

Expectations

The points below are in addition to Hallamshire Harriers' Code of Conduct Policies. A copy is published on their web site or a printed version can be provided on request.

Be punctual

Arrive trackside in advance of the allotted time, ready to start training.

This means being there no later than 5 minutes before the scheduled start time for the session. The sessions will start on time and being late means you will miss essential warm up and increase risk of injury. The coach has the right to ask an athlete not to participate in the session if the lateness is detrimental to the athlete or the session generally.

Be equipped

Wear clothing and footwear appropriate for the session. This generally means, as a minimum:-

- T-shirt or vest.
- Shorts or leggings.
- Running trainers.
- Outer wear (sweatshirt, tracksuit, hoodie, etc)
- Spikes (optional - as appropriate to the session).

Bring an adequate supply of liquid, preferably water. Do not bring fizzy drink or energy drinks

Be aware of the nature of our climate. Weather is changeable and you need to be dressed to recognise that possibility when training outdoors. .

If in any doubt as to what is suitable to wear or to bring, your coach can advise.

Be prepared

Think about what you will be doing well in advance.

Don't have a heavy meal before a session, just light easy digestible food - one or two hours beforehand.

Avoid other strenuous exercise before a training session. If unavoidable (e.g. school event), let your coach know what you have done before the start of the session.

Allow for a possible over-run at the end of a session, to ensure important warm downs and stretches can be completed.

Try to have food and liquid within an hour after the session, to replace lost nutrients. Your coach can advise on the type and quantity.

Be committed

You will only improve by regular training – which means attending the great majority of sessions. Occasional absence is understandable, but we expect athletes to be present most of the time.

Attendance of less than 3-4 times per month may result in your coach suggesting the group is not appropriate for you, or your place in the group being given to another athlete.

Occasionally, your coach may ask you to undertake some activity away from the session. This will be for a particular reason, to help your fitness or well-being. Please ensure you follow those instructions and report back to your coach on progress.

Competition is an essential part of your development. Please make all possible efforts to be available when asked to be. Similarly, do not enter competitions without the knowledge of, and discussion with, your coach.

Be flexible

Sessions are planned for the development of an athlete and to a prescribed formula. Do not attempt to "negotiate" a session which you find easier or like better.

Be HAPPY

Athletics should be enjoyable, and that is why you come down. If something is making you unhappy, tell your parents, your coach or an officer of the Club. We want you to work hard and be a good athlete – but to feel good about doing it, too.