

Welcome to



Congratulations you have been accepted onto an induction/trial period with the Hawks! We hope you enjoy the training and work hard to get the most out of your sessions. The coaches will try their best to make sure you do, and with the right attitude, enthusiasm and commitment you may be invited to join the club. If you have been successful you will be notified of this invitation by email after the last trial session. With this email you will receive a membership form and contract. **You need to complete the membership form, read and sign the contract and MUST bring both to the next session you attend, along with the membership payment due.** If after the trial period you are accepted but do not wish to join we would be grateful if you could inform the club ASAP so we can offer a place to someone else on the waiting list.

Junior Training

Tuesday 6.30 to 8.30, Ronnie McIntosh Athletics Stadium, Caird Park.

Thursday 6.30 to 8.30, Ronnie McIntosh Athletics Stadium, Caird Park.

Training is split into two sections based mainly on age:

9-12 year olds – Catriona Reynolds (Lead Coach)

12–17 year olds – Nigel Reynolds (Lead Coach)

Athletes are welcome to attend on one or both nights and are encouraged to attend regularly to get the best from the training sessions.

In the summer months (April to August) the athletes mainly train on track and in the winter months (September to March) this switches to longer cross country endurance training.

Always turn up fit and ready to run. You will be expected to run. If you have an injury or are unwell **do not** attend training. If you are unable to attend for an extended period (**3 weeks**) this needs to be communicated to the coaching staff.

These sessions at present cost £1.50.

Specialist groups are also available:

Development squad: Sunday 11.00 to 12.00, Ronnie McIntosh Athletics

Stadium, Caird Park (By Invitation)

Friday 8.00 to 9.30, St Andrews PS (By Invitation)

This squad is aimed at mainly competitive athletes age 14+ but some younger athletes do take part dependant on ability.

Hurdles group: Wednesday 6.00 to 7.15 (7.30 in summer) and **Sunday** 11.00 to 12.30 - Ian Silver and Lorna Rogers (Coaches), Ronnie McIntosh Athletics Stadium, Caird Park. (Speak to one of the coaches if you are interested.)

Sprint group: Tuesday and **Thursday** 6.30 to 8.30 – Dave Comb (Coach), Ronnie McIntosh Athletics Stadium, Caird Park. (Referral/Invitation)

Membership

Club Membership

All athletes taking part in the club's activities are required to be members of the club.

A club membership card entitles you to 10% discount on non-sale purchases at the local Run 4 It shop and Sweatshop. It also entitles you to £5 off treatment at Heal Physiotherapy.

Membership is due on first joining the club then is renewed from 1st January each year. Members will be notified that renewal is due. If membership has not been renewed by the end of January a reminder email will be sent out. If by the end of February the fee is still not paid then the athletes name will be removed from the club register and they **will not** be accepted into training.

Fees (2015)

Senior	– £37
Student/Unwaged	– £32
Junior	– £27
Family of 3 or 4	– £65

As a member of the club you will be expected to attend regularly. There is a big waiting list of potential athletes all wanting the chance to train and compete. During the winter months especially, track is not available for all athletes. Most of the training is done on grass and involves longer runs or hill sessions aimed at building endurance as part of an annual training plan. Athletes are expected to attend as normal despite preferences. It is during this period that athlete numbers can significantly drop off. If you have a genuine reason for not attending training for an extended period then please inform the club. If athletes do not attend for 3 weeks without good reason they will be contacted and asked to return. If they choose not to return they will be removed from the register and membership will be revoked with no membership refund. The athlete can ask to be put back on the waiting list if they wish. (This will be enforced throughout the year.)

Scottish Athletics membership:

As well as joining the Hawks, many athletes will join the Scottish Athletics membership scheme (Juniors £5/yr)

<http://www.scottishathletics.org.uk/membership/>

This gets you a £2 discount on entry-fees to many races, discounts in certain stores, and you receive a quarterly glossy mag called 'PB'. **To participate in major events organised by Scottish Athletics (eg, Regional and National Championships), you must be a member of this scheme.**

Kit

Athletes must **always** turn up at training with suitable clothing to run in. It can be cold on track even in summer so always make sure you bring plenty warm layers and a lightweight waterproof. (Athletics is rarely rained off!!!)

Athletes who are intending to compete for the club (which we do encourage) are required to purchase a Club Vest (see Catriona or Nigel Reynolds) and may also want to invest in a pair of running spikes. (There is a selection of second hand spikes in the clubhouse that are in good condition and can be purchased for a small amount as a starter pair.)

For all other kit please visit our website www.dundeehawks.co.uk and access the Club Shop tab.

Competitive Athletics

Track

Petrofac (aka Grampian Athletics League) meets four times with a potential Final place later in the summer in each age group. This league is for age groups U11, U13, U15, U17 and Senior for both male and female athletes. It is a friendly league in many respects and involves 7 North East Of Scotland Clubs. We usually hire a bus for the longer trips. Parents can come too provided there are seats available. Each event has an A and B competitor and they are chosen on basis of times and distances. Club colours have to be worn. We can also run “non-counters” in events to enable athletes to experience competition and they will gain an official time and distance ready for future selection. (Non-counters must run in t-shirt, not club colours).

Youth Development League (Lower Age Group) is for U13 and U15 male and female (British Athletics). There are 3 meetings and a potential final. This tends to be a tougher competition than the Petrofac League and involves 7 clubs from North and North East Scotland. A and B runners again but no non-counters. We usually hire a bus for the longer trips. Parents can come too provided there are seats available.

Youth Development League (Upper Age Group) is for U17 and U20. It is part of a British league and we form a composite team with Fife AC and Pitreavie AAC called Kingdom AC. The Kingdom team supply vests. There are two places per event so plenty of opportunity. Meets are usually 1 in Scotland and 3 in England. There is a bus and an overnight stay in a Premier Inn for the England trips. Athletes are treated as adults (though plenty of support from coaching team). Again feedback is usually very positive and the level of competition is extremely good for athletes that wish to improve. Athletes are invited to join this team based on performances throughout the year. The Kingdom team has a greater expense but we try and subsidise as much as possible. A fee of £20 covers the bus to England and overnight stay at present.

Scottish National Women's League. Fife ,Perth, Dundee and Arbroath form a composite team for women's league for age groups U13, 15, 17 and Senior. We all share a bus for the longer trips. This Team is selected on times and distances. It is a regional team and a real boost for any athlete selected. (A and B competitors). We pay League Subscriptions as a club so there is no event payment.

All of the above events are entered as a club.

In addition to these fixtures there are a number of District and National Championships. **They have to be entered by the athlete/parent (usually online) and require a Scottish Athletics membership (currently £5 if you are under 21)**. If you want to enter any of these Championships, it is best to speak to your coach first as the level of competition can be quite high.

There are also 'Open Graded' Meets scattered throughout the year (Indoor in the winter months, outdoor in summer). They are informal meets where you usually sign up on the day. You put your PB time on the application form and are put in a Heat with athletes with a similar time so you may be running with males and females of any age. You get an official time and distance that can be used for team selection or seeing how much you have improved. Average cost per event is £3. Keep an eye out on the fixtures page of the website for these.

The essence of athletics is to compete and be the best you can be. We will be encouraging all who wish to compete as it is the lifeblood of the Hawks and our sport. The more athletes that compete, the greater will be our chances of attracting resources.

Cross Country

Many of our Athletes love the cross country season with the opportunity to compete both individually and as a team on challenging and fun courses, usually with lots of mud involved. Forms are given out to athletes at the start of the cross country season with a list of events asking for their possible availability. Time trials will be held in September to aid the coaches in their team selections. The teams usually travel to these events by coach (accompanying adults are welcome if space is available).

East District League

This consists of 3 meetings hosted by member clubs usually in October, November and January and provides a good platform for athletes new to cross country. The races are split into age groups which are currently u11,u13,u15,u17 and senior with different lengths of course for each group. Entry is by the club on the day.

National/East District Relays

Both of these events fall at the start of the cross country season around mid-October. They are team events with each team made up of one u13, one u15 and one u17 athlete. Competition is of a high standard and teams are selected for these events based on training and attainment and pre-entered by the club.

East District Championships

This is a big event usually held in early December for u13 athletes and above. It is very competitive as a good run here, combined with consistently good performances in other cross country events for our juniors, can lead to individuals being selected for the East of Scotland team which compete in the Inter-district event that takes place in January in Edinburgh. Athletes are pre entered by the club.

National Championships

This is the pinnacle of the cross country season and takes place in February. It is a huge event aimed at u13s and above. It is an individual and team event with Cross Country runners from all over Scotland taking part. Athletes are pre entered by the club.

In addition to these there are a number of more introductory cross country events that suit all ages and abilities. One of these is the **Round the Castles Winter XC Series** for u11s upwards. These are smaller events. Athletes can pre enter themselves online for the series or register on the day. Coach travel is not provided for these events.

What will I need to take with me for a track or cross country event?

Club vest

Running top (short or long sleeved to wear under vest if you wish) or if you are running as a “non-counter”

Shorts/running tights

Trainers/cross country trail shoes

Spikes if you have them-with size 6mm for track..9mm, 12mm or 15mm for cross country.

Spike key

Safety pins-at least 8, as 4 for front and 4 for back number required (no back number for High jump)

Tracksuit trousers

Sweatshirt/fleece for before/after races

Socks – at least 2 pairs especially if long or triple jumping as they will get filled with sand!...and for cross country they could get soaked!

Warm/waterproof jacket

Waterproof trousers if cold/wet

Hat and gloves in winter or summer as it can get really cold

If forecast is bad, you may even wish to bring a change of clothes to leave in the car/coach and a towel

Suncream in case the weather is good!

Poly bags for wet/dirty kit and shoes

Food and drink – see below

The night before you race

Have a good tea e.g. pasta for energy. Try to avoid crisps, chips or fizzy drinks
Look all your kit out and put your spikes into your shoes to save time the next day (remember to use Vaseline occasionally, so they don't stick and never cross thread them)

Race day

Have a good breakfast e.g. cereal, porridge, toast, bagel with jam or honey etc and something to drink.

Try not to eat or drink much in the couple of hours before you race, though you may need a snack 1-2 hours beforehand, depending on what time your race is.

Bring a packed lunch-this may include sandwiches, pancakes, cereal bars, chocolate, fruit, pasta, juice or water. You may want to bring a flask with a hot drink. There may be a cafeteria or food stall but better to be prepared in case there isn't. If your events are spaced out, you may be able to have a small snack or piece of chocolate in between events. Check with your coach first.

If an adult is coming with you remind them to bring warm and waterproof clothes too. If they bring a camera, they will have to sign a form before they may use it at track events, according to Scottish Athletics rules.

Remember, you can never have too many warm clothes-though hopefully if the weather is kind, you won't need them all!!

Be prepared for all weathers! Layers are best.

We really hope that you make the most of this opportunity and are successful in this trial period with the Hawks, making friends, having fun and training to the best of your ability.