

BARTON & DISTRICT



Athletics Club

Youths Group Welcome Pack 2025

Welcome Letter

Dear _____ & Parent (s)/Guardian

On behalf of the Barton and District Youths Section can I welcome you to the squad.

Youth and Junior athletics is at the very heart of our club and we take great pride in each athlete's achievements regardless of their ability. As a coaching team and club our main objectives are to ensure that each youth/junior has fun, builds confidence and has full coaching support as they develop year on year. As a coaching team we consider it important that each youth and junior athlete develop a knowledge of athletics and they are encouraged to take part in a number of different athletic disciplines across track/field, road running and cross country.

All youth athletes are encouraged to take part in a range of athletic disciplines whilst the athletes develop and mature physically. The youth section is split in to four competition age groups U13/U15/U17/U20 for both girls/boys and across these age groups there are a range of track and field, cross country and road events which are age dependent as specified by UKA. As the athletes move through the age groups the coaches will work with each athlete to focus on specific events.

The following is aimed at assisting the athlete and parent/guardian to integrate into the squad

Youth Squad Coaches

All coaches are qualified under England Athletics with ongoing training, EA support and EA Insurances. As the coaches are working with young people before a coaching license is issued by the EA, each coach must be vetted and pass the Disclosure and Barring Service (DBS check)

Coaches

Mark Ding



Eve Couch



Naomi Clark



Training Session

The majority of training sessions where possible are held outside although we do utilise the Baysgarth School Sports Hall and Gym during the winter. All athletes are requested to dress appropriately for the training session weather conditions.

Scheduled Training Sessions

Tuesday Night

Costello Stadium Hull - Anlaby Park Rd N, Hull HU4 6XQ

Session Time - 6.30PM to 7.30PM

Paid Entry to use the track and facilities Current U16 Charge £4.50

Sessions during the spring summer are geared towards specific track and field events i.e. sprints, distance, jumps, throws all weather dependent. During the winter training is geared towards building strength and endurance.

Thursday Night

Baysgarth School - Barrow Rd, Barton-upon-Humber DN18 6AE

Session Time - 6.30PM to 7.30PM

Sessions during the spring summer are held on the school field utilising the grass track and are geared towards specific track and field events ie sprints, distance, jumps, throws all weather dependent. During the winter training is geared towards building strength and endurance.

Injury and Medical Issues

Please make coaches aware of any medical issues therefore avoiding any potential distress to the athlete during a training session.

If an athlete requires the use of their inhaler, please ensure the athlete brings it to training. If the inhaler is forgotten the athlete maybe taken out of the session and the parents will be contacted.

Note - If the athlete is injured prior to attending the training session and is unlikely to finish the training session. Please do not allow the athlete to attend the training session.

Competition

As a Youths Squad we enter a number of Track & Field Outdoor/Indoor, Cross Country and Road Competitions

For example:

EIS Indoors Sheffield - October - February

Outdoors March to September

Yorkshire & District League - Matches April, May, June, July

Open Track & Field Meetings

Humber Opens

Cross Country Races

All events are communicated via BADAC Youth Squad WhatsApp Group and the Barton Athletics Youth Squad Page

Competition Expectations

A number of our training group are involved a number of other sports football, dance, cricket which we support.

However, if an athlete trains with the Youths Squad there is expectation from the coaches that the athlete/parent(s) must make time to compete for the club at a number of events, especially during the track and field season.

This is only fair to the athlete, club and coaches that if an athlete trains weekly with the club that the output is to compete.

If a parent would like to discuss competitions please discuss with one of the coaches

Youth Squad Communication

The cascade of relevant information appertaining to training, events, meeting updates and general information will be posted via the following mediums

WhatsApp - BADAC Youth Squad Group. (Note - Please make yourselves aware to the coaches so we can add you to the group)

Facebook - Barton Athletics Youths Squad (Note - Please request to become a member)

Membership, Subs and England Athletics Registered Athlete

England Athletics Registration

All U13 ages and above have to be registered with England Athletics to be allowed to compete. The registration fee is part of the membership with the club and is dealt with by the club.

Once you have paid your membership and the club has registered you with England Athletics you will receive a Unique Registration Number (URN)

Club Membership

Is due on the 1st April and a reminder will be sent to you before this date. Without becoming a member you will not be able to compete or train

Subs

Quarterly Subs (£20) are due Feb, May, Aug, Nov and are paid direct to the club via bank transfer.

The subs cover for the hire of the sports hall, gym and fields at Baysgarth School plus go towards the upkeep of equipment.

Clothing/Footwear/Accessories

Clothing

Training - It is important that the athlete is appropriately dressed for the weather conditions and whether we are training indoors or outdoors. During the winter especially.

Competition - Again a selection of athletic clothing maybe required due to the time of year and length of the competition.

Footwear (Trainers/Spikes)

Acceptable



Not Acceptable



Running Spikes

Track Running - Used for competing and training on a running track, giving significant advantage versus trainers.

Track spike size 6mm

Cross Country Running - Wearing spikes during cross country racing give a significant advantage over wearing trainers

Cross Country Spike size 12mm

Retailers

Metres to Miles (Epworth)

A local business who will give excellent advice on the right running shoes, etc

Online

Sportsshoes.com

Startfitness.co.uk

Barton & District AC - Codes of Conduct

As part of our affiliation to England Athletics the club has a number of Codes of Conduct which cover Athlete, Coach, Parent/Supporter, etc.

Can each parent and athlete who is joining the Youths Squad please read the relevant Codes of Practice to make themselves aware of what is expected and what to expect from the coaches/club

The following codes of conduct are available on the club website <https://www.barton-district-ac.co.uk/our-club/club-documents>

1. Code of Conduct for Youth and Junior Members
2. Code of Conduct for Parents/Carers
3. Code of Conduct for Volunteers and Run Leaders
4. Code of Conduct for Licenced Coaches
7. Code of Conduct for Technical Officials
8. Privacy Notice
9. Welfare Officer Policy
10. Anti-Bullying Policy