

Stroud & District Athletic Club Winter Training Plan & Club Policy for New Junior Members

Selecting the Right Session for Training – Safety First

The Stroud & District Athletic Club has a duty of care to ensure that you are placed within a suitable training group based on both your ability and age. To ensure that junior athletes are not placed inappropriately, the following process will be followed:

- The junior member (under 17 years old) will be assessed on the first Wednesday of the month at either 5.00pm or 6.00pm depending on their age at the Stratford Park Leisure Centre training session.
- An assessment will be made by the appropriate coach and the junior will be placed with the correct group for their ability.

Juniors are required to be over 8 years to join the club and over 11 years old to be considered for outside running groups following an assessment of fitness.

Cross Country

Cross Country is open to all members of the club from any age range.

The Stroud & District Athletic Club has been very successful and has won UK Junior titles for the last 4 years!

A guide to the distances run by various age groups is listed below:

- Under 11 (Year 5 and 6) – Distance 1200m to 2000m (3/4mile to 1 1/4 miles)
- Under 13 (Year 7 and 8) – Distance 3000m to 3500m (2 mile to 2 ¼ miles)
- Under 15 (Year 9 and 10) – Distance 4500m to 5000 (3 miles)
- Under 17 (years 11 and 12) - Distance to 6000 (3 ¾ miles)

Gloucestershire League

The club supports the Gloucester League with other clubs from Gloucestershire, Somerset and the West Midlands.

The dates and locations for the next Cross Country races are below. Times and maps for the events will follow:

- October 10 2009, Cotswold Farm Park, Guiting Power
- November 21 2009, Blackbridge, Gloucester
- December 12 2009, Tewkesbury School
- February 6 2010, Pitville Park, Cheltenham

Gwent League

The Gwent League is larger and stronger league for clubs in the South & Mid Wales and Southwest of England for which we enter as a team \ club. Geoff Trueman manages the teams, and the club pays the entry fees. If you wish to enter, the club needs to know no later than 1 hour before the race to allow individuals to be registered. Please call Chris Brown 01453 762328 for more information.

- October 11 2009, Newbridge Fields, Bridgend

- November 9 2009, University of Bath
- December 6 2009, Hestercombe Gardens, Taunton
- February 13 2010, Penlan Leisure Centre, Brecon
- March 6 2010, Blaise Castle, Bristol

County Championships

County Championships are held in early January where the first 5 children per age category are selected to represent the county starting with the U13s and above. If you are selected to run for Gloucestershire, the UK Championships are held in Nottingham in mid March.

The club enters athletes who want to run in the Midland Championships in Leamington Spa in late January. The club enters athletes who want to run in the England Championships at Parliament Hill in London in late Feb.

Circuit Training (Archway Sports Hall)

Circuit Training is available at Archway Sports Hall at the following time:

- Tuesday 6.00pm to 7.30pm

Circuit training is open to all adult members of the club and to some older junior members, although junior participation is by invitation or recommendation of the coaches only. The session is taken by Steve Carr and Dave Peart.

Junior Sports Hall Athletics (Stratford Park Leisure Centre)

Sports hall training commences on Wednesday 1st October at Stratford Park Leisure Centre in the main hall at the times shown below:

- Year 3, 4, 5 and 6 - 5.00pm to 6.00pm.
- Year 7, 8, 9 and 10 - 6.00pm to 7.00pm

At present there is a limit of 30 for the first session and 25 for the second session. The second session is full and a waiting list is being operated.

Stroud belongs to the county league entering two teams consisting of 24 children per team. Team A won the first meeting and the B team was 4th.

These sessions will be taken by Sally Brown and Jamie White. Please call Sally on 01453 762328.

County Trials

There will be 4 events held in the early evenings for County trials (for age groups U11, U13 and U15). These will be followed by county training for those that are selected and culminating in a 9 county competition in Torbay.

Of the 52 county children last year who were select by the Gloucestershire, 30 came from the Stroud & District Athletic Club!

Dates are yet to be confirmed, but Sally Brown will advise when dates are known.

Indoor Athletics

Steve Carr arranges trips to Bath and Cardiff Universities to train and practice indoor athletics, with an intent to enter a number of events after Christmas.

Dates and transport arrangement will be confirmed in November/December.

Sprinters Training Sessions

Training sessions for sprinters will be held on Thursdays and Sundays by Sally Brown. These sessions are by invitation only. Please contact Sally Brown on 01453 762328.

The indoor season starts in February for the sprinters.

Developing Junior Endurance Group (Chris Brown)

Chris Brown runs an endurance running group mostly on Tuesdays but with some Thursdays. Please speak to Chris if you are interested on 01453 762328.

Junior and Senior Endurance Group (Chris Frapwell)

Chris Frapwell coaches one of the strongest junior and senior endurance groups in the country and for the duration of the Winter period on Tuesdays and Thursdays, the group will meet at Victory Park and will train from 5.45pm until 7.00pm under the Rugby Club flood lights. Additional training session by invitation only.

As a general rule, Tuesday's will be for 5 KM speed interval sessions and Thursdays will be for threshold sessions.

Contact Chris Frapwell on 01453 751060