



WELCOME

Welcome to Livingston & District AAC. Founded in 1972 and based at Craigswood Sports Centre, Livingston, we are West Lothian's track and field athletics club.

The club welcomes athletes, who compete at all standards, from age 9 upwards.

The purpose of the club is to provide an opportunity to participate in athletics, with a coaching structure which supports the continuous improvement of athletes, combined with appropriate competition for all club members.

Primarily we are a track and field athletics club, with competitions throughout the year, although some of our athletes also do road running and, during the autumn and winter months, cross country running.

We are a community based sports club and rely on parents, coaches and senior athletes to help run the club. We are always looking for more parents volunteering to help with officiating, assisting the coaches and admin duties.

For children aged 7-11 we also have several "Run, Jump & Throw" clubs with 8 week blocks in each school term. This part of the Club focuses on fundamental movement skills and helps children learn vital skills which they will need as they develop.

JOINING

Regular weekly training and full club membership starts at age 9. Entry to the club for new junior members is either via one of the "Run, Jump & Throw" clubs or via a 3 week block of taster sessions that are run every two months.

The taster sessions give potential members a chance to find out about the club, sample the training and take part in a competition, before committing to full club membership.

Please visit the "join" section of the club website to find out more about the next planned sessions.

For club membership, all junior members pay a joining fee of £37 then a monthly fee of £12 which covers club membership fees, training night costs for one session per week and league entry fees. Athletes who progress to train on both the club training nights (Monday and Wednesday) pay £18 per month.

EXPECTATIONS

We are keen for all members to get the most they can from the club. While athletics will have different priorities for different members, there is a basic expectation of what the club requires from members:

- Members are expected to commit to regular training, with a minimum 70% attendance record, and participate fully in the club, including taking part in team competitions.
- The standard of any individual athlete is not important, but all athletes are expected to try hard to reach their full potential.
- Members are expected to represent the club regularly in team and individual competitions. At a minimum, athletes should be competing in a least two competitions over the Winter months and four competition during the Summer.
- Members are expected to treat each other equally, with respect, and abide with the club's constitution and code of conduct at all times.

TRAINING

The main club training nights are Monday and Wednesday evenings from 7.00 PM to 9.00 PM at Craigswood Sports Centre, Livingston, where we offer a variety of training groups to suit athletes of all ages and abilities.

For junior athletes, we have several "Run, Jump and Throw" orientated groups where everyone is encouraged to try a variety of events, with the emphasis on developing skills and improving fitness. This prepares the athletes for competing in a range of events at the various competitions at which the club participate.

Athletes train mainly outside, on the athletics track, so should come prepared with appropriate clothing: trainers, shorts, tracksuit bottoms, t-shirt and a jumper. A waterproof jacket will also be needed for wet weather and a drink is also essential.

There is also training available on Thursdays and Sundays. These sessions are more event specific and your coach will give details about these sessions if appropriate.

COMPETITIONS

Club members are required to compete regularly and represent the club in league matches. Athletes can take part in track & field competitions at various levels, from local club events and local leagues, to regional leagues and national championships.

During the summer season, the club compete in the following leagues:

- Central & South of Scotland Athletics League – 3 matches (All Ages)
- Forth Valley League – 4 matches (U11 - U15)

- Youth Development League – 4 matches (U17 & U20)
- Scottish Women's Athletic League – 3 matches (U13 – Sen)

And during the winter season we compete in the:

- Scottish Athletics Indoor League – 3 matches (U11 – U20)
- East District Cross Country League – 3 events (All Ages)

Athletes can also compete in open meetings, schools/district/national championships and our own club championships!

VOLUNTEERS

The existence and success of the club is thanks to the volunteers (coaches, senior athletes, officials and parents) who give up their time to help on training nights, at competitions, at club events and with various administrative duties.

As the club is run entirely by volunteers, senior members and the parents/guardians of junior members are required assist the volunteers in some capacity each year on a rota basis. This will usually be for an hour or two, 3 or 4 times per year.

You can choose to help with coaching, officiating at competitions, helping team managers at competitions or assisting with administration at the registration desk on training nights. Previous experience of athletics is not required and is not expected. Full guidance is always given.

CLUB KIT

All athletes must have their own club vest which should be worn when representing the club in competitions. When competing, the club vest should be worn with red or black shorts or running tights.

Most athletes also purchase a hooded sweatshirt or club tracksuit and this should also be worn when attending competitions.

All club kit can be purchased in the athletics pavilion on training nights from 8.45 PM onwards.

ITEM	SIZE	PRICE
■ Vest	30, 32, 34, 36, 38, 40	£15.00
■ Crop Top	30, 32, 34	£15.00
■ Hooded Sweatshirt (Grey)	7/8, 9/10, 11/12, XS, S, M, L, XL	£20.00
■ Tracksuit Top (Navy)	9/10, 11/12, 13/14, S, M, L	£10.00
■ Tracksuit Bottoms (Navy)	9/10, 11/12, 13/14, S, M, L	£10.00

For trainers, running spikes and clothing we recommend "Run 4 It", 108-110 Lothian Road, Edinburgh, EH3 9BE, where club members get a 10% discount.