



**SILSON**

# Junior Welcome Pack

**A Guide for Members and their Families**

**2019/2020**

## Who are the Silson AC Juniors?

Silson AC was established as a Silverstone based running club nearly 40 years ago, attracting members from the local area who have a shared interest in road and cross country running. The Juniors have been running successfully for several years and recently numbers have grown significantly. Juniors have had an increasing number of opportunities to take part in track and field events.

## Membership

Children can join Silson AC when they are 8 years, can run one mile continuously and have the concentration skills to fully participate in a session. Junior safety is of paramount importance to our coaches and membership may be closed from time to time if numbers get too high. Junior Membership costs £21 per year (April to March) and includes £15 affiliation to England Athletics. Please contact Lindsay Thomas [silsonacjuniors@gmail.com](mailto:silsonacjuniors@gmail.com) before coming along to a session. DO NOT bring along brothers, sisters or friends without seeking permission first as we may not be able to accommodate them as waiting list for new members may be in operation.

## Training

The season starts in early September.

Tuesdays – Towcester 6.15-7.30pm. Juniors in school years 3+4+5+6

Wednesday – Silverstone 6.30pm-7.45pm Juniors in school years 7+8+9. Juniors in School years 10 and above train with the adults.

From April onwards we make our final switch of the season to an athletics track at Stowe School on Fridays for a 6.30pm session. (There is a small additional charge for the track sessions). Training continues up to the start of the school holidays. Juniors in Year 9 train with the adults in the summer months in preparation for the new season.



Training sessions involve the children participating in runs of various distance. This might include speed work, hill reps or working together as part of a relay team. The coaches always try to find time at the end of each session for a game before closing with a cool down.

## Commitment

We expect that our youngsters will attend **ALL** sessions and have the courtesy of informing coaches when they cannot make it. Our coaches invest a considerable amount of time working with our young people and justifiably expect commitment back from them. Our runners only improve and develop by attending sessions regularly. We are NOT a 'dip in and dip out' club. Our Juniors and their families are also expected to help at club events, such as our annual 10k race at the Grand Prix circuit, as well as attend the AGM.

We DO NOT accept new members who are on the waiting list of other athletics clubs and do not wish to be seen as a feeder club for bigger organisations.

It is VITAL that children already love running before joining us as this is one thing our coaches can't teach. We strongly suggest children trying several Junior parkruns before joining in order to get a feel for racing and deciding if they like it.

## Club Kit

Branded club t-shirts and running vests are available from our kit lady, Sonia ([silsonkit@gmail.com](mailto:silsonkit@gmail.com)). Periodically, additional 'one off' items may be available to order, like our personalised hoodies.



## Behaviour

Our young people are expected to maintain high standards of behaviour at all time. It is vital that they listen carefully to instructions. Good behaviour is particularly important when representing Silson AC wearing club kit.

## Parental Involvement

Parents are encouraged to take an active role in the club. We ask parents to volunteer to help play a part in supervising sessions and recently, some of our parents have undertaken training so that they can support the coaches. Please do not worry if you are not a runner yourself as there are sometimes 'non-running' jobs to be allocated and we always need committee members.

## Competition

The juniors are expected to represent the club in local and regional competitions. The club compete in Chiltern Cross Country League ([www.chilterncccl.co.uk](http://www.chilterncccl.co.uk)) with the children's points being added to those gained by the adults. There are 5 races a year. All juniors are expected to attend these Saturday races. Juniors are expected to compete in club kit. Our juniors race against each other in the 'Junior Cup' held on multi-terrain surfaces between September and April – taking place 6 times a year



## Contact

For enquiries relating to the juniors contact Lindsey Thomas – [silsonacjuniors@gmail.com](mailto:silsonacjuniors@gmail.com).

## Social Activities

Over the last few years we have arranged a range of non-running activities for our juniors members including, BBQ's, Mini Olympics, visits to watch International Athletics, crazy golf, tenpin bowling and most recently a 'Dodgeball and Domino's Pizza Party!'



## Communication

Essential information is usually emailed out to juniors as the need arises. The club website is an essential tool for finding out information about training and events. [www.silsonac.org.uk](http://www.silsonac.org.uk) . We also make use of the club 'app' to provide information and reminders. We strongly advise joining the Silson AC Facebook group for the most up to date information.

## Want to Join!

Junior Membership forms can be downloaded from: <http://www.silsonac.org.uk/join-silson/>

