

# **Bandon Athletic Club**

## **Parent handout and FAQ**

### **WHERE DO I DROP AND PICK UP MY CHILD?**

Training takes place in the Town Park from April-Sept, (if the ground is dry enough as it is a grass track) and in the Bandon Grammar School Sports Complex from end Sept - May.

Each child must check-in, in person, every time they attend training. They give their name and €1 (This covers the cost of hall & entries) to Ann/Carmel in the BGS Sports Complex Hall & at the designated drop off /collection zone in the Town Park.

At the end of each training session, your child will be returned to the drop off/collection zone, by their coaches.

Each child must be collected from the drop off/collection zone ONLY. This must be adhered to, to ensure the safety of each child. Please refrain from collecting from other locations, particularly when we are in the Bandon Grammar School.

Designated drop off/collection zone: BGS - entrance in to large hall

Town Park - Gate at top end of Town Park

### **WHAT DO I WEAR TO TRAINING?**

Always wear appropriate clothing and footwear to training, as we do train all year round. All kids will train outside while we are in the town park. Only the 7yr olds train in the Sports Hall when in BGS, everyone else trains outdoors.

Remember to have something to put on at the end of training after your cool down, e.g. tracksuit/hoodie. There are changing rooms available in BGS. Training is only cancelled if the weather is particularly inclement.

Always take some water to rehydrate during, but especially after training. Try not to eat a large meal for at least an hour, preferably two before training. This will help to avoid getting a 'stitch' while training.

(Drinking large quantities can be the same as eating a large meal.)

Please ask your children to use the bathroom before heading outdoors, valuable coach time is spent every night walking children up & down from pitch to bathroom.

### **COMMUNICATION**

The club regularly sends out information to parents via text messages. If you are not receiving messages, please contact Ann on the Club Phone 087 113 5500

## COACHES

For children born in 2006 & 2007, Denise Harrington is the Coach

For 2006, U9 GREEN: Ann & Pat are the main coaches

For 2005, U10 YELLOW: Evelyn, Darren & John are the main coaches

For 2004, U11 BLUE: Susan, Caroline & John are the main coaches

For 2003, U12 RED: Catherine, Leo & Colette are the main coaches

2002 - 1995 : These athletes are mainly in the second group

Catherine, Sharon, Tom & Liz are the main coaches

## LOST & FOUND

There is a considerable amount of items of clothing in our lost property department.

On the club website [www.bandonac.org](http://www.bandonac.org) you will find a photographic record, please have a look & text club phone if you recognise anything as your child's.

## COMPETITION

The athletic year is from Jan 1<sup>st</sup> - Dec 31<sup>st</sup>.

Your child will compete against children who are born in the same year as they are.

In 2014, if you are turning

**8 yrs**, born 2006 - you compete Under 9

**9 yrs**, born 2005 - you compete Under 10

**10 yrs**, born 2004 - you compete Under 11

**11 yrs**, born 2003 - you compete Under 12; and so on.

The year is split into Track & Field(T & F) and Cross country.

Please refer to later paragraphs on Track & Field and cross country for more details.

Most of the juvenile fixtures can be found on our club calendar.

Calendars are available each night before & after Training, ask Carmel or Ann (All proceeds go towards the club).

## How do I enter my child in competitions?

The club has a committee who enter all children in the relevant competitions.

At times this can be a monumental task, as some competitions require your child to compete in up to 4 and sometimes 8 events, with a separate entry for each event per child.

The club could have 150 athletes competing in one such competition and that could equate to over 600 entries, just for that competition alone.

It is also important to note, that Cork County Athletics board, Munster Athletics & Athletics Ireland charge a fee which ranges between €1 –€15 per event, per athlete. If your child is entered and does not attend, there is no refund to the club.

### **Here' s how you can help.**

Once notified by the club/coaches of an upcoming competition:

- Check that your child is available on that date
- Check that you are available to take your child to the competition on that date. (The club organizes a bus to travel on some occasions only).
- Ensure that you have completed and returned the competition entry form to your child' s main coach or to Ann on Club phone by text 087 113 5500 ASAP, to ensure your child does not miss the entry deadline.
- We often get very little time from when the various entry forms become available and when we have to have the entry sent off

Remember, only fully paid up members can compete as they must be registered with Athletics Ireland.

Every athlete must have a club singlet to compete in competitions.

Contact Ann for all club gear (singlets and hoodies) Club Phone 087 113 5500

### **Track and Field.**

T & F competitions usually start in Feb with indoor competitions.

The outdoor Competitions can start in April, with the majority in May/June and tend to finish up in July.

Some examples of track events:

Sprints: 60meters, 80m, 100m, 200m

Middle Distance: 500m, 600m 800m

Relays: 4 x 100m

Some examples of field events:

Long jump, high jump, turbo javelin, shot putt.

### **The usual Order of Competitions that the Club attends.**

**West Corks:** Usually held in CIT. This is a great introduction to competition for the new athlete

Only clubs from West Cork attend this event and most kids find it a worthwhile experience, even if your child is a recreational athlete, this competition gives them an opportunity to put into practice what they are doing at training.

Uneven Ages, U9(2006), U11(2004) etc Sunday 30<sup>th</sup> March 12 noon in C.I.T  
Even Ages, U10(2005), U12(2003) etc Saturday 12<sup>th</sup> April 1pm in C.I.T

### **Order of Events on [www.westcorkathletics.wordpress.com](http://www.westcorkathletics.wordpress.com)**

We normally organise a bus for this event, but it fills up quickly so please text back asap when the info text goes out.

**Cork County Championships:** usually held in CIT. This competition is usually held on a Sun over two weekends. You may attend just the one weekend if not available the other. Athletes must be entered into this event by club, info text will be sent.

**Munsters :** This can be held in any of the six counties and is usually held over a Sat & Sun of the same weekend. The coach will let your child know if they feel they should compete.

**All-Irelands:** Usually at the end of June, anywhere in Ireland. Athletes must qualify from Munsters

There are also a couple of local sports days the club attends and the children have really enjoyed these fun days out, with fun & camaraderie big on the agenda.

### **Cross Country**

Cross Country competitions start around Oct and finish up in December. Again, there is West Cork, County, Munster and All Ireland Championships. The competitions are run with Even aged(U10,U12 etc) running one Sun and Uneven aged(U9,U11 etc) running the next Sun. The races are run very promptly, with little time spent hanging around. Cross Country is as the name suggests, running a designated route across fields. Cross country offers your child a chance to win a medal as an individual and more importantly as part of the club team. At Munster level, you can also win a medal for your County.

Although sprinting is a big favourite amongst children, there are not many Usain Bolts in our midst. And this is where cross country comes in to it's own. Because the kids can run as a team, it increases all their chances of a medal, not to mention the camaraderie they develop during training which they so often carry on into competition. For example, a child can come 66<sup>th</sup> in the race and still help their team to win a medal. So, although it's not the most glamorous of events, we do encourage all children to participate where possible. A good pair of wellington boots is a must for the spectator!!

Up to date information can be found on our website [www.bandonac.org](http://www.bandonac.org)