

# Welcome Youth

## Hello and a warm welcome to Brighton Phoenix

**We are very happy you have chosen Brighton Phoenix as your club and we look forward to welcoming you at our training sessions, competitions and other club activities.**

We enter competitions throughout the year including the U13/U15 Track & Field League, the Sussex Cross-Country League and regional and national championships. Please note that we are an athletics club not a 'keep-fit' or social club and, while the social side is very important, we do expect all athletes from 11-years-old to compete for the club at least THREE times in both the summer and winter seasons.

Junior training is at Withdean every Wednesday evening come hail, rain or shine. Some groups may not train in school holidays and your coach will let you know if training is not happening for any reason but keep in contact with your (or your child's) coach for details.

As you progress you may be invited to additional training sessions to suit your ability.

Also if you are injured or can't make training for a period of time -please let your coach know. We have a long waiting list for Juniors who are eager to take any place that comes available. Don't worry, we would never ask you to leave the club because of injury, but we do need to manage the numbers that attend each session.

Please remember - athletics is a strenuous sport, so if you are poorly or had a physical day at school, do not train. Rest is as important as training for any young athlete. Also do not train or race until two hours after eating and if you suffer from asthma, bring your inhaler. Certain inhalers need to be registered with UK Athletics and you will need to complete a form.

During winter training months it is important to come to training dressed to keep warm before and after sessions. This includes hat, gloves and waterproof jacket. It is important to have layers for putting on after any sessions. A bottle of water is a good idea, no need for sports drink.

Your Phoenix Club vest is enclosed with your membership card. Wear your vest whenever you compete and make sure when you pin your number on don't hide the Phoenix logo.

Note as a Phoenix member you can get a discount (10%) at most local specialist sports shops, including;

**Run, 46 Blatchington Road, Hove BN3 3YH**  
**Sweatshop, 17 Queen's Road, Brighton BN1 3WA**  
**Jog Shop, 39 George Street, Brighton BN2 1RJ**  
**MSG Cycles, 20 Crabtree Lane, Lancing BN15 9PQ**

### CODE OF CONDUCT for Athletes

All athletes will:

- abide by the club rules
- strive to achieve individual potential
- take pride in being a member of the club
- respect the coaching staff and helpers
- listen and learn from the coaching staff, officials and helpers
- respect other club members & those from other clubs
- show due regard to the safety of others and to oneself
- show correct behaviour when representing the club and at training
- wear the club vest/sweatshirt/hoodie at club associated activities/events
- attend training regularly
- compete in club matches



## Track Etiquette

### General

- Warm-up in the outside 3 lanes (clockwise)
- Do not hold discussions on the track.
- Check for runners before you cross the track, an adult can be travelling very fast and cannot stop instantly if you step out in front of him/he. (Not quite as bad as a car but you will get hurt)
- Never leave your equipment on the track.
- Always walk around the outside of the track, then cross where you need to be.
- DO NO CROSS THE GRASS INSIDE THE TRACK (unless instructed by a coach).
- If you are running in lane one and someone shouts 'TRACK!' you are to move out to lanes two and three. The overtaking athlete(s) will overtake you on the inside. If no one shouts 'TRACK!' carry on and the athletes will run around you.
- Don't stop suddenly in lane one or sit/stand in lane one after you have finished a rep. There are other athletes on the track. Don't hang around lanes 1/2/3/4 talking and never sit in them.

### Parents/Guardians

Parents, carers and guardians will be expected to

- Encourage your child to learn and abide by the Code of Conduct for Athletes, the rules of the sport.
- Discourage unfair play or any arguing with Coaches and officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept Coaches and officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.

### Being part of it!

Discover a whole new world of running, feel involved in something bigger and see the natural progression. As part of a club, not only do you get a team spirit and help and support from your clubmates, in races you can count towards team awards and (hopefully) win prizes.

Enjoy some interesting and enjoyable cross country running. The club will pay your entry fee to some cross country events over the winter, many of which you are unable to enter as an individual.

Share transport to events with your club mates.

Access to our training sessions with UKA qualified coaches and leaders

### The Power of 10

#### [www.thepowerof10.info](http://www.thepowerof10.info)

Website has statistical information on a massive scale covering the UK. Check out your own personal profile and others, PBs, rankings, etc.

### Communication

The main forms of communication within the club are by means of email and the club website. This is primarily because it is more efficient and more cost effective. So it is important to keep the club up-to-date with and change of email address.

### The website

#### [www.brightonphoenix.co.uk](http://www.brightonphoenix.co.uk)

The club website is an excellent means of keeping up-to-date with what's happening in and around the club. It is updated on an almost daily basis and should be checked regularly if you want to keep up to date with past and future events. There is no excuse for not knowing what is going on.

Also please follow the club on Twitter  
[@brightonphoenix](https://twitter.com/brightonphoenix)

Facebook

[www.facebook.com/phoenixathletics](https://www.facebook.com/phoenixathletics)

## **Renewing your membership**

Please renew your membership annually and if you can before you have to be reminded. Remember if you don't pay you are no longer a member!

## **Child Protection Policy**

Here's info about our Child Protection Policy that we run in line with UK Athletics' rules. Please make sure a parent or guardian reads this and if you need advice or have any problems with misconduct within the Club, please contact our Child Officers listed below and on our website: **[www.brightonphoenix.co.uk](http://www.brightonphoenix.co.uk)**

Nerine Standen, Child Welfare Officer

**01323 890769**

**[nerine.standen@gmail.com](mailto:nerine.standen@gmail.com)**

Paul Collicutt, Child Welfare Officer

**01273 206418**

**[paul@paulcollicutt.com](mailto:paul@paulcollicutt.com)**

The Club Policy is:

1. Children under 12 should not be dropped at the gates. They should be brought into the Stadium and handed to their coach and collected at the end of the session.
2. Children who misbehave or ignore their coach may be asked to leave the Club. They are not allowed to work without a coach and should not leave the stadium without permission.
3. We expect regular attendance at training sessions and be prepared to compete for the club.
4. Coaches are unpaid volunteers. They would appreciate help from parents. Please check with your child's coach to see if you can help in any way.

## **Please volunteer (Parents and adults)**

Brighton Phoenix is run by volunteers and as part of your membership, you may be asked and expected to assist those volunteers in some capacity throughout the season. The kinds of duties are likely to include stewarding at Road or Cross Country Races. Parents/guardians of Junior members may be asked to help with tasks such as assisting team managers at League meetings, assisting coaches on training nights, stewarding at our Phoenix Open and Phoenix 10K race or Cross Country Races or other small administration tasks. Please remember the club is trying to provide the best possible training and competition environment for you and your child to achieve the best they can and enjoy the sport.

Any further enquiries should be made through your coach or our Coaching Director, Malcolm Kemp.

Mike Townley, Chairman

**[mtownley@aol.com](mailto:mtownley@aol.com)**

Malcolm Kemp, Coaching Director

**01273 530695**

**[mkempdesign@ntlworld.com](mailto:mkempdesign@ntlworld.com)**

Nerine Standen, Membership Secretary

**01323 890769**

**[nerine.standen@gmail.com](mailto:nerine.standen@gmail.com)**

Paul Wishart, Club Secretary

**01273 780094**

**[wishartp@btinternet.com](mailto:wishartp@btinternet.com)**

(All Club Officials and their contact numbers are listed in our newsletters and on our website)

## JUNE 2015

Tue 2	Tonbridge Open
Wed 3	Watford Open
Wed 3	Sussex U15 league - Lewes
Mon 8	Blackheath Open
Wed 10	Newham Outdoor Open Meetings
Wed 10	Southampton Open
Sat 13	Sussex Schools Champs
Wed 17	Sussex Under 13 League - Lewes
Wed 17	Watford Open
Sat 20	South East Schools Inter County
Wed 24	Sussex U15 league - Eastbourne
Wed 24	Eltham - Cambridge Open and BMC
Wed 24	Crawley AC Open Meeting
Sat 27	Sussex U13 Championships + U11 QuadKids Championships

## JULY 2015

Wed 1	Southampton Open
Tue 7	Tonbridge Open
Fri 10	English Schools Championships
Sat 11	English Schools Championships
Wed 15	Sussex U15 league - Eastbourne
Wed 15	Crawley AC Open Meeting
Wed 22	Eltham - Cambridge Open and BMC
Wed 22	Newham Outdoor Open Meetings
Wed 22	Sussex Under 13 League - Eastbourne
Sun 26	South Under 13 Inter County Match (hosted by Surrey)
Sun 26	Herne Hill Harriers Open
Wed 29	Watford Open

## AUGUST 2015

Tue 4	Tonbridge Open
Sat 8	Newham Outdoor Open Meetings
Sun 9	Horsham BSH Open Meeting
Thur 13	Brighton & Hove City AC Open Meeting
Sat 15	SEAA U15 & U17 Championships Ashford
Sun 16	SEAA U15 & U17 Championships Ashford
Wed 19	Eltham - Cambridge Open and BMC
Sun 23	SEAA U15 / U20 Inter County Championships
Sat 29	England U15 & U17 Championships
Sun 30	England U15 & U17 Championships
Mon 31	Tonbridge Open
Mon 31	Crawley AC Tom Lintern Medal Meeting

## SEPTEMBER 2015

Frid 4	Sussex Under 15 League Final - Brighton Withdean
Sun 6	Sussex Under 13 League Final - Crawley

Watford opens are included as they have high quality BMC 800m/1500m races  
<http://www.watfordharriers.org.uk/OpenindexF.htm>