

We do have a small waiting list, but spaces occasionally become available.

If you would like to join, please could you email the following information to (HACmembership@Casey-Bond.co.uk) so that I can place your child in the most appropriate group.

1. Full name and DOB
2. School year
3. Contact telephone number
4. Days interested (Tues/Thurs)
5. Any details regarding a specific discipline or interest.
6. Is the athlete currently affiliated with any other club and/or currently training with another coach?

NOTE: If you are the athlete and are under 18, we also require contact details (email address and telephone number) for a parent/guardian that we can cc on all our correspondence with you.

In the meantime, here are some answers to FAQ that you might find useful.

Can I just attend a session?

We cannot accept walk-ins as we are very strict about maintaining manageable group sizes for coaches and ensuring safety of athletes, especially in the younger age groups. Also, due to insurance reasons athletes are required to be fully registered with England Athletics before commencing training.

Do you have a waiting list?

Yes. We are constantly reviewing it, but unfortunately there is a huge demand (especially for u13s) and occasionally we do have to close it until it is suitably reduced. The waiting time can vary from a few weeks to a few months as we have no control over when spaces become available.

Do you offer trial session?

Yes. We want to ensure that we are the right fit and meet your expectations so your first session (by prior arrangement only) is free.

When do you train?

There a large variety of sessions depending on age, ability and discipline. The ones listed below **are a guide and may occasionally change** depending on the season, individual groups and coaches. We will confirm details with you once you have reached the top of the waiting list and are invited for a trial session.

Mon	Tues	Wed	Thurs
5 - 6.30pm <u>(All ages)</u> Wheelchair racing	6 - 7pm <u>Minis (u11)</u> Sprinters Long distance	6 – 7.30pm <u>(All ages)</u> Wheelchair racing	6.30-7.30pm <u>Minis (u11)</u> Fundamentals Sprinters
	<u>(u13)</u> MD/Field <u>18+ Seniors</u> Longer sprints/Shorter MD		<u>(u13)</u> Sprint / Jump / Throw MD / Field <u>18+ Seniors</u> Longer sprints/Shorter MD
	7 – 8pm <u>Juniors (u18)</u> Sprinters <u>(u15 - u20)</u> Sprint/Jump/Throw <u>Yr6+</u> MD/Cross-Country	7.30 – 8.30pm <u>Juniors (u18)</u> Sprinters <u>(u15 - u20)</u> Sprint/Jump/Throw <u>Yr6+</u> MD/Cross-Country	

Do you only train for running?

No. All disciplines are covered and although the minis/juniors may have a preferred speciality event such as sprinting or long distance, their training programme will cover events such as long jump, high jump and javelin and conditioning.

How much does it cost?

There are two separate payments that need to be made for EA REGISTRATION and TRACK FEES.

Annual registration with England Athletics (this is paid DIRECTLY to them):

- £35 Wheelchair athletes
- £35 Minis (u11)
- £40 Junior (upto 17)
- £45 Seniors (18+)

Monthly track fees (payable in advance via BACS):

	1 session p/w	2 sessions p/w
1 month	£12	£24
3 months	£32	£64
6 months	£60	£120