



MORPETH HARRIERS & ATHLETIC CLUB

WELCOME TO OUR CLUB

1. WHO ARE WE?

We were founded in 1946 and are now one of the leading athletic clubs in the North of England. Our Cross Country and Road Running squads of all ages compete in most major events and we have won many titles and medals (both team and individual) at Northern and National Championships. We have twice finished in the top five in the European Clubs Road Race Championship. We also provide good quality Track and Field competition, with our Senior Men's and Women's teams in the Northern League and our Young Athletes in the North East Youth Development League. However, we don't just cater for the elite. There are lots of local events that everyone can take part in, whatever their standard - Harrier League cross country races, road races, fell races and the North Eastern Grand Prix series of T & F meetings.

2. JOINING US

Membership is open to everyone from age 10 upwards, although there aren't many competitive events for those under 11. There is no upper age limit. The best time to come along to join us is on a Monday evening (see section 4)

Annual subscriptions are due on 1st January each year - subscription rates vary according to age and type of membership. (Reduced rates apply for new members joining in the second half of the year.)

New members must pay a joining fee, for which they will receive a club vest on taking part in their first competitive event. *

Please let us know if you have any health problems e.g. asthma, diabetes, allergies or hearing or vision difficulties, **and also inform us if your contact details change** (we may need them in an emergency).

3. WHAT EQUIPMENT WILL I NEED?

For **TRAINING** - you'll need a **WHITE or HIGH VIZ TOP** for training on the roads in the dark as well as trainers and shorts and tracksuit bottoms.

For **COMPETITION** - you must have **A CLUB VEST** (see above *), and to race on the track or cross country you will need spikes.

Always take along a dry change of clothes, whether you're competing or just training.

(Using the showers at the clubhouse or competitions will make you a more popular travelling companion.)

Coaches are often willing to give advice on shoes and other equipment.

Some local sports equipment traders give discounts to club members.

4. CLUB TRAINING

The best time for new members to come along is on a Monday evening between 7.00 and 7.15 pm at our clubhouse in Grange House Field, Mitford Road, Morpeth. We can then provide you with more information about the club and find out more about where your athletics interests are. That will enable us to direct you to a suitable training group and/or coach. Some younger athletes will be able to join a reception group and try out a variety of athletic events.

Since the athletics track at KEVI School, Morpeth opened, the range of events for which we can offer coaching and training groups has been steadily expanding. Sessions take place on various days (although most groups operate on Mondays) and at a variety of times. Most sessions are from the Clubhouse, at the KEVI track or at nearby indoor facilities (at KEVI or the middle schools), although some are held elsewhere.

5. COMPETITION

We are primarily a competitive Athletics Club and we encourage all members to compete - there are plenty of opportunities, whatever your standard or age. Details of competitions are available on the club noticeboard and, to a lesser extent, the club's website. Most events are on Saturday or Sunday afternoons or, in the summer, on midweek evenings.

For a lot of events you can enter on the day, enter online or send off an entry form in advance, but for others you need to sign up on an entry list on the noticeboard and we will enter you. For some important events the club has to select limited numbers for its teams.

Travelling to local events is your own responsibility, although lifts can often be arranged with other members. For some Championship and League events outside the North East the club arranges a coach or minibus, or contributes to car drivers' travel costs. Team members are expected to pay a subsidised rate on the coach or to whoever gives them a lift (currently £8 for waged team members or £5 for others).

6. FINANCE & ORGANISATION

Most of our expenses have to be met from subscriptions and fund-raising activities and we'll expect you to play your part. Our club is run by unpaid volunteers and we receive very little income from outside bodies. The Club Officers and Committee are elected at our AGM (usually in March) which all paid-up members can attend and vote at. We can always use more help - either on the sporting side (technical officials, coaching, team management) or in organising social events or fundraising activities - you don't have to be on the Committee to play an important part! Contact our Volunteers Co-ordinator or a Club Officer if you or one of your relations are interested.

See our **Contacts List**.

Visit the club website at www.morpethharriers.com

CODE OF CONDUCT FOR PARENTS & CARERS

Whilst we are a competitive athletics club, we recognise that not everyone can be a winner. We believe that it is important that all those involved in our sport - athletes, coaches, officials and supporters - both enjoy and gain from their experiences. We seek your commitment to this Code of Conduct for the benefit of all.

- Ensure that the club is made aware of any significant health or behavioural problems that your child may have
- Remember your child takes part for his or her benefit, not for yours
- Recognise effort and good performance, not just results
- Do not be overly critical of poor performance or mistakes
- Support your child by obtaining relevant equipment and, where necessary, by providing transport to events
- Support the club where you can e.g. offering transport to others and assisting at events
- Use appropriate language and behaviour at all times
- Encourage your child to behave with respect to others, particularly officials, coaches and team managers (see the Members' Code)
- Encourage your child to communicate effectively with team managers and coaches, and seek information in other ways
- Ensure that your child meets relevant financial obligations (subscriptions, travel costs etc.)
- Publicly accept the decisions of others - technical officials, team managers, selectors etc.)
- Respect and show appreciation for the volunteers within our sport
- Let us know if your contact details change.

Remember that everyone involved in the running of the club is an unpaid volunteer. We'd be delighted if you are able to help us in some way - please get in touch with our **Volunteers' Co-ordinator** (see our 'Contacts' List.)

If you have any concerns about your child, please contact one of our **Athletes' Welfare Officers** (see our 'Contacts' List.)

CODE OF CONDUCT FOR MEMBERS

Whilst some parts of this Code are directed towards Young Athletes, most parts apply to members of all ages. As a club we are committed to the safety and wellbeing not only of our own members, but also of other people, both within our sport and in the wider community.

MEMBERS ARE EXPECTED TO SHOW RESPECT AND CONSIDERATION FOR ALL, REGARDLESS OF GENDER, AGE, ABILITY, CULTURAL BACKGROUND OR RELIGION.

- Do not compete or train if you are seriously injured or unwell
- Eat in plenty of time before training or competition (at least 2 to 3 hours)
- Make your coach aware of any minor injury or illness
- Arrive in plenty of time for training and competition
- Make sure you bring suitable clothing and footwear
- Use appropriate language and behaviour at all times
- Follow instructions from coaches, team managers and club officials
- Inform your Team Manager as soon as possible if you have to withdraw from an event, or are delayed
- Accept publicly the decisions of others - technical officials, team managers, selectors etc.
- Young Athletes must not smoke or consume alcohol when training with or representing the club. (Smoking is not allowed on Club premises.)
- Use of performance-enhancing or recreational drugs is unacceptable.
- Challenge anyone whose behaviour falls below acceptable standards
- **Let us know if any of your contact details change**

If you have any **concerns**, contact one of our **Athletes' Welfare Officers or another club official** (see our 'Contacts' List.)

Remember that everyone involved in the running of the club is an unpaid volunteer.

We'd be delighted if you can help us in some way - please let our **Volunteers' Co-ordinator** know.