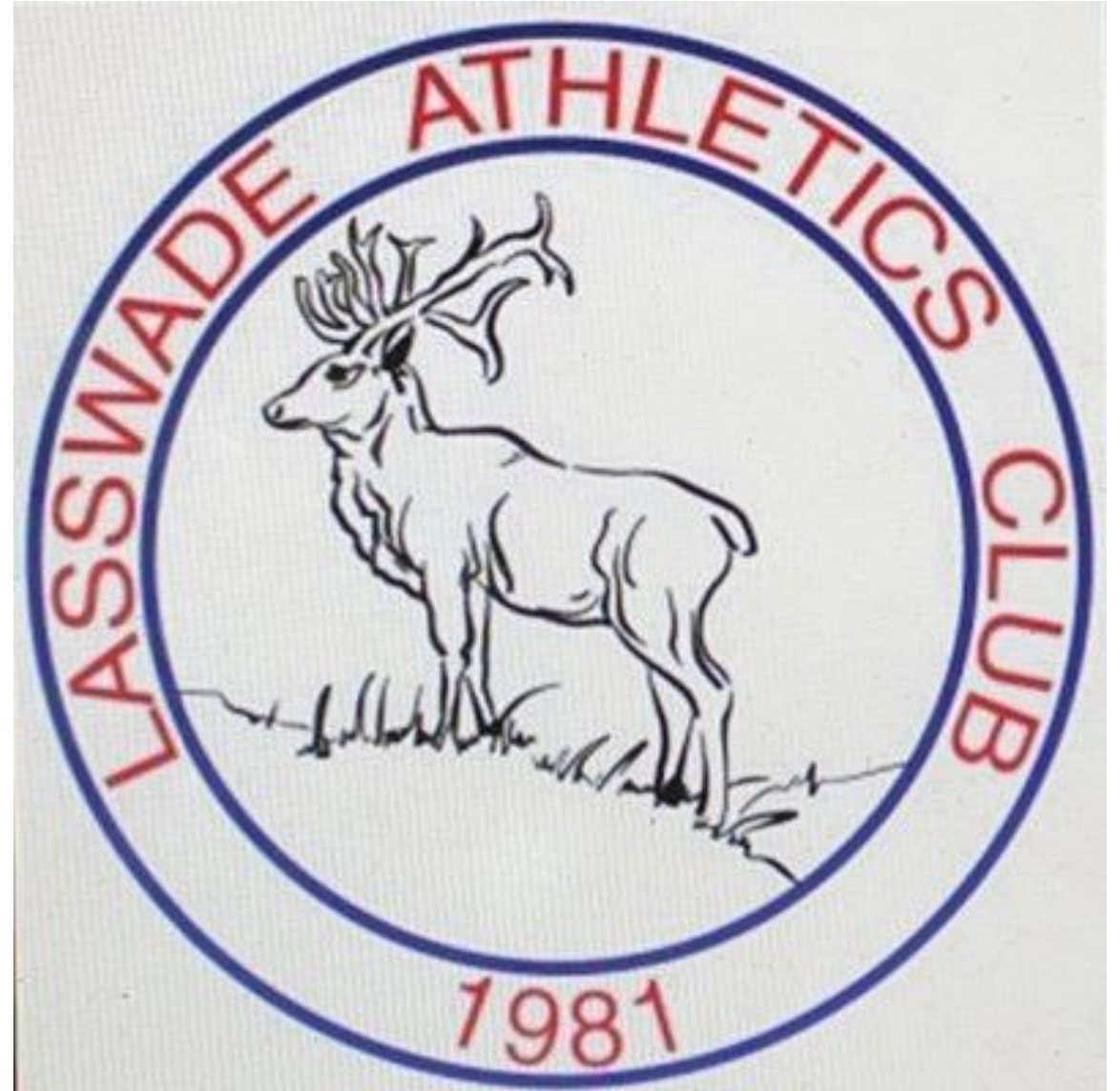


LASSWADE ATHLETICS CLUB

Members Info Evening,
Tuesday March 21st

Keith Kong (Chair) &
Harry Baird (CDO)



AGENDA

Welcome

Age Groups

Track & Field Leagues

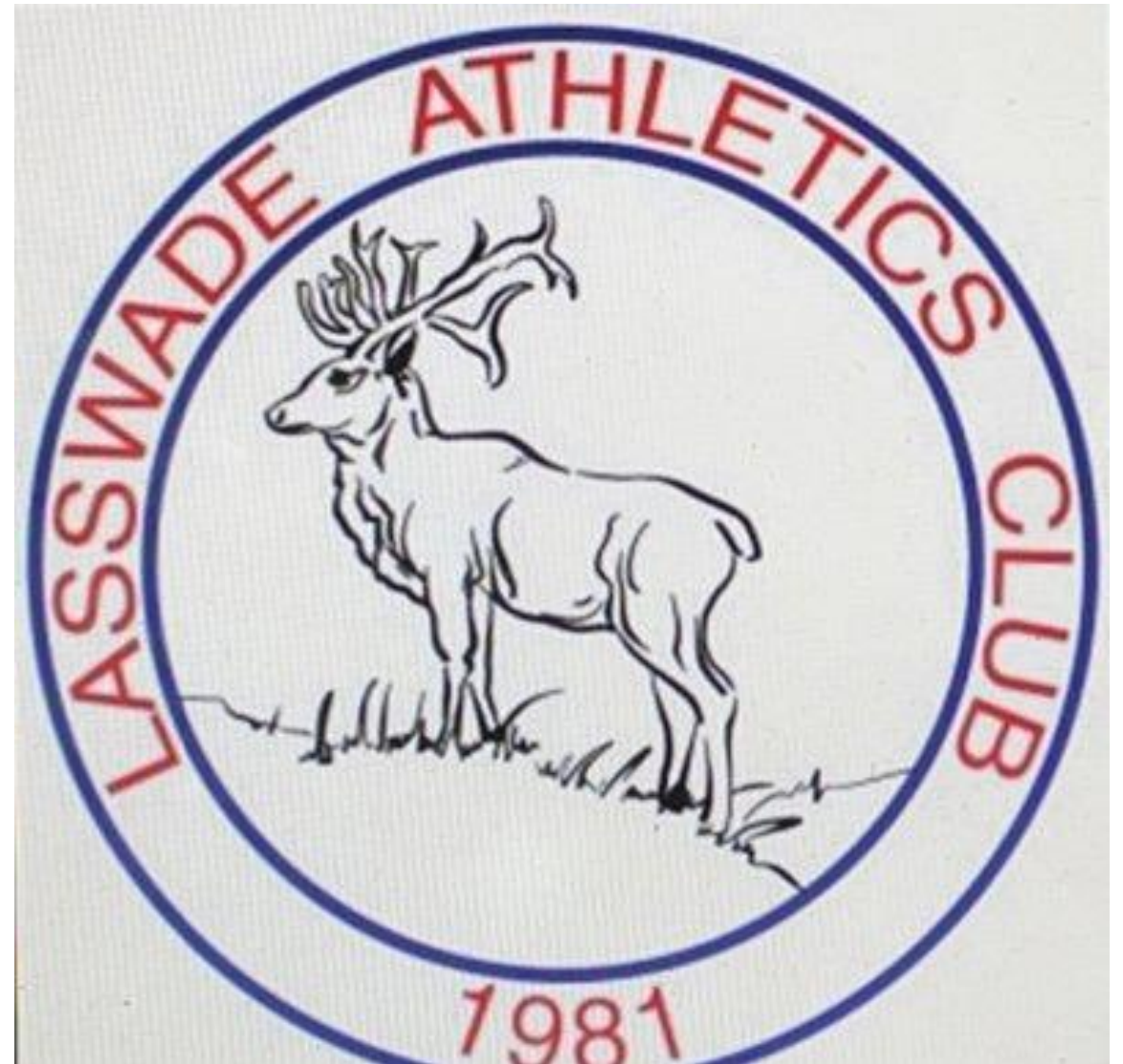
Superteams, Relays

Self Entry Events

Q&A on Competition

Volunteering

AOCB



AGE GROUPS!!!

- Age groups are possibly the hardest things for those new to athletics to understand.
- The age groups are *U11, U13, U15, U17, U20, Senior & Masters (Age 35+). *You must be at least 9 on the day of a league event to compete.
- Current DOB ranges are given on the availability forms.
- If you are still unsure about this just ask the coach.
- Also discuss with the coach any concerns over suitable events and ability.

TRACK & FIELD LEAGUES

- Taking part and spectating is free at most league events.
- Athletes must have a **scottish**athletics membership that is in date and wear the club vest when competing.
- In most leagues there are only 2 competitors allowed per event/age group/gender. (Example U13 Boys 100m is one A string athlete and one B string athlete)
- Clubs **MUST** put forward a quota of helpers.



TRACK & FIELD LEAGUES

- To view a description of each league, along with dates and how to declare please visit our website lasswade-ac.org.uk. Select the *Competition* menu then select *Track & Field Competition & Fixtures* from the drop down.
- Follow any links to declare by two weeks prior to the event.
- Teams will then be selected and communicated.
- When attending the event simply report to the team manager to collect your team number.
- Each string wears the same number, with performance for each string turned into club points.



EXAMPLE FROM WEBSITE

Forth Valley League

This is a competition for U11, U13 and U15 athletes
There are three fixtures in the season and it is a great league to enter if you are new to competing.
We currently compete in Div 2. Please click on the links below to declare your availability and/or follow the link for directions to each venue

23-Apr | [declare here by 9/4](#) | [Livingston](#) | [Timetable](#)
17-Jun | (Link to follow) | [Grangemouth](#)
27-Aug | (Link to follow) | [Grangemouth](#)



SUPERTEAMS AND NATIONAL RELAYS

- Again we gather availability, with teams selected to compete.
- There is an entry fee, but this is paid for by the club.
- When attending you once again report to the team manager to collect your number.
- SUPERteams is an U12 competition and great fun.
- The National Relays are for all age groups apart from U11.

SELF ENTRY EVENTS

- Athletes (or their parents) enter into these events via the organisers. Links to do so will be on our fixtures page. An entry fee payable and a closing date for entries will apply. When attending these events athletes report to declarations to collect their individual number.
- **District & National Champ's:** We are in the East District and these are a great stepping stone for the Nationals. At both you compete in your age groups.
- **Grand Prix Series.** This is a blend of leagues and individual competition. However your performance are turned into club points as well. There are bespoke GP events for Throws, Jumps, Sprints & Endurance with some Championship events also doubling up as GP events.
- **Open Graded Meetings (OGM's)** These are run by either clubs or local authorities The difference is that instead of competing against those of similar age you compete against those of similar standard. These are great opportunities to get some experience.





Q&A
COMPETITION

VOLUNTEERING

Without volunteers, club sport would simply not exist. Volunteers are the cornerstone of Lasswade AC and they have helped countless athletes to progress over the years.

We are seeking volunteers from athletes, their families, friends and indeed the wider public.

Many volunteering roles require no previous athletics knowledge and we can use whatever time you can spare.



CAAC ASKED OUR HELPERS

WHY DO YOU VOLUNTEER?

ENJOY THE CHALLENGE GIVE SOMTHING BACK I ENJOY IT
MEET NEW PEOPLE SEE ATHLETES PROGRESS ENHANCE MY CV
BUILD CLUB'S FUTURE DUKE OF EINBURGH
SATISFACTION, PRIDE, ENJOYMENT STAY MENTLLY FIT
LEARN NEW SKILLS KEEP MYSELF ACTIVE

MANY OF OUR ROLES REQUIRE NO ATHLETICS EXPERIENCE AND
FULL SUPPORT IS PROVIDED. FOR MORE INFO CONTACT
CORSTORPHINCTO@GMAIL.COM

We can help match your skills and available time to ensure you are in the best position possible.

New volunteers can try their chosen role on a trial basis before committing.

New volunteers will always be supported by those more experienced.

Any training costs can be met by the club.

Many of the roles can be used by those doing their Duke of Edinburgh award.

Many qualifications gained will enhance your C.V. or help with a Further Education application.

The club will conduct a PVG check for some roles at no personal cost.

Roles are on our website

WHERE IS HELP NEEDED

Welfare/Safeguarding Officer (one or two volunteers needed)
All clubs should appoint at least one WSO to ensure they are following current legislation and who can deal with any matters arising. Full training will be provided and our outgoing WSO will provide initial support. A full role descriptor is available [here](#) which has links to express your interest

Web & Social Media Team (four volunteers needed) This team would help update, develop and maintain the clubs website and social media platforms. These are essential tools to keep existing and potential members informed. A full role descriptor is available [here](#) which has links to express your interest.

Competition Team (eight volunteers needed) this team would be responsible for gathering athletes availability for the leagues and other competitions we enter. dealing with league admins etc Many of this team are already in place but we need to provide even more support to them. A full role descriptor is available [here](#) which has links to express your interest.

WHERE IS HELP NEEDED

Coaching: Lasswade AC are always looking to encourage more people to get involved with helping out in **all** areas of the club, including coaching. As such the club will cover the costs of any courses which members, volunteers, athletes wish to take part in.

We fully appreciate some may not be able to commit regularly to helping at training due to other commitments. However, we can place you on a rota to suit whatever time you do have. We can also buddy you up with a mentor to help support you.

Parent Helper is the first place many start, and is a great way to see if you enjoy coaching, please see below if you do enjoy it and wish to become qualified. Please talk to any coach if you wish to help.

Officials: Lasswade AC are always looking to encourage more people to get involved with helping out in all areas of the club, including officiating. As such the club will cover the costs of any courses which members, volunteers, athletes wish to take part in.

Every club is required to put forward a quota of qualified officials for each league match, failure to do so can result in points being deducted from the team. There are many roles within officiating – not just those you see on the competition area.



Q&A VOLUNTEERING