**MONTROSE AND DISTRICT ATHLETIC CLUB**

Affiliated to S.A.L Clubmark Accredited ACE Scheme member

INFORMATION FOR NEW MEMBERS

Contacts:

President; George Ferrie 01241 879987 Secretary; Terri Lees 01674 675443

Treasurer; Emma Christie 01674 675259 Welfare Officer; Emma Christie 01674 675259

Coaches; Colin Christie 01674 675259 George Ferrie 01241 879987 Emma Christie 01674 675259

Graham Petrie 01674 830857 Terri Lees 01674 675443 Jackie Collins 01561 362345

Team Manager; Petrofac League; Ian Turner 01561 321225

Club Website; [www.mdac.org.uk](http://www.mdac.org.uk) Emails will be sent through the Club Website.

Membership Fees

Membership Fees are £15 for Under 9s, £25 for Juniors Under 17, £30 for Adults and £55 for Families January till December. Half year memberships are available on request.

Training Fees

Training fees are £3.50 per session for non-members. Members are £2.50.

Training

April till September:

Monday Outdoors 6.30pm till 8.30pm Montrose Sports Centre.

Tuesday (Pole Vault April-September alternate Tuesdays outdoors) 6.30pm till 8.30pm. Strength & Conditioning 7pm till 8pm Alternate Tuesdays.

Thursday Outdoors 6.30pm till 8.30pm Montrose Sports Centre.

October till March:

Monday Outdoors 7.00pm till 8.15pm Montrose Rugby and Cricket Ground, Union Park Montrose.

Tuesday Indoors ( Strength & Conditioning)7.00pm till 8.00pm. Montrose Town Hall.

Thursday Indoors 7.00pm till 8.00pm Montrose Academy Main Hall.

Training sessions will normally take place regardless of the weather but please check beforehand. If you are unsure as to whether a training session will go ahead, you should phone your Coach. Please bring sufficient clothing so that you are prepared to train in cold and wet conditions. Please ensure that you have at least one hour between eating and training. This will prevent or reduce your chance of suffering from ‘stitches’. A non-fizzy drink should also be taken to training and drunk when required.

Please remember to listen to what you are being taught and remember any safety instructions. These instructions are for your own and everybody else’s safety.

Parental Assistance

Parental assistance is required at all competitions and training sessions. Parent Rotas will be created to cover training sessions. Can all Parents please ensure that they arrange for someone to cover their slot if they are unavailable. Parents should advise Team Managers and Coaches when they are available to help out at competitions.

Competitions

Please try to attend as many of the League competitions as possible. A minimum of four Athletes per age group are required to make up a Team.

On the day of any competition, it is important that you do not skip breakfast. Your body needs fuel just like any engine. You should take a packed lunch with you and at least 1 litre of a non-fizzy drink. It is important to drink enough fluid during the day as your performance may be affected if you do not.

Sufficient clothing should be taken with you to prepare for all weather types, and a change of clothing for changing into once the competition is over. Please remember to listen to any instructions you are given on the day.

If you are unable to attend a competition, please inform your Team Manager as early as possible.

Athletics Scotland

Athletics Scotland is the membership scheme of Scottish Athletics Ltd, who are the governing body of all Athletics Clubs. It is compulsory for all athletes to be members of Athletics Scotland if they wish to compete. Membership is free for the first year for under17s and we will register you automatically when you join the Athletics Club. You will receive a Membership Card which should be kept in a safe place as it will be required at competitions. You will have to renew your Athletics Scotland Membership direct with Scottish Athletics each year after your first years free membership has expired.

**TRACK ETIQUETTE & GUIDLINES**

**Basic Rules and Guidance**:

1. Always run in an anti- clockwise direction.

2. The ‘fast or ‘inside’’ lane is to the left. Lane numbering (Lane 1) is the inside lane through to Lane 8 (the outside lane). Indoor track have up to 6 lanes, and some outdoor arenas have up to 10 lanes in the straight. Lanes 1 and 2 should be used mainly by the fastest runners in the race or training session. The outer lanes should be used by athletes doing their warm-up or cool-down.

3. Treat the track and infield like you would a road. Look both ways and make sure it is safe to cross at all times.

4. If a faster runner comes up behind you and wants to pass, they will shout, “track.” On hearing the shout, “track”, move to the outer lanes if it is safe to do so. When passing someone, always give plenty of warning time. Say, “track,” wait for them to move over, and continue in your lane.

5. Never stand on the track, especially in lanes 1 or 2. Always look both ways before crossing the track. When you finish an interval, look over your shoulder and move to the right as you stop. If you move left you are more likely to get run over by another runner.

6. Don’t use headphones or your mobile phone on the track or infield. This is potentially dangerous and may stop you from hearing other track users or safety announcements.

7. If the track is not busy, it is usually acceptable to do warm-up drills in the outside lanes. Often this means you will be running back and forth on the straights. This is the only time it’s OK to run in a clockwise direction.

8. Please consider other track users - don't make unnecessary noise near the start or the areas where the field events are taking place. Encouragement from the infield is also not permitted.

9. During competition, don't run across the finishing line unless you are participating in a race as it may interfere with time keepers, track judges and photo-finish/electronic timing equipment.

10. The in-field is generally out of bounds unless you are a competitor or an official in the event in session. This means that, if you are late for your event, you have to walk around the outside of the track. This may take longer but will help prevent you from being hit by a throwing implement.

11. Always be polite and respectful to coaches and officials – they are giving up their time to help you and should always be thanked after training and competitions!

12. The steeplechase water jump is not a swimming pool and the jumps pit is not a beach! Similarly, the high jump and pole vault mats are for landing on not for resting or playing!

13. Young athletes should be supervised at all times.

14. Please do not leave your litter for others to clear up, and make sure you keep your valuables safe.

15. Finally, a track is designed for athletics! Please keep footballs etc well away and if your animal is a spectator, please ensure that you keep it under control and remove any mess.