

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 9 years old 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/>

**How to Join**

Details of our training nights and the structure of our sessions can be found here: <http://harmenyac.org/juniors/new-members/>

There is a waiting list for many of our sessions.  To join the waiting list, please email [juniors@harmenyac.org](mailto:juniors@harmenyac.org). 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, again please email [juniors@harmenyac.org](mailto:juniors@harmenyac.org) and a coach will be in touch to discuss the best approach.

**Training**

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.

For your first training session, just turn up, ready to train, and meet one of the coaches at the reception of the school or sports centre approximately 5 minutes before the start time. During the winter months our school based sessions will largely be training 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.

**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 Angela Lawsonl directly at [harmenycwo@gmail.com](mailto:harmenycwo@gmail.com)

**Fees**

Our membership year runs from the 1st October to the 30th September.  Annual membership fee (£25 in 2020-21) and a weekly training fee (currently £3.00 for 1 session per week, £5 for 2 sessions), payable by term in advance, will be requested via our online registration system LoveAdmin.  Membership fees will be subject to GiftAid in 2020-21.

Financially assisted membership is available to those on low incomes or 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 you application will be dealt with discreetly by 2 appointed members of our Board of Trustees

**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.

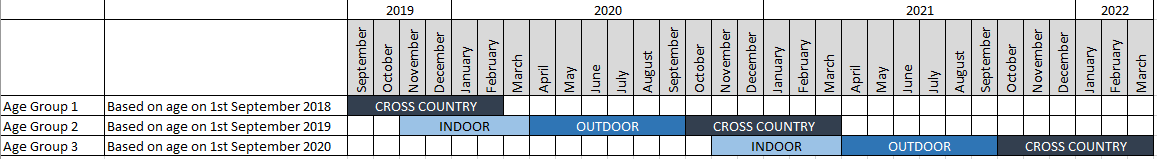
**Age Groups**

Official competitions, under Scottish Athletics (SAL), start at 9 years of age. Under SAL the age groups are Under11, U13, U15, U17 and U20. The age groups are based on age on 31st August – i.e. if you are 9 or 10 years of age on 31st August you will be in the U11 age group, 11 or 12 U13 etc etc.

For membership year 2019-20:

* U11: Born 01/09/2009 or later
* U13: Born 01/09/2007 - 31/08/2009
* U15: Born 01/09/2005 - 31/08/2007
* U17: Born 01/09/2003 - 31/08/2005
* U20: Born 01/01/2000 - 31/08/2003

Here’s the confusing bit… The age group that you’re in starts with the indoor season (around November), through the spring/summer track season and right through to the cross country season which starts around October. And because the XC seasons overlap, you could be competing in one age group in the indoor league one week, and then in a totally different age group the following week in a cross country race!



**Scottish Athletics (SAL) Numbers**

Every junior who reaches the age of 9 and has paid their annual membership fee will be automatically made members of Scottish Athletics by the club. The club will then add their SAL number to their LoveAdmin record which you can then access by logging on. This number (in the form SA99999) is often needed to gain entry, especially to SAL events and often yields a discount on entry fees.

**Events**

The club provide many competitive opportunities which will often involve a club-appointed team manager contacting parents (via email) and submitting a club-entry for those interested.  Some events, especially some cross country ones and club friendlies, simply require you to turn up on the day. And there are many, many more opportunities for everyone to enter themselves into competition; 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.

Important – in 2019, Scottish Athletics changed the method of entering their own events (primarily district and national age group championships). You must now book via their membership portal at [Link](https://sauser.sportserve.net) .  Once you're set up with your log in details and password, it's straightforward. However, I would suggest setting these up in advance of entry deadlines, following these instructions…..  
  
If you have an adult membership, email Carol at membership@scottishathletics.org.uk with your name and membership number and names and membership numbers of the juniors. She will link your accounts and email you with your log in and password details. You can change your password when you log into the system. Don't create a new account yourself.  
  
If you don't have an adult membership, email Carol at membership@scottishathletics.org.uk with names and membership numbers of your juniors. She will email you with log in and password details. You can change your password when you log into the Portal.

**Winter**

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| Name of Competition & Venue | Type | When | Age Groups | How to Enter | Events at Competition | Standard of Competition |
| **Harmeny Vs CAAC Cross Country Friendly**  Juniper Green | Cross Country | Saturday daytime in September | U11 to U15 | Turn up on day | Cross country race (1km for U11 up to 2.5k for U15) | Brilliant local introduction to cross country running run by club. |
| **East District Cross Country League**  Various | Cross Country | 3 Saturday afternoons October, November and January | U11 to Seniors | Turn up on day | Cross country race (1mile for U11 up to 9k for seniors) | All abilities. |
| **Championship Cross Country**  Various | Cross Country | Throughout the winter October to February | U13 to Seniors | Via Club | Cross country of various lengths, including relays | District and National races attract the best from around Scotland. |
| **Scottish Athletics Indoor League (SAIL)**. Emirates Arena Glasgow | Indoor Track & Field | Three Saturday morning matches between October and January + Final. | U11 to U20 | Via Club | U11s are 60m, 600m, and  Standing long jump. Older age groups have more events. | Good, friendly introduction to indoor athletics. |
| **Indoor Super Teams** Emirates Arena Glasgow | Indoor Track & Field | February | U12 | Via Club | Each athlete will do 60m,  long jump, shot putt, and sprint relay. | Good, friendly event for all. |
| **National Indoor Championships**  Emirates Arena Glasgow | Indoor Track & Field | February – U13, U15, U20 run on same day. U17 separate. | U13, U15, U20, U17, Seniors | Individual entry required | All events included. | National events attract the best from around Scotland. |
| **National Youth Road Race Champs** | Road Race | Sunday in March | U13 to U17 | Via Club | 3km to 5km road races | National events attract the best from around Scotland. |

**Summer**

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| Name of Competition & Venue | Type | When | Age Groups | How to Enter | Events at Competition | Standard of Competition |
| **Harmeny Club Champs**  Saughton Enclosure | Outdoor Track & Field | Saturday Morning in April/May | All including U9s | Turn up on day | 100m, 800m, shot putt, javelin, high jump, long jump | Recommended for all as this is a good introduction to competitive athletics. |
| **Harmeny Water of Leith Race**  Balerno | 4km run | One evening in April/May | All including capable U9s | Turn up on day | 4.2km race | All abilities, all welcome. |
| **Track & Field Friendly versus CAAC**  Saughton Enclosure | Outdoor Track & Field | Saturday Morning in May | All including U9s | Turn up on day | 100m, 800m, shot putt, javelin, high jump, long jump | Recommended for all as this is a good introduction to competitive athletics. |
| **U12 Superteams** | Outdoor Track & Field | Sunday in June | U12 | Via Club | Each athlete will do 75m,  long jump,  turbo javelin, and  4x100m relay. | Good, friendly event for all. |
| **Forth Valley League**  Livingston, Grangemough and Meadowbank | Outdoor Track & Field | 3 Saturdays in April, May, June + Final in August | U11, 13, 15 | Via Club | Various run, jump and throw events | Teams in 2 divisions mean opportunities for all – with B team giving everyone an opportunity to take part. Friendly and suitable for all abilities. |
| **National Relay Champs**  Various venues | Outdoor Tarck & Field | Sunday in September | U13 upwards | Via Club | 4x100m, 3x300m, 3x400m, 3x800m | Best teams from across Scotland |
| **National Championships**  Grangemouth or Glasgow | Outdoor Track & Field | Over 2 Weekends in August – U13, U15, U20 run on same weekend. U17 separate. | U13, U15, U20, U17, Seniors | Individual entry required | All events included. | National events attract the best from around Scotland. |
| **Scottish National Junior League**  Various venues | Outdoor Track & Field | 3 Sundays in April, May, June + Final in August | U17, 20 | Via Club | All Track & Field | Attracts top athletes from across Scotland |

**NON CLUB EVENTS**

There are a number of events which are for only for individuals, therefore require entry by the individual rather than through the Club. The Club support athletes taking part in these and will inform parents of these events through the Facebook site or emails. These will also provide links to entry forms.

1. For outdoor athletics there are a series of Open Graded Meeting (OGs) or Trials held at tracks throughout Central Scotland including Livingston, Meadowmill and Grangemouth. These will have a number of track & field events at each meeting and usually include U11 races, which should be suitable for most. There is usually a small cost (£3 - £5) to compete in each event.
2. For Cross Country, there are events run by various clubs throughout the Lothians. Popular events with Harmeny athletes are the Lasswade Cross Country and the East Lothian Cross Country events. These are not as competitive as the East District races and are good introduction to Cross Country running. There is usually a small cost (£3 - £5) to compete in the race.
3. Junior Park Runs, held at The Meadows and Inverleith Park on a Sunday morning at 9:30, are a good introduction to endurance running (distance of 2km). Most weekends, you will find a few Harmeny runners taking part at both. You need to register your child with the Parkrun website, but is then free to take part.
4. School Events – there are a number of primary school athletic events throughout the year. Cross Country for P6 & P7 being popular (some schools let their promising P5 children compete in the P6 races – except for the Scottish Championships). Most schools in Edinburgh do take part in these and the Club would encourage all U11s to participate.

**Club Kit**

Vests can be purchased via your LoveAdmin account and 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>

