Matlock Athletic Club - Juniors

Where and when

Our training nights are on a Monday night.

Most weeks we meet outside the Sports hall (lower level) at the Arc leisure centre at 6pm. Pick up is outside the main entrance (upper level) at 7pm.

Once a month we have a Track speed session. This is at Tupton Hall school: Station New Road, Old Tupton, Chesterfield S42 6LG. We meet at the later time of 6.45pm for these sessions to allow the extra travel time.

Both sessions last **1 hour**.

We DON'T train on Bank holidays, but we DO train through the school holidays.

All the juniors training information including dates of track sessions are on the website https://www.matlockac.org.uk/junior-training/

Clothing

Every week we train outside so we need the juniors to wear suitable clothing for all weather.

The juniors warm up very quickly but if it's very cold, we suggest bringing gloves. Unless it is very hot, it is unlikely that they will need water during the session – we suggest that you hang onto their drinks bottles for when you collect them.

We have some large groups so even in lighter months we appreciate juniors wearing bright/ lighter clothing, so they are easy for us and drivers to spot.

In winter months juniors MUST have hi-vis clothing and a torch. We can't risk the safety of the children so if they repeatedly come in clothing that isn't suitable, they won't be able to train with the group.

Most training is on firm ground, so road shoes are suitable. If we use the fields, this will usually be when they are dry.

There are various races throughout the year that juniors can get involved in. If they would like to race for the club we like them to race in the club kit. Club vests can be ordered by emailing the MAC matlockathletic@gmail.com and t-shirts can be bought directly from Kick off in Matlock. Please be aware it sometimes can take a few weeks for kit to be delivered, so order in good time if your junior has a race coming up.

Volunteers

The junior training section of the club is run entirely by volunteers. Most are club runners themselves or parents of the juniors.

We are really grateful for the time and effort the volunteers put into the sessions, so we ask that juniors respect this and make sure they listen well to the adults in charge.

We are always happy to take on more parent volunteers so if you are ever interested, please get in touch. You will need to complete a short form for safeguarding. We have different ability groups, so you don't need to be a fast runner to help. Any questions just get in touch.

If running isn't your thing we also have races throughout the year that require lots of marshals.

For more information,
visit https://www.matlockac.org.uk/junior-members/

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Groups

We have 3 different junior groups.

Group A: We have 2 coaches in this group. It is mainly teenagers that are fast, can run consistently and aren't afraid of hard work. This group can spilt up a little more because the juniors are old enough to take a little more responsibly for themselves.

Group B: We have 2-3 coaches in this group. It mainly consists of teenagers. The juniors work hard, can run a fast-paced 5k without stopping and understand how to pace themselves well.

Group C: We usually have 3 or 4 coaches with group C. If the group is very large, we'll separate into two smaller groups.

We have a lot of different paces in this group ranging from beginner runners to juniors that can run a strong 5k. This group helps juniors build stamina and understand pacing. We also have a lot of fun and games too. Juniors will usually stay in this group for a long time while they gain confidence and experience.

We don't allow parents or juniors to decide on which group each junior will go in - we will decide this. We assess the juniors all the time: this will include how well they do at training; if they're finding it easy/ hard; if they're able to work hard throughout the whole session; how they behave (if a junior doesn't listen well or they don't respect the coaches they will not be asked to move up a group). We also do occasional time trials. These are a timed run along the trail. 1.5mile for Group C or 2miles for Groups A and B. These help us keep an eye on how the juniors are doing. We might also keep an eye on races the juniors might take part in.

What's expected?

Our main aim is for the juniors to have fun and keep healthy.

We love to see them racing for us if they want to, but it isn't for everyone so if your child prefers to just train with us that's fine.

LISTENING and keeping quiet while the coaches are speaking is very important to make the session run smoothly and for keeping everybody safe.

We understand that there are a lot of clubs and the juniors are super busy but if they sign up to become members we'd like them to try and make most sessions if possible.

If the juniors are likely to miss more than 3 sessions in a row, please contact us and let us know.

We need to be ready to leave at 6pm so if for some reason you're running late, please make sure you stay with your child to make sure their group is still there. We'd hate for a child to be left at the Arc on their own if they turned up too late.

Toilet - we ask that juniors go to the toilet before training starts please. It can be quite a problem looking for toilets in an evening with a big group of children.

Juniors are to have two free trial sessions to see if they enjoy the sessions. After that they can **sign up** to become a member. The subs payment for a junior is just £10 per year.

For more information,
visit https://www.matlockac.org.uk/junior-members/

Junior GP

We have a club competition each year, where juniors are encouraged to take part in races throughout the year. All the information about this can be found on our website: https://www.matlockac.org.uk/junior-grand-prix/

Communication: WhatsApp, Facebook and Newsletters

Once your junior is a paid member…….

Parents/ Carers are encouraged to join the parents WhatsApp group. This is an easy way to let you know of any changes to training and about any information on races coming up.

We have a MAC members Facebook group. If the juniors do any racing, we like to celebrate them by putting photos and race reports on Facebook for our members to see.

Each week you will receive a Newsletter, this will have race information, Track dates and upcoming information you might need to know. It's worth a read through each week.

Hopefully this is all the information you will need to get started but if you have any questions please ask any of the coaches for more information or just email matlockathletic@gmail.com.

Safeguarding

Our club is managed by a committee, elected each year at our Annual General Meeting. If you have any questions regarding the club, our coaching or any issues relating to your youngsters, please contact the Chair, Welfare Officer, Safeguarding Officer or any officer that is appropriate – details are outlined on our website, together with the club policies which cover issues such as child protection, protection for young and vulnerable people, inclusion, competition rules and other governance documents: https://www.matlockac.org.uk/about/

Thank you for reading

From the MAC Junior team!