

Dear New Athlete,

Worcester Athletic Club can offer you a place in our Tuesday OR Thursday evening training session, if you are at least 10 years old (and year 5s; during the term you become 10). There is no need to make contact, just come along at 5.45pm for 6 – 7 pm training. Young athletes train in all aspects of athletics – running, jumping and throwing.

We meet at the trackside, Nunnery Wood Sports Complex, Spetchley Road, Worcester, WR5 2NL. Toilets are in the sports centre, so it is best to go before you meet at the track.

You will need a parent/carer to complete a registration form, preferably the one here (we will also have some spare copies). Please also bring £3 training fee, a drink (not fizzy) and wear trainers & suitable training clothes – outer garments named please.

After a few weeks, if you want to continue training, we invite you to become a member. Members do not pay for training.

Athletes have plenty of opportunities to take part in competition. During the Autumn and Winter we take part in the **Gloucestershire A.A.A. Cross Country League (normally 4 meets on Saturdays)** and the **H & W Sportshall Athletic League at St Johns Sports Centre (3 or 4 meets on Sundays)**. During the Spring and Summer we move to outdoor track and field meetings. More information, when available, will be on the club website.

www.worcester-ac.co.uk

**Yours in sport, Gill Repton,
Young Athletes` Co-ordinator & Coach.**