



Vale Royal Athletic Club
www.valeroyalathleticclub.co.uk

VRAC MEMBERSHIP U11s

PLEASE NOTE: Minimum age for membership is 9 years.

Dear Parent or Guardian

Vale Royal Athletic Club welcomes applications from all members of the U11 community and will ensure all present and potential members receive fair and equal treatment. Unfortunately, we are experiencing a period of high demand coupled with a shortage of coaches, assistant coaches, athletic leaders and parent volunteers, and so have reluctantly had to implement a waiting list. If you are able to assist VRAC in any voluntary capacity with any degree of commitment, please contact either of us or any VRAC official.

At VRAC we will follow the guiding principles of our governing body, UK Athletics. For the U11s this is embodied in the following extract...

Fundamentals

Until about twelve, all children should ideally be engaged in multiple sports with little specific focus on one over the other. This coincides with the period of rapid skill acquisition for both boys and girls, where the broadest range of sports possible will allow the young athletes to quickly pick up all of the fundamental movement patterns required for training in the future.

Source: United Kingdom Athletics Development Model

That said we will endeavour to help our U11s develop as individual athletes recognising their physical, psychomotor, social, and emotional stages of development and also their own preferences, hopes and aspirations in relation to VRAC membership.

VRAC currently offer U11 training on Thursday evening and Sunday runs in Delamere Forest – see the website for further details. Also, U11 summer competitions include Cheshire Track and Field events and in winter we participate in cross-country leagues.

Please complete all sections and relevant information on the attached membership form ensuring signatures from a parent or guardian in the relevant places, to allow applications and renewals to be considered. Please do not do a bank transfer until membership to the U11s training group has been approved.

Return the form with appropriate membership fee to the U11 Co-ordinator: **Jacky Thorn** or any Club Official in an envelope marked for Jacky's attention. Alternatively, the form may be posted to **The VRAC U/11 Co-ordinator, c/o The Cottage, Gorstage Hall Farm, Northwich, Cheshire, CW8 2SG.**

Yours sincerely

Jacky Thorn
U11 Co-ordinator

Stu Doyle
Club Chairman



VRAC MEMBERSHIP APPLICATION FORM –U11s

PLEASE NOTE: Minimum age for membership is 9 years.

(1st April 2017 to 31st March 2018)

To be completed by all U11s including those with family membership

PART 1

PERSONAL INFORMATION

First Name:	Last Name:
Male/Female:	Date of Birth:
Address:	
Post Code:	

MEDICAL INFORMATION

Please detail below any important medical information that our coaches should be aware of (e.g. epilepsy, asthma, diabetes etc.) Continue on the reverse if necessary.

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DISABILITY: Do you consider yourself to have a disability? YES___NO___

If yes, what is the nature of your disability (eg visually impaired, hearing impaired, physical disability, learning disability, multiple disability): Continue on the reverse if necessary.

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PARENTAL CONTACT DETAILS:

Name of Parent/Guardian:	
Relationship:	Email:
Telephone No:	Mobile:

EMERGENCY CONTACT DETAILS: *Please complete if not as above*

Please insert the information below to indicate the person(s) who should be contacted in case of incident/accident.

Emergency Contact Name:	
Relationship:	Contact No:

KEEPING YOUR U11 ATHLETE SAFE:

It is expected that all U11 athletes will be brought to the training group and collected from the training group by a parent or designated adult with responsibility. Any variation should be discussed with Jacky or the U11 Lead Coach.

PART 2
PARENT and ATHLETE CONSENT

Vale Royal AC recognises the need to ensure the welfare and safety of all young people in sport. In accordance with our child protection policy we will not permit photographs, video or other images of young people to be taken without the consent of the parents/carers and children Vale Royal AC will follow the AAAE Welfare Policy guidance for the use of photographs and will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform a club official immediately.

U11 coaches are often take pictures/videos of groups of U11s in competition or training as a coaching aid or to put them on VRAC Facebook page and/or website.

I consent to Vale Royal AC photographing or videoing _____
(name of child)

Athlete U11 consent

I _____ consent to Vale Royal AC Photographing or
(name of child)
videoing my involvement in athletics. **Signed** _____

Name of parent/guardian: _____

By returning this completed form I agree to the child in my care taking part in the activities of the Club.

I confirm that I my child is eligible to compete under UKA Rules

I accept that my child's personal data will be held on computer database by the Club.

I agree*/do not agree* to the disclosure of my child's data in a list of members to England Athletics. (Not usually required for U11s)

(*Please delete as applicable).

My child and I agree to abide by Vale Royal AC Codes of Conduct.

SIGNED _____ DATE _____

*Conduct and Track Etiquette can be found for your reference on the membership area of our website:
<http://www.valeroyalathleticclub.co.uk/MembershipArea.html>

MEMBERSHIP FEES

U11s (as for all single competing members), **£50-00**

Please select payment method:

Cheque/cash payable to Vale Royal Athletic Club included with this form.

Or

Bank transfer to **60-15-29 30935636**. Date transferred: _____

(Please be sure that your U11s membership has been approved before electronic transfer)

If your young athlete is part of a family group...

FAMILY £95-00 (2 members) Add **£14** for each additional competing family member.

Amount paid for this member

£50.00 **£95.00** Family **£00.00** (Included in Family membership)

Other amount **£** _____
(add details on reverse)

Forms:

Please return U11 Forms to Jacky Thorn.

PART 3 - About You!

Name:

SPORTING/OTHER INFORMATION

U11 Athlete can fill this in!



This is to help the coaches think about you as a person and to understand what you want to do, where you may excel or become tired because of the other stuff you've been up to in the week.

Name of School _____

Have you taken part in athletics before? YES/NO

If yes, please ✓ below.

Primary school VRAC Other Club Other

Have you been a member of another athletic club in the past? YES / NO

If yes date, of resignation: _____

Are you now a member of other sporting club(s)? YES/NO

If yes, please ✓ below.

Gymnastics Football Rugby Swimming Other Details

If you want to provide extra information, go onto the reverse of this sheet

What activities would you like to take part in?

If you want you can number them in favourite order where **1** is the most favourite and **6** the least

Throwing events eg javelin	Longer distance running eg Cross county	
Jumping eg long jump	Sprinting eg 100m	
General Fitness/Multi Events	Other	

If you want to provide extra information, go onto the reverse of this sheet

What is your T- Shirt/ vest size? Ask a parent!

Age 9 Age10 Age 11

Small Medium Large

What name would you like to be known as? eg Jessica –Jess, Jonathan – Jon

Why do you want to be a member of VRAC?

It would be nice to know but we don't mind if you don't want to say!