



MEMBERSHIP INFORMATION

THE CLUB

We are West Lothian's track & field athletics club, founded in 1972, based at Craigswood Sports Centre, Livingston, and affiliated to Scottish Athletics with Podium level accreditation.

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.

We are a community based sports club, run by parents, coaches and senior athletes.

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 put in the effort required at training to reach their full potential.
- Members are expected to represent the club regularly in team and individual competitions. At an absolute minimum, athletes should be competing in a least six competitions during the year.
- The parents/guardians of junior members are required assist at the club in some capacity at least three times per year.
- Members are expected to treat each other equally, with respect, and abide by the club's code of conduct at all times.

As demand for places at the club is high, the membership list is reviewed every 6 months using the above criteria.

MEMBERSHIP FEES

The club membership fees are currently a joining fee of **£25** and monthly fees of **£15** (1 session per week) or **£21** (2 sessions per week).

The membership fees cover club membership, Scottish Athletics membership, training fees and most competition entry fees. Full details on the benefits of club membership are also attached.

All membership fees are paid by direct debit, and the direct debit mandate will be setup during the online membership application.

TRAINING

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

For junior athletes at the "Reception" stage (aged 9-11/12) or the "Intermediate" stage (aged 11/12 to 14/15), we have five different "multi-event" 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.

For athletes aged 14/15 and above, we have event specific groups for sprints, endurance, jumps, throws, hurdles and combined events.

Athletes train mainly outside, on the athletics track, so should come prepared with appropriate clothing: trainers, shorts, tracksuit bottoms, t-shirt and a jumper. It's important that athletes' muscles don't get cold straight after training and therefore it's better to wear extra layers of clothing rather than too few. A waterproof jacket will also be needed for wet weather and a drink is also essential.

Wearing the correct footwear is also essential. Athletes should have trainers that are designed for running - not plimsolls or fashion trainers. Running spikes are useful to provide extra traction on the track and prevent any slipping, especially if it's wet.

To get the most out of training, athletes should not be eating food (especially sweets or crisps) immediately before a session. Mobile phones and music players are also not allowed during training!

COMMUNICATION

For members to get the most out of the club, it is important to keep up-to-date with what's happening, especially regarding training and competitions.

The main forms of communication within the club are email, the club website and text messaging.

The club website is updated several times per week and should be your first stop to find out what's happening at the club and every month an email newsletter that includes a summary of news and results is sent out to all club members. Text messaging is also used for last minute reminders.

Please provide at least one email address and a mobile phone number on your membership application form.

COMPETITONS

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 main competitions for all junior members are:

- Central & South of Scotland Athletics League – 3 meetings (All Ages)
- Forth Valley League – 3 meetings (U11 - U15)
- Livingston Open Meetings – 5 meetings (All ages)
- Livingston Club Championships – 1 meeting (All ages)

And during the winter season the main competitions are:

- Scottish Athletics Indoor League – 3 meetings (U11 – U20)
- East District Cross Country League – 3 meetings (All ages)
- Livingston Open Cross Country Series – 2 meetings (All ages)

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 and this should also be worn when attending competitions.

All club kit can be purchased in the athletics pavilion during club training sessions.

A full list of club kit, including sizes and prices, is available on the club website.

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.

PARENTAL ASSISTANCE

“Volunteers are the lifeblood of athletics”

Livingston AC have gone from strength-to-strength in recent years, however none of this would be possible without a great team of volunteers who give up their time to help on training nights, at competitions, at club events and with various administrative duties.

For the club to continue to develop, and meet the demands of club members, we always need more people to come forward and help whenever you can. Whether you can spare a couple of hours a week or just a few hours a year, your contribution will make a difference.

The parents/guardians of junior members are required to help at least three times per year in some capacity, but absolutely no previous experience is required and our existing team will provide full support and training for any new volunteers.

Every parent has something to offer and more information on the various ways you can help are covered during the online membership application and at the parents welcome evening.

PARENTS WELCOME EVENING

As part of the joining process for all new members, we host welcome evenings for parents three times per year. The next date will be confirmed in your club membership invite email.

The welcome evening will give you an opportunity to find out more about the club, meet some of the main volunteers and find out how you and your children can get the most out of the club.

The event will start at approx. 7.30pm and will be held in the meeting room at Craigswood Sports Centre. Tea and coffee will be available. It should last approximately 1 hour.

The format will be a presentation and then a question and answer session. We'll also have copies of the Members Handbook available for you to collect.