

## WOKING A.C.

**Woking A.C. aims to promote the sport of athletics amongst all its members and to create an environment within which athletes will improve and develop skills to enable a good and acceptable standard of participation and achievement. The Club is NOT a place to gain fitness for other sports.**

**The Club adopts an athlete centred approach, where the needs of each athlete take priority over match points, unnecessary or unsuitable competition, etc.**

### **NEW and ONGOING Membership - TRAINING Rules - MAIN CLUB**

1. New Membership of the Club will be by invitation only, and, inter alia, will be based upon the athlete being able to prove or demonstrate an acceptable level of performance.
2. New and ongoing membership is a commitment to represent Woking AC in competition and athletes will make themselves available to compete if selected.
3. Athletes whose participation in competition, for which they have been selected by the Club, is less than 75% in any one season will have their membership revoked - unless valid and acceptable prior notice of such failures to participate had been provided (e.g. Injuries etc)
4. Normal Club training nights are Tuesdays and Thursdays - all year round (some groups take a four week break in September).
5. Additional training sessions - by invitation - are at the coach's discretion
6. Athletes who miss four consecutive training sessions or whose attendance over any rolling three month period is less than 50% will have their membership revoked - unless valid and acceptable prior notice of such absences had been provided
7. The lead coach in each training group within the Club must maintain a register
8. Athletes wishing to leave the Club are required to give two weeks written notice.
9. Athletes are required to have a good level of behaviour and discipline at all times. Failure to adhere to the standards expected will, ultimately, result in termination of membership.
10. The use of mobile phones, headphones etc is not permitted inside the perimeter of the track
11. Proper lane discipline should be maintained at all times
12. Athletes must not use any throwing implements unless they are being supervised by one of the coaches
13. Athletes should be suitably attired at training and are required to have suitable and sufficient fluid for drinking and additional clothing as and when appropriate. Athletes not suitably attired, at any session, may not be allowed to train at that session
14. Athletes should arrive at training at least five minutes before the scheduled start time for each training session.
15. Athletes under the age of 16 must always be collected from training by a parent or guardian and they must be collected from within the grounds of the track
16. Ongoing membership of the Club will also be dependent upon athletes having to meet required Club performance standards. If an athlete falls short of these standards, he/she **may** be asked to leave the Club but he/she may re-join the waiting list and re-apply for membership at the next available opportunity
17. Parents and Athletes will be expected to assist with the activities of the Club in some way over the course of a year. A 'menu' of various activities within the Club will be provided to each parent.
18. Final decisions on Team selection issues will be at the discretion of the Club's coaches.