

# Banchory Stonehaven Athletics Club

## A guide to competing



The aim of the Club is for all athletes to enjoy their athletics and fulfil their potential. BSAC is a competitive Club and takes part in different Leagues during the Summer. The Club has traditionally been very successful, particularly in the Grampian Athletics League, with most of our age groups qualifying for the final each year. More recently though, it has been difficult to put out full teams. We have large numbers of athletes training, but have struggled to find the numbers we need to compete. We want to be able to put out full teams into competition every time.

So, if you are new to athletics, (or even if you're not!) and you are not really sure what competing is all about, or the Leagues are a bit confusing, read on....and if you have any questions at the end...please speak to Coaches or Committee member and we will try to answer queries.

### **What Leagues do the Club compete in?**

**The Grampian Athletics League (currently sponsored by RAM )** ie the RAM league, is our main club competition for the Summer track and field season. The League is split into two divisions, East (the one the Club competes in) and North, and each division has three independent fixtures throughout the summer, followed by a Final (for the top four teams from each division) which alternates between being held in Inverness and Aberdeen – 2020 is Inverness. The venues for this League are Aberdeen, Perth, Dundee and Inverness. The events for each fixture are split according to age and gender (eg. U11G, U11B etc) to ensure the widest possible participation. RAM League is for all age groups, from U11 through to Senior. Details of League dates can be found on the Club website, [www.bsac.club](http://www.bsac.club) or [www.grampianathleticsleague.synthasite.com/](http://www.grampianathleticsleague.synthasite.com/)

**The Youth Development League (YDL)** is part of the UK Athletics League, and BSAC compete in the Scottish North East Division, which holds three fixtures over the Summer and a final. Athletes in the U13 and U15 Age Groups can compete in this League, and in 2020 the venues will be Aberdeen and Inverness. Events are split by age and gender again, but it is overall male and female points that determine progression to the final. It's therefore a bit more difficult for a smaller Club to make the final, but it is an excellent League to compete in as it offers a much wider range of events for U13/15's, and different competition to the RAM League. [www.ukydl.org.uk/](http://www.ukydl.org.uk/)

Replacing the YDL for U17/20 age groups, there is a new Scottish League for Under 17 and Under 20 athletes. BSAC will be part of a new composite team with Aberdeen AAC and other North east Clubs for athletes in the U17 and U20 Age Group. The team is to be managed by Aberdeen AAC and the names of BSAC's U17/20 athletes will be passed to Aberdeen Team manager so that they can be contacted for availability.

**All athletes** need to have Scottish Athletics membership in order to participate in these leagues, including the U11s. This can be quickly and easily organised through the Scottish Athletics website [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk) . Junior membership is £6.

### **Age Groups cause a bit of confusion. This is what you need to know...**

Athletics Age Groups are Under 11/13/15/17/20 and Senior. For Summer Season 2020 you are...

Under 11 if born between 1-9-09 and 31-8-11

Under 13 if born between 1-9-07 and 31-8-09

Under 15 if born between 1-9-05 and 31-8-07

Under 17 if born between 1-9-03 and 31-8-05

Under 20 if born between 31-12-01 and 31-8-003

Senior Born on or before 31 Dec 2000.

Under 11-17 athletes will have two years in each Age group. Athletes do sometimes worry when they move up an age Group, for example, an athlete might be 12, but competing in an Under 15 Age group with someone who is almost 15. Don't worry! Athletes will always find themselves either at the start or top end of a year group, but they won't be alone. Being young in the year group happens to everyone, and the Club emphasises that this is a year to build on progress already made, set realistic goals – it

may be more difficult to place in top positions but remember it's always possible to achieve a personal best and that always feels good!

### **How do I find out when there's a competition coming up? How does the team get selected?**

All the League dates and Scottish Athletics Championship dates are now on the club website and on the Members Facebook page in 'Units'. About two weeks before a League competition, the Team managers will put out an email to all athletes asking if they are available to compete, and will give information on the venue/date/ and events offered at that competition. They will also ask athletes what their preferred events are, but indicating a preference does not guarantee a selection for that event. There are usually two strings (A and B) for each event and the athlete with the better recent performance or PB will usually be put in the A string. It's really important to stress that the Team Managers are replied to, even if you can't make the competition. It takes a lot of time to select and plan a team, and Team Managers need to have as much information as possible. Reminders are also posted on the Club Members Facebook page.

With regard to the Team Selection, Team Managers select the team in discussion with coaches. Please refer to the Selection Policy document on the website.

The Committee have taken a decision to arrange for transport to venues that are farther afield. Information on this will be made available nearer the time, but the bus will have pick up points in Banchory and Stonehaven.

### **What happens at a competition?**

On the day of the competition, you will need to arrive at the venue **at least** an hour before your first event. You may think this sounds like a long time, but the Team manager needs to know you are there, and if there are any changes to be made on the day, it allows them time to do this.

The first thing to do is find the Team Manager, who will give you your competition number. (for RAM league, all athletes are given a unique number for the whole season. Please return this to the Team Manager at the end of the day so that it can be kept safely until the next competition.) You will also be given a slip informing you of the time/s of your events.

It will tell you if you are A or B string for the event you are entered in. Make yourself familiar with the venue, find out where the loos are, where you can warm up and find a friend or fellow team mate doing the same event to warm up with. Listen out for announcements regarding your event, just in case there's a change. For track events listen for the race to be announced and go promptly to the start line ready to run. For Field events go to the event site 10-15 minutes before the start time (check that the officials are there first) and take a warm-up top and water with you. **(Parents are not allowed on the track or infield.)** Remember that spikes cannot be worn for shot or discus so take them with you if you are going on afterwards to a track event. If you have any problems at all, find the Team manager. BSAC athletes usually all sit together so it shouldn't be difficult finding everyone. It may be that you have two events at the same time (a track and field event). Don't worry. Just make sure that you tell an official you have 2 events (you won't be the only athlete in this position) and they will advise you what to do. Officials are helpful and friendly and are used to dealing with young competitors – they are there to help you. Make yourself familiar with Track and Field Etiquette beforehand (also on website, and Coaches also tell you at training!) Remember to thank the Official at the end of your field event and shake hands with your fellow competitors after your race has finished.\*\* Most of all, enjoy competing!

\*\*In normal circumstances athletes shake hands but at the time of updating this document and coronavirus, the Club will make all athletes aware of current restrictions and alternatives to hand shaking.

### **What do I wear/what shall I bring?**

You'll need to wear a Club Vest or Crop. Vests and hoodies can be purchased from the Club via the Kit manager, Laura James, email address [lauracloggie@gmail.com](mailto:lauracloggie@gmail.com). Kit will also be available at Club Trials and information evenings. Stonehaven athletes can purchase kit from Andrew Ferguson. Team Managers might have some available on the day but you would need to check this in advance with them.

You should have a number pinned at each corner on your back and front (though a front number only is acceptable at High Jump and Long Jump) The number must not be cut or folded. Having you own supply of safety pins / hair bands is a good idea. Don't forget your spikes if you have them. Make sure you have plenty of clothes to keep warm and dry, as even in the Summer, being outside all day long can get cold. Also make sure you have plenty of food, snacks and water. Not all venues have facilities where food and drink can be purchased.

Results will be emailed out by the Team manager and should also be available on [www.thepowerof10.info/](http://www.thepowerof10.info/) a few days after the event.

### **Parent helpers**

In both Leagues, Teams get additional points for providing parent helpers/officials (or worse, get points taken away if a Team doesn't provide their quota.) If you are able to help on the day, please let the Team Manager know in advance. Duties will be things such as raking the long jump sandpit, retrieving a discus, 'spiking' for long jump – the sort of help that we usually ask for at our own Club Champs. No previous experience necessary, and if you are wanting to watch your own child compete in a particular event, then it is fine to share a duty rota. If you have any questions at all, please ask a Team Manager.

### **OTHER COMPETITIVE OPPORTUNITIES**

The Scottish Athletics website has details of all competitive opportunities throughout the country. Scottish Track and Field Championships are events which have to be entered by the athlete individually. Reminders are regularly placed on Scottish Athletics twitter page, and the Clubs own Twitter page @BancStoneAC . Make a note of closing dates if you are interested in entering. The main events are as follows:-

## **EAST DISTRICT CHAMPIONSHIPS (U13/15/17/20/Senior)**

If your child has competed previously in League events and is looking for a greater depth of competition, then these Championships are a great place to start. They are for all Clubs in the East of Scotland, and includes larger Clubs like Edinburgh AC and Aberdeen, so the level of competition will usually be higher than at RAM League events. This year they will be held over the weekend of Saturday 30<sup>th</sup> May/Sunday 31<sup>st</sup> May at Grangemouth Stadium. Look on the Scottish Athletics website for entry details. Entries will be on-line - you cannot enter on the day. The good thing about these Championships is that it gives a first taste of a higher level of competition. Athletes have to turn up at least an hour beforehand to register and there will also be a 'call room' where the athletes for each event have to be (20 minutes prior to the event for Track and 30-40 for Field.). For most track events, there will be heats, followed by a final, or semi-final and final, depending on the number of entrants. Athletes are led out to the track and field by an official. It is not as daunting as it sounds, but it is useful to know the procedure. If you think you might be interested in competing at these Championships it would be a good idea to speak to the Coaches and discuss it with them. \*Grangemouth Stadium has a Mondo track and spikes must be either 'christmas tree' or pyramid. They can be purchased from the reception there, or online.\*

## **NATIONAL COMBINED EVENTS CHAMPIONSHIPS**

These are for athletes who are keen to compete in multi events in one competition. They are held earlier in the season than the Age Group nationals, this year they will be on 11<sup>th</sup>/12<sup>th</sup> July at Scotstoun Stadium, Glasgow. Speak to Coaches if you would like more information or if you are considering entering. Under 13/15 males and females compete in Pentathlon. U17/20 Women Heptathlon. U17/20 men Decathlon. Information will be on Scottish Athletics website, enter online. No entries on the day.

## **NATIONAL AGE GROUP CHAMPIONSHIPS (U13/15/17/20/Senior)**

Last year, we had a number of athletes who did really well at these Championships. They are for athletes from Clubs all over the country, so to get to a final or win a medal is an excellent achievement. This year, U13/15/20 will be held on 22<sup>nd</sup>/23<sup>rd</sup> August at ASV,

Aberdeen. U17 and Senior Championships are on 8<sup>th</sup>/9<sup>th</sup> August at Grangemouth Stadium. Entries will be online. No entries on the day. Further information will be on the Scottish Athletics website nearer the time. Again, this is an event you have to enter as an individual. If you click on the Events page on the Scottish Athletics website, all the information you need will be there. If you're thinking about entering these Championships, it would be worth speaking to one of the coaches if you would like more information. But it is always good to compete against different athletes, and gain experience of different events. Most track events will have heats/semi-final/final, depending on the number of entrants.

**SUPERTEAMS for Under 12's** This is a national team event for youngest athletes, and is held on Saturday 20<sup>th</sup> June at ASV Aberdeen. This is a great local opportunity for our youngest athletes to compete as a team and have a lot of fun. At a **SUPERteams** event, teams of four boys or four girls compete in four events during the course of the day. Those events are a 75m sprint, shot or turbo javelin, long jump and then a 4 x 100m relay. Athletes must be aged at least nine years and the programme is spaced out under guidelines on recovery time for athletes in the U12 age groups. Clubs can enter as many teams as they wish but are initially only guaranteed an entry for two girls teams and two boys teams. The whole emphasis is on fun and enjoyment of run- jump- throw disciplines and it is a very popular day. The Club will issue reminders nearer the time as this is an event in which the Club enters and pays for the team entry. We would like a parent to take on the organisation of this please, and will put out a reminder nearer the time.

## **SCOTTISH SCHOOLS FOR SECONDARY AGE ATHLETES**

The Scottish Schools Track and Field Championships are a great event for Secondary Age athletes. This year they are on 12<sup>th</sup> and 13<sup>th</sup> June at Grangemouth Stadium.

**ENTRY IS VIA YOUR SCHOOL.** Some school PE departments need a reminder to enter athletes, so if you are keen to compete and meet, and meet or are close to, the SSAA entry standards, speak to your PE department. [www.ssaa.co.uk](http://www.ssaa.co.uk)

**Most of all, competing should be fun! Of course, it's always nice to win, or do well. But Athletics is much more than that. Setting yourself goals, running/throwing/jumping a new personal best, achieving a Club Standard, and being part of a team is just as important. So, if you are worried about competition, don't be. All that training is worthwhile when you step up and compete.**

For the 2020 Season, the Team Managers are:-

**Ram League Team Manager (girls)**

Elaine Crawford

**Ram League Team manager (boys)**

Rob Macleod and Annabelle Couthier

**YDL Team Manager (girls)**

Allie Darragh

**YDL Team Manager (boys)**

Rob Macleod and Annabelle Couthier

March 2020