

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 and track pass fee (total £40 per annum). A free Club vest 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

**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 and an annual track pass. On being granted membership, a free Biggleswade Athletic Club vest will be supplied.**

<b>Session number</b>	<b>Activity</b>	<b>Date</b>	<b>Signed</b>	<b>Fee paid</b>
<b>1</b>	T&F H&S			<b>Free</b>
<b>2</b>	Track Etiquette			
<b>3</b>				
<b>4</b>				
<b>5</b>				
<b>6</b>				
<b>7</b>				
<b>8</b>				