

TEAM
DORSET
ATHLETICS NETWORK



Information & Training



Introduction

Team Dorset Athletics Network currently consists of Bournemouth AC, Dorchester AC, Poole AC, Poole Runners, Weymouth St. Paul's Harriers & AC and Wimborne AC. In addition, there are two rural satellite training groups within the network - West Dorset Athletics Group based in Bridport and North Dorset Athletics Academy based in Blandford Forum. The network allows athletes to source training opportunities in any of the member clubs/training groups, as well as working together to raise the profile of the sport in Dorset.

Information on training opportunities is incorporated in this booklet along with information on each of the clubs and how to contact them. If you would like to find out more about the network, please fill in the 'Expression of Interest' form to the rear of the booklet.

Contacts:

Chairman	John Gregory	j-gregory@ntlworld.com
Secretary	Mike Furse	mtfurse@madasafish.com
Treasurer	Glyn Davies	glynjen50@gmail.com
Coordinator	Lindsay Hole	woodlands20@hotmail.com

Club Representatives:

Bournemouth AC	Robin James, Hazel Bates, Wynne Munden	secretary@bournemouthac.co.uk
Dorchester AC	Mike Furse	mtfurse@madasafish.com
Poole AC	Mark Pauley	markwpauley@gmail.com
Poole Runners	Alan Lewis	lewissports@btinternet.com
Weymouth St Paul's Harriers & AC	Jan Westhenry	jwesthenry@hotmail.com
Wimborne AC	Glyn Davies	glynjen50@gmail.com

Selection and Competition

Four of the network clubs form a composite team that is also called 'Team Dorset'. All members of these athletic clubs* are eligible to compete as part of the composite team as well as in their own club competitions.

The composite team competes in the UK Youth Development League (U13/U15 and U17/U20 sections) and the Southern Athletics League (U17/U20/Senior). In order to be considered for selection, athletes need to complete and return a form indicating which events they would be willing to compete in and the standards they have achieved in those events. The selected team for each meet will be posted on the 'Athletes' page of the website - www.teamdorsetathletics.co.uk - or can be obtained through your club's team managers.

*Training group and/or school athletes need to become members of either Dorchester AC, Poole AC, Weymouth St. Paul's Harriers & AC or Wimborne AC in order to compete for 'Team Dorset'.

Club Pages

Enclosed you will find some basic information on the clubs and training groups which form the Team Dorset Athletics Network. Each club has its own website, as well as a page on the Team Dorset Athletics Network website. As a member of the network, you will be able to access any of the training/coaching sessions listed, but please ensure the club/coach knows you wish to attend. Please be aware that waiting lists may be in operation.

Bournemouth AC

Bournemouth AC is a well-established and popular Club which celebrated its centenary in 2006. At King's Park you will find a friendly welcome as you see what we have to offer.

We have an all-weather track, including jumps and throws areas, an additional throws area, cross-country course and a large covered stand for spectators. Equipment is provided for training and competitions.

First claim members also have the use of a gym, a physiotherapist service (during the Track & Field season), and a chiropractic service weekly throughout the year.

The Club competes at all age groups in Track and Field Leagues, Cross-Country and Road Running. In addition, the Club competes indoors during the winter in Sports hall Competitions.

All coaching is supervised by UKA qualified coaches, who are covered by UKA insurance and are DBS checked. We have coaches specialising in Track & Field, Road Running and Endurance Events.

For younger athletes, aged 8 and over, we also have a Wednesday Evening Development session. This provides an opportunity to try out a range of activities in a fun atmosphere.

For people with learning disabilities we run a Special Olympics Team which trains on a Sunday morning.

Tuesday	6.15 - 8pm	Phone for details	Kings Park
Wednesday	6 - 7.30pm	Junior development	Kings Park
Thursday	6.15 - 8pm	Phone for details	Kings Park
Sunday	10.30 - 12 noon	Phone for details	Kings Park

Fees:

Junior (under 20)	£1.50 (member)	£3.00 (non-member)
Senior	£3.00 (member)	£5.00 (non-member)
Wednesday Junior Development	£1.50 (member)	£3.00 (non-member)

Annual season tickets available to members:

Junior (under 20)	£60.00
Senior	£120.00

Contact:

For further information please contact us:

Telephone: (01202) 394552

Email: secretary@bournemouthac.co.uk

or pop in to the club office at one of the above times.



Dorchester AC

Membership of Dorchester Athletic Club is open to all applicants from the age of nine years who are genuinely interested in participating in athletics or actively supporting those who participate. Our aims are to promote enjoyment of the sport and the talents of the athletes who compete. Coaching is provided by UKA qualified coaches and all club officials in regular contact with athletes are DBS checked.

Specialist Groups

These sessions run on Mondays and/or Wednesdays and are aimed at older club athletes who have chosen the events that suit them best.

Monday	6.30 - 8pm	Specialist groups (Jumps/Sprints/Throws)	The Thomas Hardy School
Monday	7 - 8pm	Specialist group (Endurance)	The Thomas Hardy School
Wednesday	6.30 - 8.15pm	Specialist group (Endurance)	The Thomas Hardy School / Yeovil Arena
Wednesday	6.30 - 8.15pm	Specialist groups (Jumps/Sprints/Throws)	The Thomas Hardy School / Yeovil Arena

General Groups

Wednesday	6.30 - 7.30pm	Induction group (Years 5 - 6)	The Thomas Hardy School
Wednesday	6.30 - 7.45pm	Development group (Years 7 - 9)	The Thomas Hardy School / Yeovil Arena

Waiting lists are currently in operation for the Induction and Development groups.

Fees:

Dorchester AC has a standing order system in operation. Standard fees are £12pcm for Under 11s and £18pcm for older athletes and include membership, England Athletics affiliation, all training sessions, club transport and match fees.

Contact:

For further information please email Mike Furse at mtfurse@madasafish.com



Poole AC

The Club's main aim is to encourage active participation in all aspects of athletics enjoying teamwork and developing self confidence. We cater for athletes of all abilities, anyone between the ages of 8 and 80. The areas of participation include track & field athletics, road running, cross country and biathlons.

Our junior members are also actively involved in sportshall athletics competitions and fun runs. The Club arranges its own internal club championships for track events for the juniors and road & multi-terrain and triathlon for seniors. We are the oldest club in East Dorset aiming to provide a focal point for athletics in Poole.

The club provides organised training sessions at the following times:

Tuesday	6.15 - 8.30pm	Juniors	Ashdown Track, Poole
Tuesday	7.30 - 8.30pm	Seniors	Ashdown or Haymoor Pub meet
Wednesday	6.30 - 8pm	Juniors	Ashdown Track, Poole
Thursday	5.55 - 6.45pm	Seniors	Poole Park
Thursday	From 7pm	Poole Joggers	Meeting locations: Winter - Poole Park Summer - Haymoor Pub
Thursday	7.30 - 8.30pm	Hill training & resistance work	Various venues
Friday	7 - 8pm	Strength & conditioning	Canford School
Saturday	10.30 - 12.30pm	Junior/Senior	Ashdown Track, Poole
Saturday (Winter)	9.30 - 10.30am 4.30 - 6pm	Cross country training Sportshall & circuit training	Ashdown Track, Poole

Fees:

£2.00 or £2.50 per session.

Concessions for 'Poole Access to Leisure' card holders.

All fees are subject to change, please see our website for current information.



Poole Runners

Poole Runners was formed 30 years ago and has an 18 year history of training junior athletes. We aim to train and compete in all aspects of running and athletics covering all abilities. We keep the ethos of enjoying athletics, being friendly, and achieving the best that we can.

Teams compete successfully in all sorts of events throughout the year, on the track or cross-country or road-running or indoors or indeed any type of athletics event. Some athletes have been winners at national level either individually or as part of a team, but more importantly all have the encouragement and opportunity to reach their own potential.

All are welcome to come and try the activities provided by our club. More information is available on our website. The Club's main aim is to encourage active participation in all aspects of athletics.

The club provides organised training sessions at the following times:

Monday	6.30 - 8pm 7 - 8pm	Hurdles group Sprint group	Ashdown Track Ashdown Track
Tuesday	6.45 - 8pm	Middle distance/road running	Corfe Mullen
Wednesday	From 7pm	Road running	The Junction, Broadstone
Thursday	6 - 7pm 6.45 - 8pm	Junior athletes track and field Senior athletes track and field	Ashdown Track Ashdown Track
Saturday	10 - 11.45am 11.45 - 1pm	Junior's track and field at sports hall Senior sprint session	Lockyers Middle School Lockyers Middle School

Fees:

All track and Lockyers Middle School sessions cost an additional £1.50



Wimborne Athletic Club

WAC is Clubmark accredited, has been established for 30 years and operates year round from the Queen Elizabeth Leisure Centre on the edge of Wimborne although some club sessions are run at other venues.

The club welcomes members from the age of 8 with no upper age limit. Those under 11 train as junior group covering basic athletic skills with exposure to most athletic disciplines. Above this age athletes tend to specialise eg sprints.

The club competes in a number of different leagues. As well as track and field competition we offer cross-country and indoor athletic opportunities. We have an established and growing road running section (over 18).

Saturday	9.45 - 11.40am	All groups excluding RR	QE Leisure Centre
Tuesday	6.30 - 8pm	Middle distance/endurance	Wimborne
Wednesday (Winter)	6.00 - 8pm	Track & field - all ages	QE Leisure Centre
Wednesday (Summer)	6:30 - 8pm	Track & field - all ages	QE Leisure Centre
Thursday	6.30 - 8pm	Track & field + middle distance	Blandford
Thursday	6.30 - 8pm	Road Runners	Wimborne Town FC

Fees:

Club membership fees - see website.

Training (excluding road running) £2.00 per session.



Weymouth St Paul's Harriers & AC

Weymouth St Paul's Harriers & Athletics Club provides opportunities for people between the ages of eight and eighty to receive coaching and to take part in competition. All coaching is given by UKA qualified coaches who are trained and have been screened for their suitability for working with young people. Anyone aged 8 years and over can become a WSPH and AC club member.

Tuesday	6 - 7pm	Under 11's +	Budmouth Sports Hall (Oct - Mar)
Tuesday	6 - 7.30pm	All ages	The Marsh Athletics Centre (Apr - Oct)
Tuesday	From 6pm	Beach training ages 8 - 75 +	Beach steps near Pavilion Theatre (Oct - Mar)
Tuesday	6.45 - 7.30pm	Road running	Meet at The Marsh Athletics Centre
Thursday	7 - 8pm	Road running	Various venues

Fees:

£15.00 Membership per year.

£10.00 Discounted membership for road runners only (for those that don't compete in track and field).

£1.00 Beach training session.

£2.00 Indoor and Marsh training session.

Initial two sessions are free.

All fees are subject to change, please see our website for current information.



North Dorset Athletics Academy

North Dorset Athletics Academy covers all running, jumping and throwing events. The group caters for athletes of all abilities and ambitions, both those who are members of an athletic club and those solely competing within school athletics. With North Dorset you will be taught event techniques, and develop your general and specific fitness.

At present the Athletics Academy runs sessions on Mondays, Tuesdays, Thursdays and Fridays in venues across the North Dorset district.

Athletics Academy – runs on Mondays in Gillingham, Tuesdays in Shaftesbury and Thursdays in Blandford covering all athletics events for those in year 4 upwards.

Jumps Academy – is in Blandford on Fridays with specialist coaching in high jump, long jump, triple jump and pole vault for those in year 6 and above.

Coaching is by fully qualified and experienced registered UK Athletic coaches.

Monday	4 - 5.30pm	Athletics Academy Yr 5+	Gillingham
Tuesday	4 - 5pm	Athletics Academy Yr 5+	Shaftesbury
Thursday	6.30 - 8pm	Athletics Academy Yr 6+	Blandford Camp

Fees:

Payment by term, depending on number of weeks in term. There is no membership fee. This group is supported by Wimborne AC.

West Dorset Athletics Group

This group is based at Sir John Colfox School, Bridport and is primarily aimed at those athletes in school years 5, 6 & 7, although siblings are catered for wherever possible.

Monday	6 - 7pm	Year 5, 6 & 7 athletes	Sir John Colfox School, Bridport
---------------	----------------	-----------------------------------	---

Fees:

£2.00 per session. There is no membership fee. This group is supported by Dorchester AC.

Dorset Multi-events Academy

Sunday	1.30 - 3.30pm	Training session	Ashdown Track
---------------	----------------------	-------------------------	----------------------



Safeguarding Children

Each club in the network has an appointed Welfare Officer, who ensures that the England Athletics Welfare Policy is adhered to (this can be found in the club section of www.Englandathletics.org).

They also ensure that a volunteer has undergone Safeguarding Children training and that coaches are DBS checked (formally CRB checked).

Expression of Interest

If you are not currently a club member, please fill in all sections. Existing Team Dorset club members need only complete Sections 1 and 3.

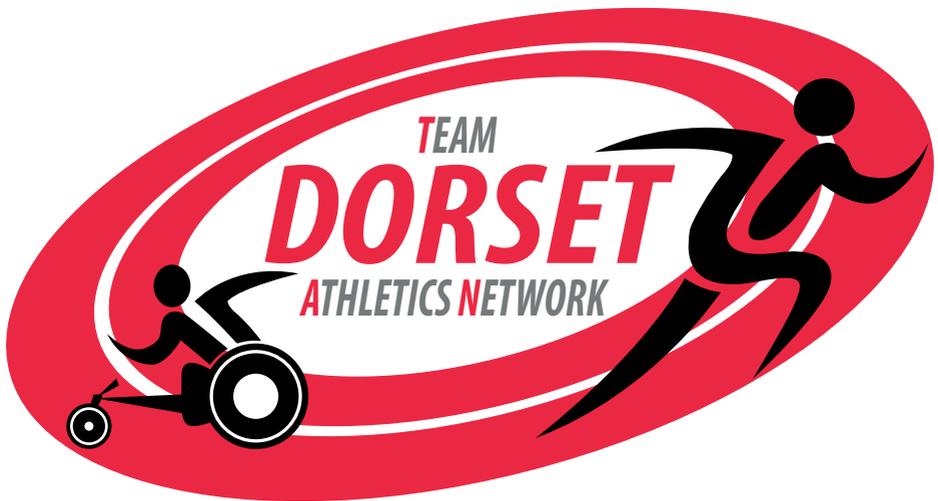
Section 1		
Name:	D.O.B:	Gender M/F
School (if applicable):		
Address:		
Telephone:	Mobile:	
Email:		

Section 2	I am particularly interested in being coached at: (PLEASE TICK AS APPROPRIATE) No experience necessary	
Bournemouth AC	Dorchester AC	Dorset Multi-events Academy
North Dorset Athletics Academy	Poole AC	Poole Runners
Weymouth St Paul's Harriers & AC	West Dorset Athletics Group	Wimborne AC

Section 3	I am particularly interested in being coached in: (PLEASE TICK AS APPROPRIATE) No experience necessary		
Discus	Hammer	High jump	Hurdles
Javelin	Long distance	Long jump	Middle distance
Pole vault	Shot	Sprints	Steeplechase
Triple jump			

Return completed form to:

Lindsay Hole
10 Meadowsweet Road
Creekmoor
Poole
BH17 7XT



Get involved - sign up to volunteer

Since the Olympic and Paralympic Games, the legacy has been growing. Athletics clubs continue to face exciting and busy times with the increased participation in our sport and the increase in membership.

The increase in demand and interest in athletics is a fantastic opportunity for our clubs but also a challenge.

Whether you are able to volunteer at a one off event or for a sustained period there is always a need. If you can offer one hour a week or a couple of nights a week, you can make a real contribution to athletics.

For more information please contact the Network Coordinator to register your interest:

Lindsay Hole - woodlands20@hotmail.com