



Welcome to Harmeny AC! We are a Scottish Athletics affiliated Athletics Club based in the South West of Edinburgh. As of December 2018, we are also a Scottish Charitable Incorporated Organisation (SCIO SC048917) and our charitable objectives are:

- The advancement of public participation in Athletics as a sport;
- To provide recreational facilities and/or organise recreational activities, available to members of the public at large, with the object of improving the conditions of life;

In furtherance of the above shall:

- provide a base for successful competitive track and field athletics and cross country running and to develop the full potential of each member;
- encourage enthusiastic instructors, coaches, officials and administrators within the club and provide opportunity for qualification and experience; and
- provide a base for non-track and field runners and those wishing to run as a recreational activity or to improve their general fitness.

We are largely run by volunteers and any help that our members or parents can give is crucial to the successful running of the club. We cater for all ages and abilities from as young as Primary3 pupils through to our senior runners, there is something for everyone.

Below is some important information for everyone connected to the club. There is loads more information on the website where we also post news articles about recent or forthcoming events. <http://harmenyac.org/>

### **Child Welfare Policy**

We take child welfare extremely seriously and our full policy can be found on the website here: <http://harmenyac.org/home/juniors/child-welfare-policy/>

Should you have any questions or concerns regarding this you can contact our Welfare Officer Judith Campbell directly at [welfare@harmenyac.org](mailto:welfare@harmenyac.org).

### **How to Join**

Details of our training nights can be found here:

<http://harmenyac.org/wp-content/uploads/2019/02/weekly-session-details-v2.pdf>

and the structure of our sessions can be found here:

<http://harmenyac.org/wp-content/uploads/2019/01/Coaching-Structure-and-Pathway.pptx>

There is a waiting list for most of our sessions. To join the waiting list, please fill out the 'Junior Waiting List' form at the following link:

<https://app.loveadmin.com/ThirdpartyRegistration.aspx?clubID=2e4c05af9bacaa46025ba1a15cc626c5>

Any parent who would like to volunteer, as a coach, an official or behind the scenes, will be amazed how quickly the waiting list can be skipped!

Some of our sessions are by invitation only to athletes who have shown a willingness to train hard and have specific event or performance goals in mind. If you feel that you would benefit from these more focused sessions, please email [juniors@harmenyac.org](mailto:juniors@harmenyac.org) and a coach will be in touch to discuss the best approach.

### **Fees**

Our membership year runs from the 1st October to the 30th September. Juniors who are offered a place must register ahead of their first session so that the coaches have access to contact details and any relevant medical conditions. If you don't register in advance at

<https://app.loveadmin.com/ThirdpartyRegistration.aspx?clubID=2e4c05af9bacaa46025ba1a15cc626c5>, you will not be allowed to join the session. After this, an annual membership fee (slightly reduced

after Easter) and a weekly training fee, payable by term in advance, will be requested via our online registration system LoveAdmin.

Financially assisted membership is available to those in receipt of:

- Job Seekers Allowance
- Income Support
- Universal Credit
- Child Tax Credit

Assisted membership must be applied for every year to ensure continuing eligibility. The club will consider applications for concessionary membership from people with low or modest means who do not meet the above but can satisfactorily demonstrate that they are unable to pay the full membership or training fees. If you would like to apply for this please email [juniors@harmenyac.org](mailto:juniors@harmenyac.org) (juniors) or [pentlandrunner@gmail.com](mailto:pentlandrunner@gmail.com) (seniors) and your application will be dealt with discreetly by 2 appointed members of our Board of Trustees

### **Training**

During the winter months we will largely train indoors with an occasional venture outside when the weather allows. Athletes should dress appropriately for both. We set out our expected standards of behaviour from athletes in our code of conduct, which can be found here:

<http://harmenyac.org/home/juniors/new-members/>.

We sometimes call upon parents to help out on a rota'd basis. Details of what will be required are here:

<http://harmenyac.org/home/juniors/training/> .

Should you have any concerns regarding training, then please contact the lead coach for the session in the first instance.

### **Communication**

Key information (newsletters, events, meetings etc) will be emailed to all parents/guardians to the email set up in the registration system. Please make sure you allow [mail@loveadmin.com](mailto:mail@loveadmin.com) to ensure this doesn't end up in your junk folder!

Most of this information will also be posted on the website and in our closed Facebook page. Facebook will also be used for less formal communications and discussions and is also a place that many use to share photos. Please join us here:

<https://www.facebook.com/groups/1457275801211925/>

### **Competition**

We believe that testing yourself in competition is important to athletic development and there is an expectation that everyone will put themselves forward for competitions at least 3 or 4 times each year. This also helps the coaches measure progress and identify development needs.

The club provide many competitive opportunities which will normally involve a club-appointed team manager contacting parents (via email) and submitting a club-entry for those interested. However, there are many, many more opportunities for everyone to enter themselves into competition and while the coaches and team managers will prompt either verbally, via emailed newsletters or on Facebook page, it is ultimately up to the parents/guardians to make the entry themselves.

As a club we take part in the following:

- East District Cross Country League (3 races across all age groups in October, November and January)
- East District and National Cross Country Championships (U13 upwards in January and February)
- Scottish Athletics Indoor League (3 track & field matches at the Emirates Arena in Glasgow for U11 to U20 in December, Jan and Feb)
- Forth Valley League (3 track & field matches for U11, U13 & U15 in April, May and June or August)
- Young Athlete Road Races (U13 upwards in Spring)
- National Relay championships (summer, U13 upwards)

We also organise the following, less formal events:

- Club Championships Track & Field - held in summer term at Saughton track for absolutely everybody
- Friendly Matches Vs Corstorphine AAC - Cross Country in September and Track & Field in summer for all ages
- Water of Leith race - 4km race, usually held in Spring - for all age groups.

Finally, we strongly encourage our athletes to enter Open Graded Meetings, District and National events, details of which can be found on the Scottish Athletics event website here:

<http://events.scottishathletics.org.uk/events> .

Coaches and Team managers are always happy to provide advice on which of these should be considered.

### **Club Kit**

The club will provide a red and green vest for all team competitions. This remains the club property and must be returned immediately after the event. The club will ensure these are washed and ready for the next event. If you would like to borrow a vest for a specific event or race, please let the club know and return immediately afterwards.

All our training kit can now be purchased directly from Football Nation and either collected or delivered to an address of your choice.

<https://www.thefootballnation.co.uk/harmeny-athletic-club-shop>