

A Parent's Guide to Stornoway Running and Athletics Club

Introduction

Stornoway Running and Athletics Club (SRAC) is an affiliated member of Scottish Athletics (SA) and considers itself to be predominantly a grassroots club that offers fun and inclusive activities and events to residents throughout the Western Isles.

Philosophy and approach

Our philosophy, regardless of age and ability, is to encourage and support our members to improve their well-being by becoming fitter, happier and ultimately the best they can be.

Our goal is to provide a positive environment and create lasting memories in order that our members will always keep an active and healthy lifestyle.

SRAC aims to align their coaching structure and session content with the key stages of the UKA and Home Counties athlete pathway. Further details on each stage are outlined below.

An early multi-event approach allows us to focus on late specialisation with athletes.

Training sessions and club pathway

Junior training sessions are held throughout the year with two week breaks in March and September.

Summer training is predominantly based at Smith Avenue Athletics Track from April - September offering training for track and field disciplines.

Winter training runs from October to March and is based between various venues such as the Lews Castle Grounds, indoor gyms and Smith Avenue Athletics Track where weather allows.

All Junior Athletes including late-entry athletes are assessed and placed into coaching groups at the appropriate level which reflects their age and stage of development.



Weekly sessions are scheduled as follows:

FUNDamentals: Approximate age range: 8-11 years*

One training session per week of games-centred activities designed to develop the fundamentals of Agility, Balance and Coordination (ABCs) and basic athletic movement skills.

Parent helpers are required on a weekly basis to assist coaches with these sessions. This is a great way to find out more about what happens at the club and doesn't require any running or athletic ability so please do get involved!

Foundation: Approximate age range: 12-14 years*

Junior Athletes progress initially to a multi events foundation level programme which includes all elements of running, jumping and throwing (run/jump/throw). Training sessions are generally twice weekly. As Junior Athletes' skills develop, they will move into the development phase of the multi events programme and start to receive more detailed and intensive coaching while still focusing on all the elements of run/jump/throw. Training sessions will eventually increase to three sessions per week.

Event Group Development: Approximate age range: 15+*

Junior Athletes progress to event group development where they will be encouraged to select their favoured disciplines for more in depth and focused training programmes. Three training sessions per week although additional training requirements may be identified in consultation with the designated coach and will be supported by the club as appropriate.

*All age ranges are for guidance only.

Training sessions will always be:

- athlete-centred within the context of the Athlete Pathway, placing the needs of the young athlete foremost and encouraging them to be involved in their own development.

Coaching methods will always:

- take into account the needs of the young person at differing, crucial stages of physical development and maturity as well as any external factors which may impact and challenge them.

Parents/carers and their children may wish to seek external coaching away from that which is being provided by SRAC, which is their right to do so.

To ensure that coaching is adjusted to maximise athlete development at each age and stage, parents/carers of Junior Athletes should make coaches aware of any athletics coaching or training they are receiving outside of SRAC.

In the interests of athlete welfare, if a coach feels that an athletes training balance may be requiring readjustment, they will first discuss this with the SRAC Head Coach and Welfare Officer. Follow up conversation with the Athlete and their family may then be required to discuss and agree positive steps to adjust the training plan with access to Club training sessions being adjusted accordingly during this time.

Coaches must always ensure that they function within the parameters of their qualifications, licence terms & conditions and codes of conduct. We would request that any concerns about coaching practice or session content be discussed immediately with the Head Coach or Welfare Officer.

If a Junior Athlete's training with SRAC is adjusted or withdrawn for any of the reasons stated above, the Club will continue to support all Junior Athletes as per the Club's Standing orders and Constitution. These can be found here: <https://srac.org.uk/about-srac/>

We would ask that all decisions and those making them, are respected.

Communication

It is important members and parents are kept informed about training, competitions and aspects of the club's development so the following methods of communication will be used to contact parents:

- Email
- SRAC website
- Social media (in line with our Club policy which can be found here <https://srac.org.uk/wp-content/uploads/2024/08/SRAC-Social-Media-Policy.pdf>)
- WhatsApp chat groups for individual training groups

Parents wishing to contact the club for any reason should do so via the following methods:

Email coaches@srac.org.uk

Please refrain from directly messaging individual coaches unless it is deemed an emergency.

Coaches

All SRAC Junior Coaches and Coaching Assistants are required to be appropriately qualified, hold an in date Scottish Athletics licence and be certified to work with young people as defined in the Club policies which can be found on the Club website. <https://srac.org.uk/>

You can also find a definition of the roles within the coaching framework on the Scottish Athletics website. <https://www.scottishathletics.org.uk/coaches/important-documents-and-guidance-for-coaches-and-leaders/>

Below is a list of the current Junior Coaches operating at SRAC and details of their up to date qualifications.

Forename	Surname	Coaching group	Qualifications
Christopher	Adams	Childrens FUNdamentals	Coaching Assistant
Annabel	Bain	Sprints & Hurdles Lead Coach	Athletics Coach - Sprints & Hurdles, Disability Inclusion
Kevin	Bailie	Childrens FUNdamentals	Coaching Assistant
Lizzie	Beatie	Childrens FUNdamentals	Coaching Assistant
Gemma	Donner	Childrens Lead Coach	Athletics Coach - Throws
Kevin	Donner	Childrens FUNdamentals	Coaching Assistant
Ian	Ferris	Throws Lead Coach Multi Events Development Childrens Fundamentals	Athletics Coach - Endurance
Gordon	Jamieson	Childrens FUNdamentals	Coaching Assistant
Myra	MacLeod	Multi Events Foundation & Multi Events Development	Coaching Assistant
Dean	MacLeod	Childrens FUNdamentals	Coaching Assistant
AnneMarie	MacLeod	Jumps Lead Coach	Athletics Coach - Jumps
Michael	MacMillan	Event Group Endurance assistant coach	Coaching Assistant
Amy	MacRitchie	Sprint & Hurdles Assistant	Coaching Assistant
Johan	MacRitchie	Childrens FUNdamentals	Coaching Assistant
William	MacRury	Club Head Coach, Middle Distance, Low Hurdles and Steeplechase Lead	Event Group Endurance, Disability Inclusion, Steeplechase Masterclass
Lorraine	Morrison	Strength & Conditioning Lead Coach, Multi Event Development	Coaching Assistant
Rachel	Murray	Childrens FUNdamentals	Athletics Coach - Endurance

Anna	Reid	Multi Events Foundation & Multi Events Development	Coaching Assistant
Norma	Robb	Childrens FUNdamentals	Coaching Assistant
Dougie	Neally	Multi Event Foundation	Coaching Assistant, Disability Inclusion
Maureen	Stewart	Multi Events Development Lead Coach & Multi Events Foundation	Athletics Coach - Endurance Disability Inclusion
Liz	Urquhart	Childrens FUNdamentals, Multi Events Foundation	Coaching Assistant

Calendar of competition opportunities

SRAC is committed to providing competition opportunities throughout the calendar year. During the summer months we aim to host at least five local track & field events including the Western Isles Combined Events Championships, Western Isles Track & Field Championships, Marag Mile & fringe events plus Open Graded Meets (OGM).

During the winter we offer three cross country events with the long standing Lewis & Harris Cross Country Series plus the Western Isles Cross Country Championships which rotate every three years between Uist, Harris and Lewis.

The Club aims to organise and financially support a minimum of six trips to mainland competitions per calendar year.

Other trips to competitions in Uist, Benbecula and the mainland may be organised by the club's coaches but might not qualify for Club funding such as Scottish Schools Athletics Association (SSAA) events, OGM's organised by other clubs, cross country league events, etc.

Please note that the organisation of, and Junior Athlete attendance on these trips is not guaranteed and is dependent on many contributing factors such as availability of willing volunteers, availability of transport and accommodation, individual competition rules and availability of places, etc.

Please refer to the Club Standing Orders for full details on athlete funding <https://srac.org.uk/about-srac/>

Club kit

Club hoodies, t-shirts and jackets can be ordered from the club online shop:

<https://www.rfsportsshop.co.uk/stornoway-running-athletics-club-74-c.asp>

The club also operates a swap shop for second hand kit which can be accessed by prior arrangement with club coaches.

Monthly Subscription Fees

As a condition of membership, all juniors are required to pay an ongoing monthly subscription fee.

The current fees are set based on age groups (details of up to date age groups can be found on the SA website)

<https://www.scottishathletics.org.uk/wp-content/uploads/2024/07/2024-25-Age-Group-Dates.pdf>

U9 & U11 - £6.00 per month

U13 - £12.00 per month

U15, U17 & U20 - £18.00 per month

These fees are vital for the operation of the Club and help cover costs such as SA affiliation fees, costs incurred by hosting community events, hire of facilities for training and social events, as well as many other administration costs involved in keeping the Club afloat.

Codes of conduct

SRAC is a charity organisation run by dedicated volunteers who work tirelessly in their own free time all year round to provide opportunities for its members and the wider community.

As a condition of SRAC membership, all Junior members and their parents/carers agree to abide by the UKA and Home Counties codes of conduct which the club has adopted.

These can be found on the SRAC website, please read through them carefully as failure to adhere to these may result in disciplinary action or termination of membership.

Coaches and volunteers are also required to adhere to the relevant UKA and Home Counties code of conduct which can also be found on the SRAC website.

<https://srac.org.uk/code-of-conduct/>

SRAC policies

A full list of club policies is available at <https://srac.org.uk/srac-policies>

Interpretation

For the purposes of the Parent Guide

Club means SRAC.

Junior Athlete/s means a member/s of SRAC under the age of 20.