



# TAMAR TROTTERS JUNIOR ATHLETICS CLUB

[www.tamartrotters.co.uk](http://www.tamartrotters.co.uk)

Dear PARENT / GUARDIAN

**We welcome your child to the Tamar Trotters Junior Athletics Club.**

The training sessions have been developed by UK Athletics qualified coaches and provide an opportunity for young people, between the ages of 8 and 15 years, to receive coaching aimed at developing athletic ability in a progressive and fun way in a safe environment. All sessions are run by qualified coaches who have been screened, by the Criminal Records Bureau (CRB) Enhanced Disclosure policy, for their suitability for working with young people.

Membership of the Tamar Trotters Junior Athletics Club costs £5 for 12 months from 1<sup>st</sup> April to 31<sup>st</sup> March. Athletes joining part way through the year will pay a part of the full membership fee to carry them through to the following April. In addition to the Annual Membership Fee there is also a charge of £2 per training session attended, block payments in advance can be made if preferred.

In the summer the training will take place outdoors on the grass track at the rear of Saltash. Net Community School in Saltash. In the winter the training will take place in the indoor sports hall at the same school. The sessions are held on Wednesday evenings from 6 p.m. to 7 p.m. There will not be any training sessions undertaken during school holidays.

Arrangements should be made for your child to travel safely to and from the training sessions. We will appreciate it if children can arrive promptly at each session and are collected immediately after training ends. If you are going to be late picking your child up, please contact the Juniors Captain and let them know.

Please ensure that your child has suitable kit comprising the following: shorts / tracksuit bottoms, training / running shoes, T-Shirt / waterproof jacket / tracksuit top. Please also ensure that the child brings a bottle of water along to each training session.

The safety and welfare of the children attending our training sessions is of paramount importance and the Tamar Trotters Running Club has a duty of care to safeguard all children and young people from harm. In return we ask that parents / guardians also accept responsibility for allowing their child to attend our training sessions. Prior to your child attending the first training session we require that you read and acknowledge the *Code of Conduct for Parents / Guardians* and the *Code of Conduct for Junior Athletes*.

**Please send the completed Application for Membership form  
and payment of the Annual Membership Fee to:  
Helen Ralph, Roseway, The Square, Landrake, Cornwall, PL12 5DY.  
Cheques are to be made payable to "Tamar Trotters".**

For the safety of your child it is important that the Club is informed of any medical condition or allergies that may be relevant should your child fall ill or be involved in an accident while at the club.

Please note that membership of the Tamar Trotters Junior Athletics Club does not entitle your child to attend Tamar Trotters' Club training sessions on Tuesday or Thursday evenings. Open membership of the Tamar Trotters is only available to athletes aged 16 years or over.

If you would like to talk to someone at the club about this information or your child's involvement with the club, please contact the Juniors Captain on the telephone number below.

We thank you for your cooperation and look forward to meeting you in the future.

Helen Ralph  
Tamar Trotters' Child protection Officer and Coach

### **Club Contact Details**

<b>Name</b>	<b>Role</b>	<b>Home Telephone Number</b>	<b>Mobile telephone Number</b>	<b>Email Address</b>
Helen Ralph	Child Protection Officer and Coach	01752 851205	07968515691	roseway444@btinternet.com
Sarah Hirst	Juniors Captain and Coach	01752 211042		sarahhirst2980@blueyonder.co.uk
Nigel Evans	Coach		07792095077	loomisnige@hotmail.com
Anne Luke	Coach	01752 510134		anneluke@blueyonder.co.uk
Peter Bennett	Coach	01752 840293	07787 459011	Peter.A.Bennett@babcock.co.uk
Olga Tomic	Child Protection Officer	01752 308777 (Work Number)	07775617400	olga.tomic@btinternet.com

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