



Members Booklet

May 2011

Background

Radley Ladies AC was formed in 1972 by Eileen and Charles Kear, Jill Slatter and Vie Franks all of whom are still involved in the club today.

It was the premier female-only club in the county until January 2003 when it became Radley AC taking the major step to introduce male athletes to its membership.

The club provides coaching and competitive opportunities in track and field athletics (including running, jumping and throwing) during the summer and also cross-country running, sportshall and indoor athletics during the winter months.

Athletes aged 8 years + are welcome to join, including veteran athletes.

Club Fixtures

The Club takes part in the following track & field fixtures:

- Southern Track & Field Leagues (Male + Female)
- National Young Athletes League (Mixed team)
- Southern Veterans League (Male + Female)
- Oxfordshire Junior Track & Field League (Male & Female)
- Trophy Meetings: Alpha/Beta and Middlesex

The club also takes part in Cross Country and Sportshall leagues in the winter months and athletes are eligible to take part in the Team Oxfordshire U20 national Junior League team.

In addition, individuals are also encouraged to enter open and championship events as appropriate. The club holds its own Open Meeting and Club Championships annually.

Fixtures lists are available from your Team Manager, and a copy is displayed on the club's Noticeboard at Tilsley Park and on the club website.

Useful Websites

- www.radleyathleticsclub.co.uk (Club website)
- www.ukathletics.net (UK Athletics website)
- www.englandathletics.org (England athletics)
- www.seaa.org.uk (South of England AA)
- www.oxonaa.org (Oxfordshire AA)
- www.wasp-sports.co.uk (female kit suppliers)
- www.powerof10.info (profiles, results & rankings)
- www.oxonxc.org (Oxfordshire Cross Country)
- www.natyal.co.uk (National Young Athletes Lge)
- www.southernmensleague.org.uk (Mens league)
- www.swtfl.co.uk (Womens league)

Drugs and Athletics

Asthma

All athletes who use asthma inhalers are required to register with UK Athletics (UKA). All athletes are to be responsible for their own inhalers and registration. Forms can be downloaded from UKA website (alternatively contact the membership secretary).

Cough/Cold remedies

Always check with the pharmacist or your doctor that any medicine does not contain substances from the banned stimulants list. Some common medicines that contain banned stimulants are: Benylin Four Flu, Beechams flu Plus, Day nurse, Conate 400, Mucron, Lemsip cold and flu, Sinutab, Vicks medinite, Sudufed tablets, Nurufen cold and flu tablets.

Epi Pens

Team Managers cannot be held responsible for epi pens. If a situation arises in which an athlete needs to be administered with their epi pen a family member must be on hand to do so.

Further information can be obtained from the UK Athletics website.

Junior members should not be overly concerned with regard to testing etc. but are encouraged to be mindful of the things they are taking.

Training/Coaching

Radley AC training nights are Mondays and Wednesdays approximately 6-8pm (depending on individual training groups) at Tilsley Park, Abingdon.

Parents should ensure junior athletes are handed over to their coach and not dropped off in the car park. Radley AC take no responsibility for athletes not dealt with in this way. Parents are encouraged to stay and watch training activities or even better, get involved! Ask your child's coach for information on how you can get involved.

All of the club's coaches are qualified UKA coaches and hold CRB checks.

Athletes are to adhere to the rules of the venue and to those of the club-these are available on the website.

Basic rules of training on the track include:

- Being aware of other athletes at all times
- Do not cross over the middle of the track as this is a throws area
- Look for athletes running around before crossing the track
- When on the track, if you hear someone shout "Track" it means move out of the way!
- Do not mess around.

Athletes are able to train with any of the coaches/groups within the club's coaching structure, but should respect the coaches and keep them informed of other commitments e.g. school which may affect their training and let them know of any changes in good time.

Athletes that don't attend training or contact their coach for a period of 4 weeks may be placed onto a waiting list and another athlete given their place. Any paid up members will be placed at the top of the waiting list and allocated.

Indoor (circuit) training is provided during the winter months where possible.

Competition

All Club competitions are under the authority of a Team Manager, who will have the responsibility for the athletes during the day. Transport will normally be provided for away club competitions.

A match fee will be payable at all club meetings to contribute towards the travelling/facility costs etc. This is currently £4.00.

Athletes will need clothing suitable for all weather conditions and a sensible packed lunch on competition days. Club kit can be purchased from Wasp Sports for females and from Team Managers for males (see website links or Team Managers).

Team Managers have been made aware of any medical conditions declared on the membership form and the hosts of each meeting must provide qualified first aid provision.

Teams will be selected the weeks prior to competition. An A Team will take priority over a B Team, where applicable. Other clashes will be resolved by Committee or between Team managers. Athletes should compete for whichever team selected. Coach pick-up times will be provided in writing where possible.

Please advise the Power of 10 website of any times/distances achieved outside of club events e.g. Open meetings/championships etc for Club ranking/Selection purposes.

Any disagreements with team selection should be first directed to the Team Manager and if unresolved to the committee in writing as in the club's team selection policy.

Radley AC Committee

The full committee for 2011 is detailed on the club's website

Key Contacts:

Chairperson	Kay Reynolds	01235 822822
Secretary	Andrea Snuggs	07824 731060
Membership Secretary	Rose Webb	01235 201080

Changes will be agreed at the club's AGM in December and publicised on the website.

Conduct & Behaviour

Athletes are not only representing the Club at training and competitions, but also themselves and their parents and therefore should act in an appropriate manner.

Athletes and parents should make themselves familiar with the Clubs Codes of Conduct. These are available on the Clubs website.

Constitution

The key elements of the Clubs constitution is a summarized below, the full constitution can be viewed on the Clubs website.

- The object of the club shall be the promotion of amateur athletics generally.
- The Club is managed by a committee.
- All fees are to be paid before competing and voting
- All members must act in an appropriate manner at all times
- Resignations must be made in writing to the Secretary