

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 €2 (This covers the cost of hall & entries) 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 Susan 086 2725230.

COMPETITION

The athletic year is from Jan 1st – Dec 31st. Your child will compete against children who are born in the same year as they are. In 2024, if you are turning 8 yrs, born 2016 – you compete Under 9, 9 yrs, born 2015 – you compete Under 10, 10 yrs, born 2014 – you compete Under 11, 11 yrs, born 2013 – 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.

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 the Club phone so 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.

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 MTU. 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.

Cork County Championships: usually held in MTU. This competition is usually held on a Sunday over three weekends usually in May or the end of April. You may attend just the one weekend if not available the others. 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 Munster's.

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 competitions start around Oct and finish up in December. Again, there is West Cork, County, Munster and All Ireland Championships. 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. 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