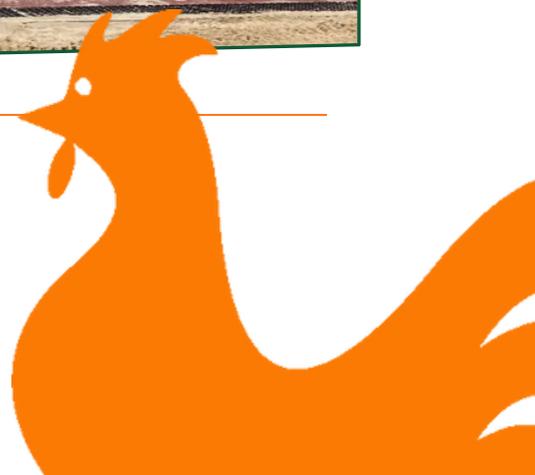


WELCOME TO WOKING ATHLETICS CLUB

MEMBERSHIP PACK



<https://wokingac.com/>



A WARM WELCOME TO WOKING ATHLETICS CLUB

We're so pleased to welcome you to **Woking Athletic Club**—a friendly, thriving community for athletes of all ages and abilities. Whether you're just starting out or aiming for national competition, you're now part of a team that supports each other every step of the way.

Founded in 1947, Woking AC has a proud heritage and a reputation for developing talented, passionate athletes. We've seen our members go on to compete at English Schools, BUCS, and even for Great Britain & NI—and who knows, you might be next!



QUICK START CHECKLIST

- ✓ You've joined the Club – welcome!
- ✓ You've been allocated to a training group
- ✓ You've received your Club vest (if Academy) or requested one (Main Club)
- ✓ You know your training times
- ✓ You're ready to train with the right kit
- ✓ You've joined relevant WhatsApp groups

We hope this welcome pack helps you settle in and feel part of the club. If you ever have questions, your coach is your first point of contact—but all our volunteers are here to help.

👉 Find out more at: www.wokingac.com

✉ General contact: honsec@wokingac.com





WHAT TO BRING TO TRAINING

All athletes must come prepared for safe and effective training. Essential items include:

- Training clothes suited to your event
- Long-sleeve top / hoodie
- Tracksuit bottoms
- Waterproof jacket
- Water bottle
- Spikes (if applicable)
- Bin bag for wet kit
- Optional: hat and gloves in colder months

All kit and water bottles **must be labelled**. Lost property is common—labelling helps it find its way back! Athletes may not be allowed to train without appropriate layers in poor weather.

TRAINING INFORMATION

Where We Train

Woking Sportsbox

Egley Road, Woking, GU22 0AF

Access the track from the right-hand side of the building via stairs or lift to the first floor. Some groups (e.g. senior endurance, junior middle distance) may train off-site or indoors in winter. Coaches will confirm details.

Weekly Training Schedule:

- **Monday:** Academy only – 18:30–20:00
- **Tuesday:** Main Club – 18:30–20:15
- **Wednesday:** Coach-led sessions by arrangement – 18:00–20:00
- **Thursday:** Main Club – 18:30–20:15
- **Saturday/Sunday:** By arrangement – usually 10:00–13:00

No sessions on bank holidays. The Academy and some groups take a short break in Sept/Oct before winter training.





CLUB KIT

The **Club vest** is mandatory for all competitions.

- For Academy athletes, it's included in your membership
- Main Club members must purchase one – contact the **Membership Secretary** for details

Additional branded training kit is available from our supplier—ask your coach or check your welcome email.



OUR COMMUNITY EXPECTATIONS

Athletes

- Attend training consistently and let your coach know if you can't make it
- Aim to compete in at least 75% of your league fixtures
- Arrive prepared and be respectful of coaches, officials, and teammates

Parents & Guardians

- For Academy athletes, please remain on-site during sessions. Also strongly encouraged for older athletes as it is a good opportunity to chat to other parents and club members.
- Encourage participation and support your child's training
- Volunteer at at least one fixture per season if possible (Wessex League / YDL)
- Consider becoming an official or coach—we'll support your training!



COMPETITIONS – GET INVOLVED!

We encourage all athletes to compete in Club events! Competitions are part of the fun and a great way to progress.

We'll register you with **England Athletics** (if you're new), and you'll receive a Unique Registration Number (URN) by email—keep it safe.

Competition Types

Winter (Sept–March):

- Cross country (Surrey Leagues, Border League for U11s)
- Road relays
- Indoor track and field competitions
- Sportshall (Academy only)

Summer (April–Sept):

- Track and field leagues (Wessex League, YDL, SAL, Rosenheim, Masters)
- Open meetings
- County and regional championships
- Road League

What to Bring

Woking AC vest (plus safety pins!)

Water, food/snacks

Appropriate clothing (layers/sun protection)

Spikes or event-specific shoes

Folding chair/blanket for comfort

Team Etiquette

Arrive at least 1 hour before your first event

Check in with your Team Manager (look for the orange Woking AC flag)

Let your manager know if you're delayed or unavailable

Warm up independently (U13 and above) or with coaches (U11s)

Know your events, bib numbers, and start times

Inform the Team Manager if leaving early or withdrawing from events

For league competitions, bib numbers must be reused across matches—please keep them safe!



Note some of the above are restricted to certain age groups.

Your coach or Team Manager will share fixtures and arrange entries for league competitions. For Open competitions and the Surrey County Championships it is the responsibility of the athlete/parent to enter directly with the host/organiser.



VOLUNTEERING- WE NEED YOU!

Woking AC is entirely run by volunteers. To keep the club running and provide great opportunities for our athletes, we need help with:

- Coaching or assisting
- Officiating (timekeeping, field judging etc.)
- Team management
- Supporting home competitions
- Admin, website, awards evening, and more!

Interested?

Email: honsec@wokingac.com – no experience needed!

We cover the cost of training for coaches and officials who commit to helping the club.

STAYING SAFE

Safeguarding

We're committed to providing a safe and welcoming environment for all athletes.

We have two **Welfare Officers** who can be contacted at welfare@wokingac.com (See website for current details of who they are).

Read our safeguarding and club policies on:

👉 wokingac.com/safeguarding

All new joiners must agree to the **Club's Code of Conduct**.



USEFUL LINKS & SOCIAL MEDIA

- Club website: wokingac.com
- Club records: [Club Records](#)
- Power of 10 results: www.thepowerof10.info
- Facebook Group: Search "Woking AC" (public group) and "Woking AC Members" (closed group)
- Instagram: @wokingac (track & field + senior endurance), @wokingacendurance

Competition Websites

- [UK Youth Development League \(YDL\)](#)
- [Wessex League](#)
- [Southern Athletics League \(SAL\)](#)
- [Rosenheim League](#)

WELCOME ABOARD

We're so happy to have you as part of Woking AC. You've joined a community that cheers each other on, works hard, and has a lot of fun doing it. We can't wait to see what you achieve!

Here's to a brilliant season ahead!



Woking AC Committee & Coaching Team

