

As soon as this form is complete then ask one of the coaches for a membership form (or download one from the website). Complete and return with membership subscription (£10) and *optional* track pass fee (£25 per annum / £16 for six months). A free Club T-shirt will be supplied on joining.



Biggleswade Athletic Club has Sport England 'ClubMark' accreditation which signifies that it follows policies and procedures to ensure a safe and productive environment for the coaching of young persons.

[WWW.BiggleswadeAC.org.uk](http://WWW.BiggleswadeAC.org.uk)

#### Useful Contacts

##### Senior Coaches

|                                       |               |
|---------------------------------------|---------------|
| David Brown (Sprints / hurdles)       | 01767 600094  |
| Ken Prior (Jumps/throws)              | 01767 260592  |
| Lee Welham (Endurance)                | 01480 381076  |
| Sonia Edwards (under 11s and sprints) | 01234 344438. |

##### Club Officials

|                                 |              |
|---------------------------------|--------------|
| Stuart Galloway (Secretary)     | 01767 223942 |
| Zoe Luscombe (Child Protection) | 01223 890233 |



### Introduction to Athletics For under 11s

**This introductory course, run by qualified coaches, will take eight sessions to complete. At the end of this time you should be knowledgeable about a range of disciplines of Track and Field Athletics and have the experience to continue training in a safe and productive manner. We hope that you enjoy the course and look forward to offering you Club membership at the end of it**

Name .....

After 8 completed and signed off sessions (three of which must be different activities), athletes will be requested to subscribe to annual membership (cost £10 for a full year). Sessions will continue to be charged at £2 **or** an annual / six month track pass (£25 / £16) may be purchased. On being granted membership, a free 'Little Bees' T shirt will be supplied.

| Session number | Activity        | Date | Signed | Fee paid |
|----------------|-----------------|------|--------|----------|
| 1              | T&F H&S         |      |        | Free     |
| 2              | Track Etiquette |      |        |          |
| 3              |                 |      |        |          |
| 4              |                 |      |        |          |
| 5              |                 |      |        |          |
| 6              |                 |      |        |          |
| 7              |                 |      |        |          |
| 8              |                 |      |        |          |