

WHITEMOSS AAC : Welcome Pack

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CLUB HISTORY AND INTRODUCTION

Whitemoss AAC, affiliated to Scottish Athletics in August 1990, was founded by Tommy Walters Snr in 1990 with around a dozen athletes and the membership has grown in size to over 200 athletes, parents and coaches involved today.

The club encourages participation of members in all aspects of athletics by developing athletes of all abilities through coaching and participating in all levels of competition.

From under 9 to Masters athletes we aim to develop athletes in all the athletic disciplines where the facilities are available.

Our athletes compete at national and international competitions in both para and non-para categories.

Our coaching programme includes Track and Field disciplines, Cross Country and road running. We welcome new members and offer introductory sessions to both new members and their parent or guardian where the new member is under 16.

Club Organisation, affiliation and volunteers

The club is run by an unpaid Committee of volunteers and Trustees. Elected posts are confirmed at our AGM after the end of September each year along with an annual review of the Constitution

All WAAC coaches are unpaid volunteers who have obtained a UKA coach licence by attending Coaching Courses offered initially by Scottish Athletics. All qualified coaches and any other volunteers involved with the club have been registered with the CRBS (Central Registered Body in Scotland). The club also has a child protection policy and has appointed Welfare Officers nominated and trained to be directly responsible for child protection. It is our aim to make the development of athletics both safe and enjoyable.

Whitemoss AAC is affiliated to Scottish Athletics, the governing body for athletics in Scotland who develop, control and safeguard the sport of athletics in Scotland. They also promote competition on a regional and national level while taking responsibility for developing athletes for all athletics teams representing Scotland and the United Kingdom in international competition.

Whitemoss is a big club and still growing. To support our current athletes and to welcome new athletes from our waiting lists we need more coaches, officials and helpers.

The variety of roles and help required range from Coach and committee duties to one off projects or once a year events that only require 2 or 3 hours help. If you have any time to spare or even any skills or knowledge that would assist the club let the Club secretary and the Membership secretary know and we will add it to our skills log.

Contact Email—<secretary@whitemossaac.co.uk>

JOINING/THINKING OF JOINING WHITEMOSS

How can I/my child join Whitemoss AAC?

If you or your child (aged 7 or over) are considering joining Whitemoss AAC, then please contact the Club Membership Secretary by emailing membership@whitemossaac.co.uk . In some instances, there may be a waiting list for specific age groups, but you will be informed of this on enquiring if it applies.

Include the following details in your enquiry

- Athlete's Name
- Athlete's Date of Birth
- Names of anyone related to the athlete who are interested in volunteering
- Any other details relevant to the membership

Note that for adults, there are 2 options

- Whitemoss A.A.C. have a Jog Scotland group which meets on a Wednesday evening. For enquiries about our Jog Scotland group please email endurance@whitemossaac.co.uk
- If you are over-18 and interested in being coached then please email membership@whitemossaac.co.uk with details

How much does it cost to join?

To find the latest prices - check the Standing Order Mandate Form on the website (As at Nov 2019, prices for children were £16/month (U9s £8/month))

- Open <https://www.whitemossaac.co.uk/> (you don't need to login)
- Click on **Info/CR** at the top
- Click on the **Documents** button
- Click on the **General** folder
- Click on the Standing Order Mandate Form...

Note that Jog Scotland members pay £5 per month

Can I do a trial before I commit?

Yes. Once a space is available, the athlete can come along for a couple of weeks. Just raise this when you are informed of an available place.

NEW JOINERS

Where can I ask for help

On a Monday night, come along to the John Wright Sports Centre. The Hub is situated at the outdoor track. On entering, go to the Office (first door on the left) - between 6.30 and 8pm

I (or my child) is a recent joiner. What do I need to do now/fill in?

STEP 1 of 4: Register online with Whitemoss AAC

To register a new athlete, follow the link below but

Note: Register the details of the athlete (e.g. Date of birth) using this link

Note: If you do not yet have a SAL number just enter sa12345 until you get one (see later section on SAL numbers)

- Direct link:
<https://paysubsonline.com/Registration/1A8677036CC2F3F48BCF345E00469E54.html>
- OR
- You can find the link via the website....
 - Open <https://www.whitemossaac.co.uk/> (you don't need to login)
 - Click on **Info/CR** at the top
 - Click on the **Information** button
 - Click on the **Membership Details** section

STEP 2 of 4: Setup Bank Transfer of monthly fee

Get the Standing Order form which will give you details of payment amount and Whitemoss bank details. To get the form...

- There are usually standing order forms in a clear plastic file on the noticeboard in the Hub
- OR
- You can get access to one via the website
 - Open <https://www.whitemossaac.co.uk/> (you don't need to login)
 - Click on **Info/CR** at the top
 - Click on the **Documents** button
 - Click on the **General** folder
 - Click on the Standing Order Mandate Form...

STEP 3 of 4: Get your SAL number from Scottish Athletics

See the section below titled [SAL numbers](#)

STEP 4 of 4: Update your Whitemoss membership with the SAL number

Login again where you first registered....

- Direct link:
<https://paysubsonline.com/Login/1A8677036CC2F3F48BCF345E00469E54.html>
- OR
- You can find the link via the website....
 - Open <https://www.whitemossaac.co.uk/> (you don't need to login)
 - Click on **Info/CR** at the top
 - Click on the **Information** button
 - Click on the **Membership Details** section

Login and update the 'Scottish Athletics Number' and **Save**

SAL numbers

What is a SAL number ?

A SAL number is an athlete's Scottish Athletics membership number.
To get one you must sign up for an annual fee-paying membership of Scottish Athletics

Do I need one?

Each athlete **MUST** have a SAL number before they will be allowed to compete.
It is also recommended to join even if the athlete is not competing due to the SA insurance cover which is included. If you still decide not to get it then you can still train but cannot compete.

How do I get a SAL number?

Sign up and pay for the membership via
<https://www.scottishathletics.org.uk/membership/> . Costs can be found here too - £8 or £10 per year as of Nov 2019 for U21s (depending on age)

HELPING

I want to help as a volunteer, how do I get involved?

There are so many ways to help at Whitemoss and each and every helper is appreciated.
We understand that people have different levels of time available but virtually every coach and committee member in the club started as a parent.

Some examples of what our current helpers do below - but we would accept help in any form or time!

- Parent Helper/Assistant Coach
- Coaches (all training paid for by the Club)
- Official (Field/Track/Starter/Photo Finish)
- Event organising (e.g. Fun events for athletes, Club Champs, Annual Awards Dance)
- Fundraising
- Admin
- Hub maintenance

From coaching to assisting to helping at events to just giving an hour of your time now and again to help with some admin.

For more information please email secretary@whitemossaac.co.uk

TRAINING

Which nights do Whitemoss Train?

Monday and Thursday nights. Different groups train at different times.
Note that some groups have the option of additional training nights.

Where do Whitemoss Train?

Training is at the John Wright Sports Centre.

For U13 and over groups, training is on the outdoor track all year round.

U9 and U11 train indoors from October until March/April - outdoors the rest of the year.

Note that outdoor training goes ahead even if it's raining heavily. Only if the track is closed due to ice or extreme weather or no available coach will training be cancelled.

Which Group will I be in and who will my coach be?

You will be assigned to a group according to your athletics age group and the availability for each group.

I have a friend at the club, can I train with them?

Where possible we will try to accommodate individual requests in joining training groups, however this will depend solely on the availability within each training group.

What can I expect on a Training night?

For all those training outdoors, athletes gather in the Hub 5 or 10 minutes before the start of their training group start time and sign in. The group will head out to the track and be given a warm up including some warm up laps of the track followed by drills.

Following that, the coach(es) will take them through whichever disciplines are for that day. At the end of the session they will be given a warm down. At some points of the session they may go indoors to do indoor exercises and stretching.

Which types of event will I learn?

Most groups cover a range of both track and field events... Sprints, longer track distances, relays and then field events such as long jump, javelin and shot putt. Each coach will adapt training according to upcoming events and weather (more running in the cold winter!)

I injure myself in training, what should I do?

Speak to any coach who will assist and find one of our first-aid trained coaches or helpers. We have a first aid kit in the office in the Hub. We can also get help from the staff of the John Wright Sports Centre if needed.

Are there training groups for adults?

Whitemoss AAC have a Jog Scotland group which meet on a Wednesday evening.

For enquiries about our Jog Scotland group please email endurance@whitemossaac.co.uk.

If you are an adult Senior / Masters athlete who is seeking coaching for specific events please contact secretary@whitemossaac.co.uk.

I can only make one evening per week, can I still join?

Yes. The monthly fee is the same - so you will pay the same regardless of whether you train 1 or 2 nights per week.

What should I wear on a typical club training night?

Layers. The outdoor track can be quite exposed to the wind but sometimes training groups also move indoors to the Hub for short bursts.

For those who have them, spikes should be worn when told to by the coach.

For indoor training, t-shirt, shorts and trainers with clothing to keep warm in when leaving.

Do I pay extra if I train on a non-club training night?

Yes. Outside of Monday and Thursday night training, you would pay at the John Wright desk to access the track.

EVENTS/COMPETITIONS

Who can compete in events

To compete for the Club, you (or as a parent - your child) will need to

- be aged 9 or above
- have a SAL number (see section on SAL numbers)

What events are there to compete in

There are 3 types of Competition

- League Match/team event for which the athlete has to be officially selected (by the Team Manager)
- 'Open Graded' meets where any SAL registered athlete can sign up to compete in specific events
- National / District / Club Championship Events where the athlete will enter themselves (directed by their coach)

How do I set up power of 10 and why do I need it?

Can I enter competitions?

- Do the club pay for my competition entries?

For league matches, there is no fee to the athlete

For Open Graded events and other self-entry events, there is usually a fee to be paid by the athlete

- Where do I find a list of competitions to enter?

- *What do I need to take to a competition?*

- Whitemoss competition vest (can be purchased at the Hub on Monday nights)
- Shorts
- Clothing to keep warm when not competing
- Spikes (optional and only if needed for the events)
- Packed lunch - can be eaten according to events and timings (no stitches!)
- Water
- Safety pins to attach competition numbers
- Tape or marker for marking Long Jump / High Jump
- Towel if doing outdoor throwing events

- *What do I do when I get there?*

- Find the Team Manager
- Get your competition numbers and attach them to your competition vest
- Find out when your events are
- Speak to the Team Manager who can advise about getting help with a warm up
- Be on time to your events (events/athlete groups will get called but it is always worth keeping an eye on the order of events in case things change)

If its an individual event

- Find declarations
- Attach your competition numbers
- Find out what time each event is and where
- Warm up
- Be on time to your events

- *Will my coach be at my competitions?*

It varies according to the coach and the competition.

- *Where can I find my results?*

Unscrutinised Results are normally found on a results board at each individual competition, however should these be unavailable then your official results will appear on the website Power of 10 <https://www.thepowerof10.info/>

(Please note official results can sometimes take between 48 hours - 4 weeks to appear on the power of 10)

WHITEMOSS KIT

How do I purchase a club Kit?

For competition vests, these can only be purchased from the Office in the Hub on Monday nights at £20 each.

For all other kit (t-shirts, bags, hoodies, jackets), order online as needed from <https://www.teamwearsotland.com/category/elite-clubs/whitemoss-aac/>

Note that teamwearsotland.com are based in Glasgow - so you can choose whether to have your order delivered or pick up directly from their base (112 Midwharf Street, Port Dundas Glasgow, G4 0LD)

Do I have to purchase running spikes?

No. Spikes are optional. Speak to your coach for more advice on this and what is recommended to purchase as there are different lengths of spikes for different events and distances.

GENERAL

Which Age Group am I?

Athletes train in pre-set Age groups as described below.

(Please note though that in *competing*, these Age Groups may vary according to the League/Competition)

The athletics year runs from 1st September to 31st August and your age group is determined by your age at the end of that athletics year (i.e. on Aug 31st).

Also, athletes can only compete from age 9 years old, so as soon as the athlete turns 9 they can move into the U11s age group.

All other age groups move up once a year (around the Club Champs date or the October week)

U9, U11, U13, U15, U17, U20/Seniors

Athletes 'move' into their new Age Group after 31st August

*****Note that for the Whitemoss Club Champs in September however they compete according to their age group at 31st August that year*****

Example:

Euan is 17 in October 2019.

For 1 September 2018-31 August 2019 period he is U17s (since he is 16 on 31 August 2019)

For 1 September 2019-31 August 2020 period he is U20s (since he is 17 on 31 August 2020)

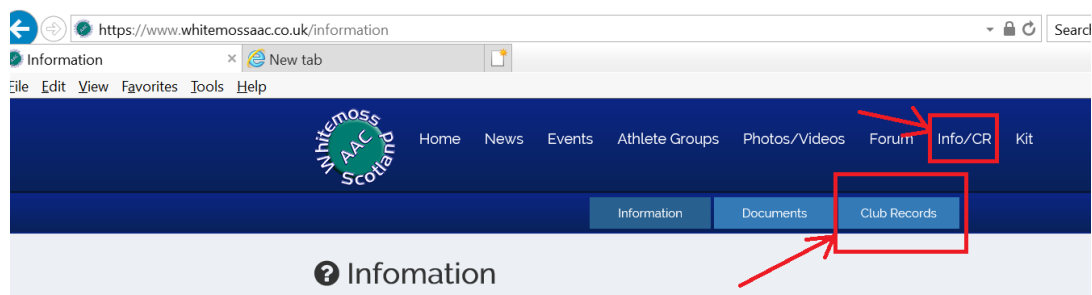
Euan competes in Whitemoss Club Champs in September 2019 as U17

Does the club have records and where can I find them?

NOTE THAT AS OF 2020 THESE WILL NOW BE OUT OF DATE UNTIL WE HAVE SOMEONE WHO IS WILLING TO TAKE OVER THIS RESPONSIBILITY

The Club Records on the website

- Open <https://www.whitemossaac.co.uk> (no login required)
- Click on the Info/CR page at the top
- Click on the Club Records button



I don't want to compete. Can I still train at the club?

Whilst Whitemoss AAC is a club which competes in many competitions, athletes are NOT forced to compete, however it is noted that athletes who do compete regularly excel in the various events year upon year far quicker than those who train to train. For more information on this please speak to your coach.

The Club of course would prefer athletes to compete for the benefit of both the athlete and the Club. Points are earned at each league match to allow the club to qualify to stay in that league and avoid demotion.

Does the club have a Code of Conduct?

Yes - it can be found on the website

- Open <https://www.whitemossaac.co.uk/> (you don't need to login)
- Click on **Info/CR** at the top
- Click on the **Documents** button
- Click on the **General** folder
- Click on the Standing Order Mandate Form...

Are all the coaches PVG disclosed?

Yes

Who are the Club Welfare officers?

(Nov 2019: Lyndsay Malley - contact via welfare@whitemossaac.co.uk)

How can I contact the club?

- Email membership@whitemossaac.co.uk
- Come into the Hub on a Monday night - there are usually committee members in the Office (first door on the left) who can help

- Leave a note in the post box at the Hub
- Send a message via Facebook and we can hopefully point you towards someone who can help

Does the club have a website or social media pages?

Facebook: **Whitemoss A.A.C:** Our Whitemoss A.A.C Facebook page is actively used

Whitemoss AAC Jog Scotland

Website: www.whitemossaac.co.uk
Has lots of information (especially Club Records), however the news feed is not actively updated

Twitter: <https://twitter.com/WhitemossAAC>
(Nov 2019) not currently actively updated

Whitemoss AAC we are actively seeking volunteer individuals who can help keep our news feeds, twitter account and website up to date on a regular basis

If you have experience in this and are willing to assist please contact any committee member via the office at the Hub on a Monday night or email membership@whitemossaac.co.uk