

BLYTH RUNNING CLUB JUNIORS



COMPETITION

Summer—The club participate in the North East Youth Development League which is a track and field competition. The club pays the entry fee.

Winter - We participate in the North East Harrier League cross-country, with the club paying entry fees.

We fully encourage athletes to take part in competition, and provide full details and assistance with getting involved in cross-country, road and track and field competitions. We also host a number of events including a beach race, indoor sportshall, club relays & handicaps

TRAINING

Main Club Session—Mondays 1850-2000 at Bede Academy Playing Fields, Plessey Road (Summer), Bede Academy main campus (Winter)

Track Sessions @ Churchill Playing Fields—Most Wednesdays, Fridays, Sundays—check with coaches

Strength & Conditioning (for older juniors) - Thursdays @ Bede Academy 1900-2000 (small charge)

High Jump (limited by capacity) - Thursdays @ Bede Academy 1800-1930 (small charge)

COACHING

All our coaches are UKA qualified, and DBS cleared. We are able to offer coaching in all disciplines including endurance, sprints, throws and jumps. We also pay the cost towards parents/volunteers to attend coaching courses.

MEMBERSHIP : Annual membership is £19, of which £14 goes to England Athletics. This represents exceptional value for money as there is no additional cost for our core training sessions or league/relay events.



ATHLETES: All junior athletes will be given the opportunity to work hard, enjoy themselves and follow their goals. Athletes will be given the opportunity to develop in whichever area of the sport they choose, and will be encouraged to aim for success at local, regional and national level.

We have clubmark status, which ensures we have the highest level of standards and a robust safeguarding policy.

More details at www.blythrunningclub.org.uk, or email juniors@blythrunningclub.org.uk

Search 'Blyth Running Club' on Facebook to find our public page