



# OCAC Juniors Information and Welcome Pack



## Welcome to Oxford City Athletic Club

On Behalf of OCAC, we would like to welcome all new members. The purpose of this welcome pack is to provide you with details of what is available to you at OCAC and to highlight our codes of conduct, policies and club procedures.

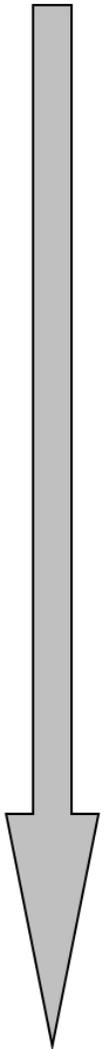
OCAC provides opportunities for over 400 athletes from age 7 through to Masters, with active interest in track and field, cross-country and road running to fulfil their potential and have fun in athletics through exciting training, competition and creative club events. The younger athletes are carefully guided through the basics of the sport until they are comfortable with the various disciplines they will encounter. We are a friendly club and provide coaching for all levels of athlete, from beginner to elite, and with our friendly approach newcomers are always welcome and no athlete is rejected on the basis of ability.

We are proud to have Sport England Clubmark Accreditation as an active, accessible, child friendly, safe and effective club. All the coaching is carried out by qualified coaches who have DBS checks and many are also trained in first aid, child protection and club equity. We have a dedicated group of volunteers who put a lot of effort into the success of the Club, but we are always looking to increase this volunteer pool in size. As a volunteer you can register as an occasional helper at one of our events / competitions or during training nights or get involved more regularly as a club official or coach.

Yours in Sport,  
*Oxford City Athletic Club Junior Section*

# New Junior Members

## Induction Process



At your very first session the parent/guardian will be required to fill out a form so that we have your details on record

You will be placed in a group appropriate to your age, where the coach will be able to assess your skills and ability

On the first Monday/Wednesday of the month the parent/guardian will be asked to attend a 30-45 minute **induction session**, whilst the child trains, so that they understand how the Club works and how to help you reach your potential.

The induction will explain

- Juniors and the athlete pathway
- Athletics 365
- Track safety
- Codes of conduct
- Competitions
- How the website works

You will then receive a membership application form for you to decide if you wish to stay with us

**THE INDUCTION SESSION IS A REQUIREMENT OF MEMBERSHIP**

On your first evening please can you arrive just after 6pm, where you will be given a new member information sheet giving a few key rules and the induction process. You will also be asked to fill in a registration form (not membership) so we have your details.

You will then receive an email inviting you to attend an induction night. Continual non attendance at an induction night will result in the child NOT being permitted to train as this is where membership forms are handed out at the end of the session and all juniors are required to become members.

**Membership renewals are sent out for February and is not automatic.**

**Membership may be refused if children do not train regularly or do not compete.**

Membership runs March 1<sup>st</sup> to March 1<sup>st</sup>  
Junior membership is £40 or £50 depending on age

## Meet The Committee



Richard Hart  
Chairman



Jason Crowther  
Secretary



Sylvia Davis  
Treasurer



Ian Warland  
Junior Section  
Head Coach,  
& Membership

## Child Welfare



Ian Warland



Julie Walker-Smith



Maggie Palmer

## Other Committee Members



Paul Kelsey



Ray Finch



Jane Castle



Paula Walter  
Volunteer  
Co-ordinator



Sharon Byles



Diane Whiting



Margaret Munday

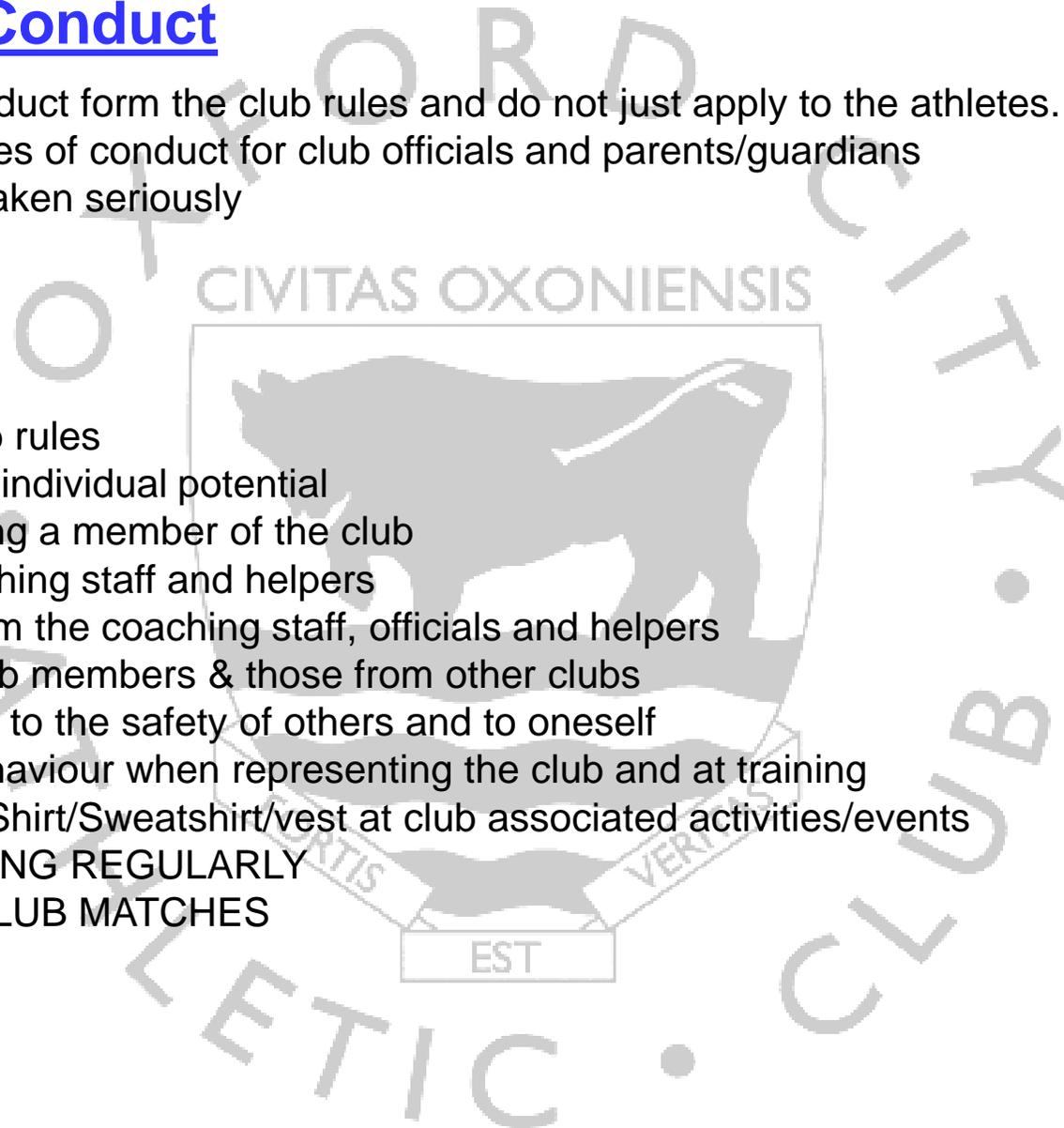
## Codes of Conduct

The codes of conduct form the club rules and do not just apply to the athletes. There is also codes of conduct for club officials and parents/guardians These rules are taken seriously

### Athletes

All athletes will

- abide by the club rules
- strive to achieve individual potential
- take pride in being a member of the club
- respect the coaching staff and helpers
- listen & learn from the coaching staff, officials and helpers
- respect other club members & those from other clubs
- show due regard to the safety of others and to oneself
- show correct behaviour when representing the club and at training
- wear the club T Shirt/Sweatshirt/vest at club associated activities/events
- ATTEND TRAINING REGULARLY
- COMPETE IN CLUB MATCHES



# Codes of Conduct

## Code of Conduct for Coaches, Club Officials, volunteers

All Coaches Officials and volunteers will

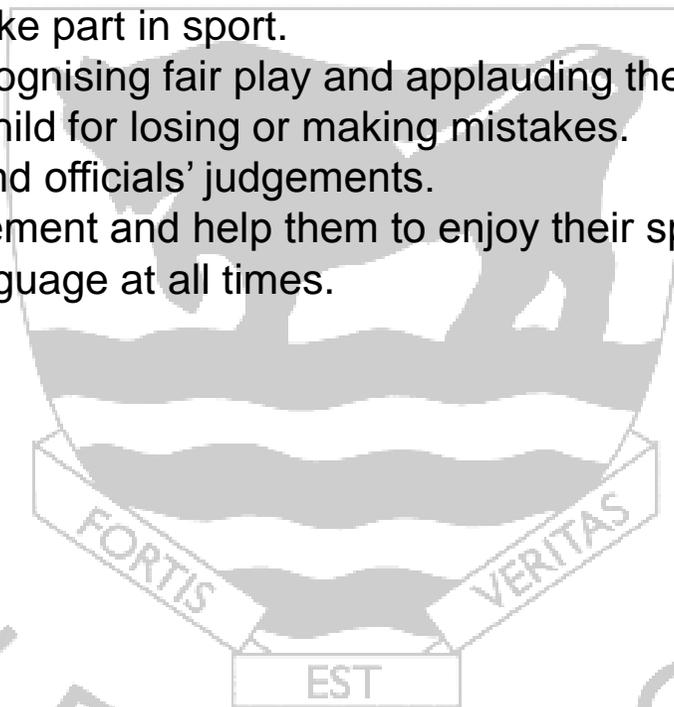
- have or be working towards a recognised UK: Athletics qualification (if required)
- be police CRB checked
- operate without discrimination on grounds of gender, race, colour, language, religion or any other option
- ensure there is a balance between the development of performance and the social, emotional, intellectual and physical needs of the individual.
- be responsible for the setting of boundaries between working relationships and friendships with their athletes.
- encourage a spirit of fair play and good sportsmanship
- recognise that they may have access to confidential information about their athletes and members and confidentiality must be maintained at all times.
- not exert undue influence over athletes in order to gain personal benefit or reward.
- responsible for the general safety of all athletes in their care. Equipment and conditions within the working environment should be checked in accordance with usage guidelines.
- consistently display high standards of behaviour and appearance.
- not leave themselves open to question especially when working with younger athletes by:
  - Staying in a room with an athlete
  - Excessive handling or touching beyond the needs of good coaching of the athlete within their care

# Codes of Conduct

## Parents/Guardians

Parents, carers and guardians will be expected to

- Encourage your child to learn the rules of the sport.
- Discourage unfair play and arguing with Coaches and officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept Coaches and officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.



## Child Welfare

As an athletic club we are committed to creating and maintaining the safest possible environment for children and young people to practice athletics.

We will do this by:

- Recognising that the child's welfare is paramount and that their participation in athletics should be in an enjoyable and safe environment whatever their age, culture, disability, gender, racial origin religious belief
- Recognising that adults involved in the club have a duty of care to young athletes to protect them from bullying and undue pressure in training and competition whether it be from coaches, managers, other athletes or parents
- Ensuring that all our staff and volunteers are carefully selected and accept responsibility for helping to prevent the abuse of children in their care
- Responding swiftly and appropriately to all suspicions and allegations of abuse, providing parents and children with the opportunity to voice any concern they may have
- Appointing a Child Protection Officer who will take specific responsibility for child safety and act as the main point of contact for parents, children and outside agencies
- Ensuring access to confidential information is restricted to the Child Protection Officer or appropriate external authorities
- Reviewing the effectiveness of our Child Protection Policy annually at the relevant committee meeting

**See club website for contact details**

## Training

All training sessions are held at the Horspath Road Track

Training Fee per session £2-50 for junior members

**Monday 6:30 - 8:00pm - Juniors**

**Wednesday 6:30 - 8:00pm - Juniors**

*Sunday 10:00 – 12:00 - Cross Country training (October to March)*

All athletes must book-in prior to training, in the clubroom

The booking in registers will be closed at 6:25 and late comers may not be able to train as it is disruptive to sessions and athletes will have missed the warm ups.

NEWCOMERS will be required to fill in a registration form so we have your details

Some older juniors may get invited to train on a Tuesday / Thursday alongside seniors

**Note** *this is by invitation only as certain criteria needs to be reached*

**ALL PARENTS WILL GO ON A PARENT ROTA  
TO HELP THE COACHES ON TRAINING NIGHTS**

# Track Safety

## **General**

- Warm-up in the outside 3 lanes.
- Leave the inside clear for distance runners. Do NOT use lane 1
- Do not hold discussions on the track.
- Check for runners before you cross the track, an adult can be travelling very fast and cannot stop instantly if you step out in front of him. (Not quite so bad as a car but you will get hurt)
- Never leave your equipment on the track.
- Always walk around the outside of the track, then cross where you need to be.
- DO NOT CROSS THE GRASS INSIDE THE TRACK

## **Jumps**

- Only the coach and assistants use the rake.
- Never leave the rake lying on the ground - prop it against the fence.
- Check before you cross the run-up.
- Never leave anything on the run-up.
- Place markers at the side
- Do not 'dive' on the high jump mats, whilst they are being assembled.
- Never attempt Fosbury style High jump, except onto a suitable landing area, under the direction of your coach.

## Track Safety (cont)

### **Throws**

- The centre of the stadium is for throws events
- During throws coaching, discipline is very important.
- When you are throwing YOU should always check the area is clear before you throw.
- No training except with a coach.
- Only venture into the centre of the arena if told to (by your coach) and be aware of which events are in progress Note; Some venues have throws at both ends.
- When working in a group, all equipment is thrown, before all are collected
- NEVER throw equipment back towards your throwing position.

### **Javelin**

- Always walk whilst collecting and returning javelin.
- Carry it in a vertical position
- Remember, both ends of Javelin can kill. The 'blunt' end is still sharp enough to stick into someone.

### **Shot**

- Juniors should not lift the large shots, ONLY the appropriate weight for their age.

### **Discus**

- Throws should only be attempted from the circle, under instruction from a coach.
- Wait for your turn from behind the cage

## Junior Section Pathway

Potential athletes are admitted from 7 years old onwards as this is the stage when we believe we can offer appropriate support and training.

After an appropriate period of development athletes will move through to Development Groups. These are designed to continue the broadly based training, but ease the progressive introduction of more specialised training in the athlete's chosen event group(s). During this period athletes will be given an opportunity to work with a range of coaches, from a range of disciplines.

	Beginners Group Under 9's	Quadkids Group Under 11's	Developing Athletes Under 13's & 15's	Specialist Athletes Under 15's & 17's
Development Stages	Fundamental	Learning to train	Training to train	Training to compete
Development Focus	Movement literacy	Skill development	Skill Foundation of aerobic base	Competitive/ physical development

**NOTE** – All juniors train under the supervision of the Junior Section and **can not** move training night or coach without the agreement of the Junior Section Head Coach and the relevant coaches

## Meet The Coaches Junior Nights



Ian  
Warland



Anastacia  
Fox



Denise  
Shorter



Mark  
Bristow



Wendy  
Fowler



Kathryn  
Munday



Rebecca  
Hussey



Steve  
Male



Dom  
Angelino



Sarah  
Kimber-Nickelson



Trish  
Allen



Ashley  
Barton



Gary  
Walter



Aliysa  
Codrington

## Senior Nights



Richard  
Hart



Gareth  
Davies



Jacqui  
Cherry



Marcia  
Marriot



Allen  
Souch



Paul  
Kelsey



Ian  
Marriot



Phil  
Huxley



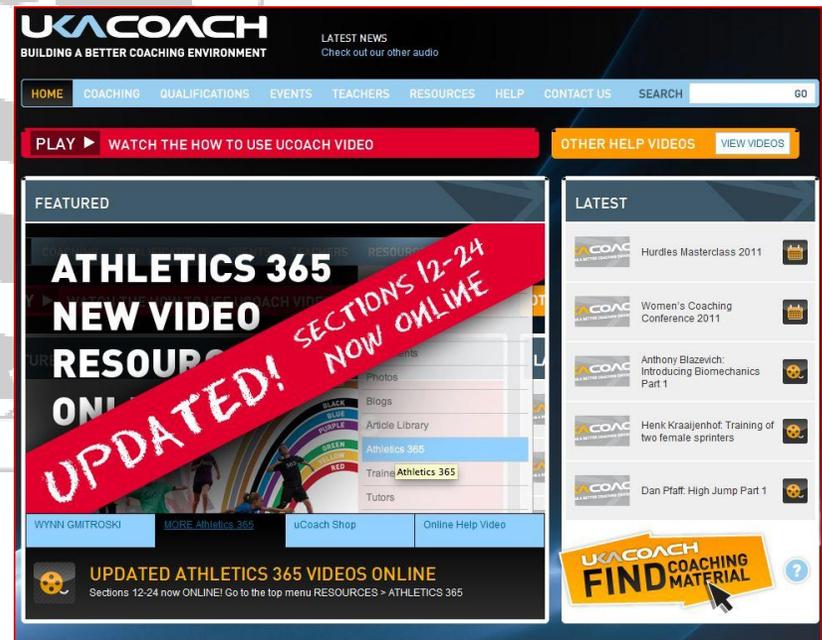
Tony  
Palman-Brown

# Athletics 365

is a multi-event, young people development programme, which introduces athletes to the fundamental skills of athletics.

This forms the basis of the Junior training programmes and the athletes will have an Athlete's Record of Achievement Pack which is used to help the athlete keep a record of all the activities they have successfully completed, and how they are improving as an athlete. The Athlete pack also provides the young person with the specific challenges they need to meet for every area of Athletics 365, and the coaching points required to help them achieve these. To support this Ucoach website has videos to demonstrate the challenges

Further information can be found on the Junior Section page on the website



## Club Kit

When competing as OCAC, all athletes must wear the Club Kit.  
All kit available from tea bar on training nights.



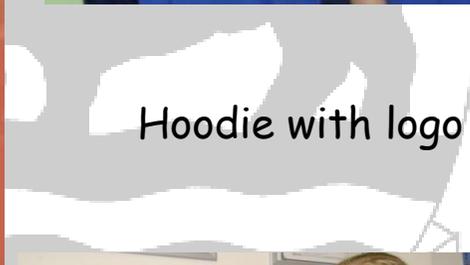
**BOYS/MENS**  
Full kit (t  
shirt, vest,  
shorts)  
Race Vests  
Shorts  
Cycle Shorts



**GIRLS/LADIES**  
Crop Top  
Hot Pants



'T' Shirt



Hoodie with logo



Tracksuit top

# Quadkids



supported by  
ENGLAND ATHLETICS



**A new, exciting, easy to organise athletics concept for children**

[www.quadkids.org](http://www.quadkids.org)

## What is QuadKids?

- QuadKids is a new, exciting and easy to organise athletics concept designed to give more children the opportunity to participate in and enjoy athletics.
  - QuadKids covers the core disciplines of running, throwing and jumping, in a team quadrathlon format.
  - QuadKids is designed to be inclusive, competitive, quick, fun and simple to run, with a core format for teams of four girls and four boys.
  - QuadKids can be run within a school or club, or between schools or clubs on a league or championship basis.
  - QuadKids is an effective and inclusive way of getting more children to participate in physical activity, helping LEAs and schools meet their National Curriculum Key Stage 2/3 targets.
  - QuadKids is recommended by England Athletics for use by schools, clubs and McCain Athletics Networks.
  - QuadKids already runs in over 30 counties, and over 30,000 young athletes have already taken part.
  - QuadKids website captures all match performance data and provides a dynamic league table of results and individual rankings.
  - QuadKids Regional Coordinators can help schools and clubs source the necessary equipment, provide training for organizers and helpers and support events.
- **QuadKids Start** – year 3/4 athletes do a 50m sprint, Mini Vortex Howler Throw, Standing Long Jump, and 400m run.
  - **QuadKids Primary** – year 5/6 athletes do a 75m sprint, Vortex Howler Throw, Standing Long Jump, and 600m run.
  - **QuadKids Secondary** – year 7/8 athletes do a 100m sprint, Vortex Howler Throw, Running Long Jump and 800m run.



supported by



For more information please visit [www.quadkids.org](http://www.quadkids.org) or send us an email to [info@quadkids.org](mailto:info@quadkids.org)

[www.quadkids.org](http://www.quadkids.org)

# Sportshall Athletics

## What is Sportshall Athletics

Sportshall Athletics was created in the United Kingdom by George Bunner in 1976 to introduce young people to the joy of athletics. He recognised that training on dark winter nights was unappealing and often meant that many youngsters left athletics clubs over the winter and didn't return in the summer! However, he encouraged them to come back with inventions such as the reverse board which enabled athletes to strike and turn in the same movement and run in the opposite direction. Soon most athletic events were made possible within a sports hall environment. Ron Pickering became the first President of the Sportshall Athletics Association and was so impressed by George's ideas that he helped by offering improvements and suggestions of his own. Using brightly coloured, safe equipment, athletics is made fun indoors!

## Oxfordshire Sportshall League

This occurs once a month October through to March at various sports centres for under 11, under 13 and under 15 age groups. It provides an ideal opportunity for the younger new members to compete for the first time in a warm and dry environment

# Track & Field Athletics

## League Matches

Oxford City Athletic Club competes in many different leagues throughout the summer. The majority of Athletics competitions are usually open to under 11's or older, but sometimes open to under 9's as well. In order for the club to be successful we need and encourage athletes to compete. It is not just about the few that win but being able to put a team out.

## Open Meetings

Open meetings are hosted by various clubs and will have an entry fee. They are open to athletes from all clubs and teams as well as those who are not a member of any club. At an open meeting you can choose exactly what events you want to do. They are often less time consuming than league competitions as well. Leaflets for these events are often advertised on the club website & notice board. We will encourage athletes to enter open competitions as many are held before/early in the season and are ideal for getting times and distances. OCAC holds several open meetings during the year 5 Star and 10 Step competition, Club Championships, Open Graded meetings and Quadkids competition.

For the more talented athletes in the Club, the focus of the year should be the major regional and national championships held each summer.

**As the coaches give up their time freely to coach the club's young athletes, we do expect that in return athletes will compete in league matches and open competitions**

## Cross Country

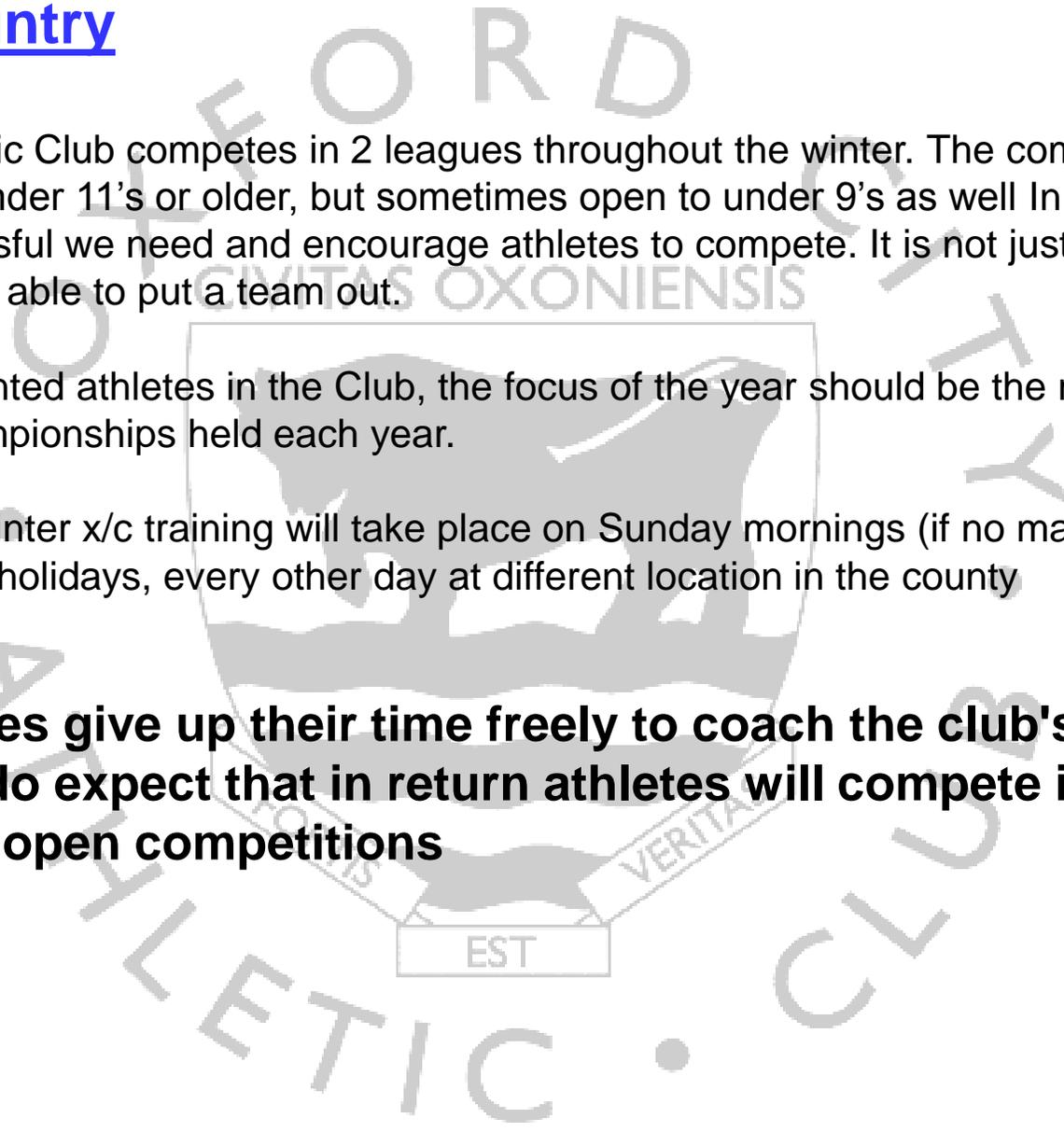
### League Matches

Oxford City Athletic Club competes in 2 leagues throughout the winter. The competitions are usually open to under 11's or older, but sometimes open to under 9's as well. In order for the club to be successful we need and encourage athletes to compete. It is not just about the few that win but being able to put a team out.

For the more talented athletes in the Club, the focus of the year should be the major regional and national championships held each year.

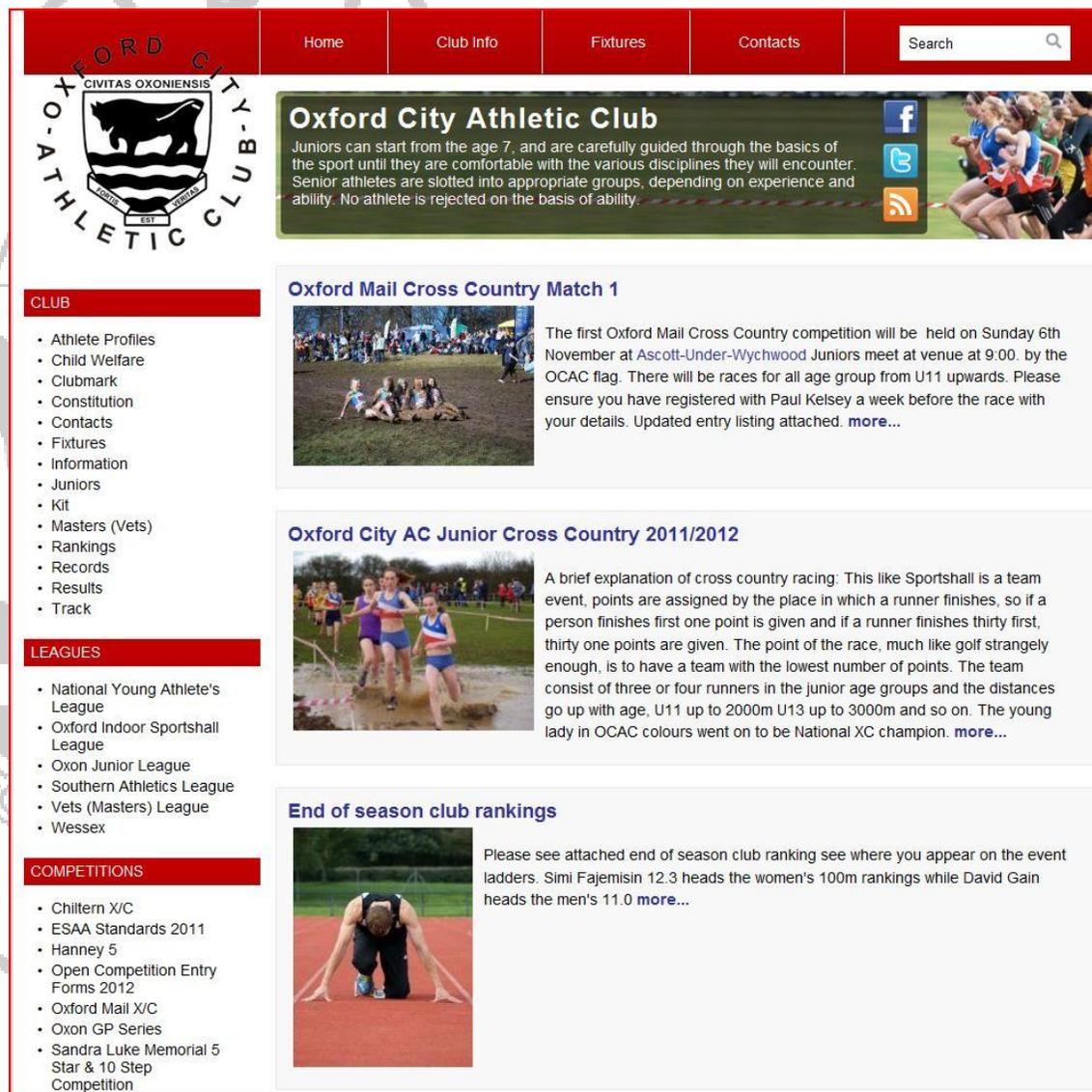
Throughout the winter x/c training will take place on Sunday mornings (if no match) and during Christmas holidays, every other day at different locations in the county.

**As the coaches give up their time freely to coach the club's young athletes, we do expect that in return athletes will compete in league matches and open competitions**



# Website

Please use the website for upto date information, news, reports etc



**Oxford City Athletic Club**

Home Club Info Fixtures Contacts Search

**Oxford City Athletic Club**  
CIVITAS OXONIENSIS  
OXFORD CITY ATHLETIC CLUB  
EST

**CLUB**

- Athlete Profiles
- Child Welfare
- Clubmark
- Constitution
- Contacts
- Fixtures
- Information
- Juniors
- Kit
- Masters (Vets)
- Rankings
- Records
- Results
- Track

**LEAGUES**

- National Young Athlete's League
- Oxford Indoor Sportshall League
- Oxon Junior League
- Southern Athletics League
- Vets (Masters) League
- Wessex

**COMPETITIONS**

- Chiltern X/C
- ESAA Standards 2011
- Hanney 5
- Open Competition Entry Forms 2012
- Oxford Mail X/C
- Oxon GP Series
- Sandra Luke Memorial 5 Star & 10 Step Competition

**Oxford City Athletic Club**

Juniors can start from the age 7, and are carefully guided through the basics of the sport until they are comfortable with the various disciplines they will encounter. Senior athletes are slotted into appropriate groups, depending on experience and ability. No athlete is rejected on the basis of ability.

**Oxford Mail Cross Country Match 1**

The first Oxford Mail Cross Country competition will be held on Sunday 6th November at Ascott-Under-Wychwood Juniors meet at venue at 9.00. by the OCAC flag. There will be races for all age group from U11 upwards. Please ensure you have registered with Paul Kelsey a week before the race with your details. Updated entry listing attached. [more...](#)

**Oxford City AC Junior Cross Country 2011/2012**

A brief explanation of cross country racing: This like Sportshall is a team event, points are assigned by the place in which a runner finishes, so if a person finishes first one point is given and if a runner finishes thirty first, thirty one points are given. The point of the race, much like golf strangely enough, is to have a team with the lowest number of points. The team consist of three or four runners in the junior age groups and the distances go up with age. U11 up to 2000m U13 up to 3000m and so on. The young lady in OCAC colours went on to be National XC champion. [more...](#)

**End of season club rankings**

Please see attached end of season club ranking see where you appear on the event ladders. Simi Fajemisin 12.3 heads the women's 100m rankings while David Gain heads the men's 11.0 [more...](#)

# Power of 10





# power of 10<sup>↑</sup>



[Home](#) [About](#) [Rankings](#) [Athletes](#) [Coaches](#) [Clubs](#) [Highlights](#) [Results](#) [McCain Awards](#) [FAQ](#) [Login/Register](#)

### ATHLETE SEARCH

Surname

First Name

Club

FIND

## POWER OF 10 - RAISING THE STANDARD




The sport of Athletics has a mission to strengthen the depth for every event, in every age group across every nation and region of the UK.

With 2012 in mind, it has become the biggest challenge we have ever faced, but potentially the most rewarding.

The Power of 10 illustrates the challenge and is in place to motivate competitors, coaches and clubs.

### HIGHLIGHTS

**Gold** for **Mo Farah** in World Championships 5000 metres to add to **Dai Greene's** 400 metres hurdles win.

1. Year: [2011](#) | 2010 | 2009 | 2008 | 2007 | 2006 | All Time

2. Region/Nation: [UK](#) | East | East Midlands | London | North East | N Ireland | North West | Scotland | South East | South West | Wales | West Midlands | Yorkshire

3. Gender: [Men](#) | Women

4. Group: [Overall](#) | Under 20 | Under 17 | Under 15 | Under 13 | Disability

5. Event: 60 | 100 | 200 | 400 | 800 | 1500 | 3000 | 5000 | 10000 | 3000SC | 10K | Half Marathon | Marathon | 60 Hurdles | 110 Hurdles | 400 Hurdles | High Jump | Pole Vault | Long Jump | Triple Jump | Shot | Discus | Hammer | Javelin | Decathlon | 20K Walk | 50K Walk

UK Athletics | England Athletics | Scottish Athletics | Athletics Northern Ireland | Welsh Athletics | London 2012 | Privacy Policy



It's all good.



ENGLAND ATHLETICS



scottishathletics



runbritain  
HANDICAP SCORING



WELSH ATHLETICS  
ATHLETAU CYMRU



ATHLETICS  
NORTHERN IRELAND



adidas



Lucozade

Powered by



athleticsdata

# Power of 10

## Kirsty Warland

**Coach:** Yes  
**Club:** Oxford City/Bath Uni  
**Gender:** Female  
**Date of Birth:** 26/04/1992  
**Age Group:** U23  
**County:** Oxfordshire  
**Region:** South East  
**Nation:** England

**Lead Coach:** Colin Bovell



Login to submit a picture

### About

Login to add some details about this athlete

Login

### Athletes Coached

None

### Best known performances

Event	PB	2013	2012	2011	2010	2009	2008	2007	2006	2005
60	8.13i			8.13i	8.26i		8.28i	8.69i		
100	13.16/12.8		13.37	13.4	13.16	12.8	13.1		13.0	
200	27.6				27.6				27.7	27.8
60HW	9.17i	9.40i		9.17i	9.28i					
60HU17W	8.82i					8.82i	8.98i			
60HU15W	9.45i								9.45i	
75HU15W	11.14/11.1								11.14/11.1	11.97i
80HU17W	11.29/11.12w						11.29/11.12w	11.99/11.8		
100HW	14.87/14.82w			15.57/15.4/15.11w	14.87/14.82w	15.97				

### Performances

2005 2006 2007 2008 2009 2010 2011 2012 2013

Default

Submit

#### 2013 U23 Oxford City/Bath Uni

Event	Perf	Pos	Venue	Meeting	Date
60HW	9.40 i	3 B	Birmingham	Inter Varsity Meeting	6 Feb 13
60HW	9.41 i	4 h4	Sheffield	BUCS Championships	22 Feb 13

#### 2012 U23 Oxford City/Bath Uni

Event	Perf	Pos	Venue	Meeting	Date
100	13.37	2 A	Horspath	Southern Athletics League Division 2 C	9 Jun 12

### UK Rankings

Event	AG	Year	Rank
75HU15W	U15	2005	37
75HU15W	U15	2006	1
75HU15W	U15	AT	27
80HU17W	U17	2008	1
80HU17W	U17	2007	15
80HU17W	U17	2008	1
80HU17W	U17	AT	24
100HW	U20	2009	53
100HW	ALL	2009	134
100HW	ALL	2010	53
100HW	U20	2010	15
100HW	ALL	2011	99
100HW	U20	2011	36
300HW	U17	2008	17
300HW	ALL	2008	20
400HW	U20	2009	76
400HW	ALL	2009	210
400HW	U20	2010	114
400HW	ALL	2010	303
400HW	ALL	2012	242
400HW	U23	2012	52

# Volunteers

## Help your Child Help the Club

## Help Yourself Be a Volunteer

With volunteers contributing over 1.2 billion hours each year to support sport, Athletics provides opportunities for everyone. Whether you can help maintain facilities or can offer your services for a couple of nights a week, you can make a real difference. There are opportunities for everyone ranging from making the tea to painting around the track to chairperson. Volunteering is vital to the survival of Athletics and the growth and improved structure of clubs.

Volunteering contributes to the overall running of clubs which is vital to the athletes



**Please see Paula or Ian**

## **WE NEED YOUR HELP !**



Dear Parent/Carer

Oxford City Athletic Club is run entirely by volunteers, and it contributes to the overall running, growth and success of the Club which is vital to the athletes. There are various ways you can help either on a training night or on a match day. Whether you can help maintain facilities or can offer your services at training or competition you can make a real difference.

We would like to know how you can help, so please complete the form below 'and return it to the Tea Bar.

Please also sign up on the rota ( that you will find by the Club Room door).

Any help you can give will be much appreciated, and volunteers are recognised and rewarded with our OCAC Points scheme

If you have any questions please contact Ian Warland or Paula Walter

### **VOLUNTEER RECORD**

Athlete Name : .....

Volunteer Name : .....

Email : .....

#### **Training Nights**

#### **Track or Cross Country Matches / Open Competitions**

Sign in/out	<input type="checkbox"/>	Setting up	<input type="checkbox"/>	Results	<input type="checkbox"/>
Tea Bar	<input type="checkbox"/>	Car Parking	<input type="checkbox"/>	Tea Bar	<input type="checkbox"/>
Assist coaches	<input type="checkbox"/>	Registration	<input type="checkbox"/>	Marshall	<input type="checkbox"/>
Track Maintenance	<input type="checkbox"/>	Tea Bar	<input type="checkbox"/>	Photography	<input type="checkbox"/>
Litter picking	<input type="checkbox"/>	Assisting trackside	<input type="checkbox"/>	Packing away	<input type="checkbox"/>
Hoover Club Room	<input type="checkbox"/>	Become an Official	<input type="checkbox"/>		
Become a Coach	<input type="checkbox"/>				

Any Specific Skill that would be useful (eg Builder, IT, Electrician, Plumber)

.....

please hand this form in with your childs registration form

**ALL PARENT WILL GO ON A HELPERS ROTA FOR TRAINING NIGHTS**

**For further information or queries  
please contact**

**Ian Warland**

**(see website for contact details)**

