



Ardee & District Athletic Club

Membership Form 2018

Membership fee €30.00

Maximum paid by any family €90.00

All new members need to submit a copy of their Birth Certificate. Fees include insurance.
Juvenile members may be represented at the AGM and any EGMs by parents/guardians.

Name:	
Date of Birth:	
Home Address:	
Contact numbers:	
Email address:	

If under 18, parent/guardian's contact number and email address to be provided above)

Emergency contact number(s):	
------------------------------	--

<input type="checkbox"/>	I agree to abide by the Rules and Constitution of Ardee & District A.C. and The Athletic Association of Ireland (available via our website www. Ardeedistrictac.com)
<input type="checkbox"/>	I agree to notify the relevant coaches as soon as possible if I develop an injury or illness.
<input type="checkbox"/>	I agree to the use of my photographs by Ardee & District A.C. in newsletters, newspaper reports and on the Ardee & District A.C. Facebook page and website. I understand that my personal details (other than my name) will not be released.
<input type="checkbox"/>	I have read and signed the Athlete's Code of Conduct and, if under 18 years of age, my parent/guardian has read and signed the Parent and Guardian's Code of Conduct.

Any health conditions we should be aware of:	
--	--

<input type="checkbox"/>	I consent to Ardee & District A.C. storing the above health information in relation to myself/the athlete I am a guardian for.
--------------------------	--

You may withdraw your consent at any time, by contacting any member of the Ardee & District A.C. Committee and requesting same.

Signature of athlete	Signature of parent/guardian (if athlete is under 18 years of age)	Date
----------------------	---	------

CHECKLIST – To complete your membership the following should be provided:

<input type="checkbox"/> Completed Membership Form	<input type="checkbox"/> Membership Fee	<input type="checkbox"/> Birth Certificate (if joining the club for the first time)
<input type="checkbox"/> Signed Athlete's Code of Conduct	<input type="checkbox"/> Signed Parent/Guardian Code of Conduct (if athlete is under 18 years of age)	

Registrar: Trudi McGuinness / mcguinnesstrudi@gmail.com / 087 2967835

Coaches: Trudi McGuinness; Deirdre McMahon McCormack; Darren Weldon; Brendan Hoey; Michael (Mudger) McCarron; Tracey McCarron; Derek Gillespie; Peter Carolan; Pauline Breslin; Paula Dooley; Rob Kelly; Aisling Halpenny; Mari McDonnell.

CCO: Alice Turley

For further information in relation to your data protection rights and to see what data we collect, why and for how long, please see our Data Privacy Statement, which can be found on our website www.ardeedistrictac.com.



Ardee & District Athletic Club

Code of Conduct

Athletes Code of Conduct

Sport should be safe, fun and conducted in a spirit of fair play.

As a young person you are entitled to the best possible environment to participate in sport. You deserve to be given enjoyable, safe sporting opportunities, free from abuse of any kind. You have rights, which must be respected, and responsibilities that you must accept. You should always treat other athletes and team leaders with fairness and respect.

You are entitled to:	You should always:	You should never:
<ul style="list-style-type: none"> ▪ Be safe and to feel safe. ▪ Be listened to. ▪ Be believed. ▪ Be treated with dignity, sensitivity, and respect. ▪ Have your voice heard in your sport. ▪ Participate on an equal and non-discriminatory basis. ▪ Have fun and enjoy your sport. ▪ Experience competition at a level at which you are happy. ▪ Make complaints and have them dealt with. ▪ Get help against those who bully. ▪ Say No. ▪ To protect your body. ▪ Privacy and confidentiality. 	<ul style="list-style-type: none"> ▪ Treat all group or team members and your Sports Leaders with respect. ▪ Act fairly and responsibly at all times, do your best. ▪ Respect other group or team members. ▪ Respect opponents and be gracious in defeat. ▪ Abide by the rules as set out by the group or team you are with. ▪ Support and assist where appropriate with the running of your group. 	<ul style="list-style-type: none"> ▪ Cheat or seek to gain an unfair advantage. ▪ Intimidate, use violence or physical contact that is not welcome. ▪ Shout at, use bad language or argue with another person unreasonable. ▪ Cause harm to or damage property. ▪ Bully or threaten another person online or offline. ▪ Take banned substances or consume alcohol or recreational drugs. ▪ Spread or circulate rumours online or offline about another person. ▪ Tell lies.

Parents and Guardians Code of Conduct

Athletics should be safe, fun and conducted in a spirit of fair play.

Parents/guardians should:	Parents/guardians should never:
<ul style="list-style-type: none"> ▪ Encourage your child to learn the rules and play within them. ▪ Discourage unfair play and arguing with officials. ▪ Help your child to recognise good performance, not just results. ▪ Set a good example by recognising fair play and applauding good performances of all. ▪ Publicly accept officials' judgments. ▪ Support your child's involvement and help them to enjoy their sport. ▪ Use correct and proper language at all times. ▪ Encourage and guide performers to accept responsibility for their own performance and behaviour. 	<ul style="list-style-type: none"> ▪ Force your child to take part in sport or put undue pressure on your child to please or perform well. ▪ Punish or belittle a child for losing or making mistakes. ▪ Ignore or dismiss complaints or concerns expressed by a child which relate to his/her involvement in athletics. ▪ Treat the club as a child-minding service. Ardee & District A.C. requires that athletes must be aged 5 and upwards. [Parents who are volunteering their time with the club (as coaches/committee members) may bring athlete's siblings under 5 years of age, but the parent is required to be in attendance at all times and maintains full responsibility for their child/children].

Please keep this page for your own record.

Please return this signature page with your Membership Form and retain both the Athletes Code of Conduct & Parents and Guardians Code of Conduct on Page 2.

Athletes Code of Conduct:

I have read, accept and kept a copy of the Athletes Code of Conduct as set out by Athletics Ireland and Ardee & District Athletic Club.

Signature of athlete	Signature of parent/guardian (if athlete is under 18 years of age)	Date

Parents and Guardians Code of Conduct:

I have read, accept and kept a copy of the Parents and Guardians Code of Conduct as set out by Athletics Ireland and Ardee & District Athletic Club.

Signature of parent/guardian	Date



Ardee & District Athletic Club

www.ardeedistrictac.com  

JUVENILE TRAINING

- **Track & Field Training (from 5 years of age / or the date of your child's 5th birthday)**
 - **Dates/Time/Location** - March to August (after daylight savings in March, every Tuesday & Thursday, 6.30-7.30pm @ the Boys' School Field.
 - **Drop Off & Pick Up** - In the interest of the safety of all our children - **All athletes aged 11 and under must be signed in and signed out by a parent or guardian** inside the gates to the Boy's School Field. All athletes aged 12 and over can sign themselves in and out (**however, older siblings cannot sign for younger siblings**). Remember, the Boys' School Field is on the N2, the 2nd busiest road in Ireland... *so help us to help you keep all our children safe.*
 - **Attire/Refreshments** - Please bring a bottle of water, clearly marked with your child's name and please remember to bring your bottle home. All athletes must wear comfortable runners and sports clothing, weather appropriate. (Competitive 'long jumpers' can change into their spikes) Remember, we do not train in our spikes.
- **Warm Up @ 6.30pm sharp** - Please try to be on time as it is crucial that all our athletes complete a full warm-up before training commences.
- **Cancelled Training** - In the rare event that a training session is cancelled a text will be sent to all parents & a notice posted on our Facebook page, please like us to stay updated.
- **Cross Country Training (from 7 years of age)**
 - **Dates/Times/Location** - September to March, every Tuesday & Thursday, 6.30- 7.30pm @ the training pitch behind St. Mary's Club Rooms.
 - **Drop Off & Pick Up** - St. Mary's Car Park can be very busy at times and in the interest of the safety of all our children we require that all parents park up & bring their children to the drop off/collection point behind the bollards between the Astro Pitch and the Clubhouse. Athletes must wait here until the floodlights are turned on.
 - **Attire/Refreshments** - Please bring a bottle of water, clearly marked and wear comfortable runners and sports clothing, weather appropriate.
 - **Floodlights** - A contribution for the payment of the use of the floodlights @ St. Mary's GFC is required - €1 per athlete per night or €2 per family per night.
- **Competition**
 - All events attended by Ardee & District A.C.'s juvenile athletes are AAI approved and all competitors must be Club & AAI registered.
 - All athletes must wear a Club Singlet at all AAI approved events, this is compulsory. For 'new comers' a plain white T-shirt would suffice until a Singlet is purchased – other club t-shirts, zippies & tracksuits can also be purchased through the club.
 - Spikes are optional but advisable especially for competing members and at cross country events.

Please see our Website's [Upcoming Events](#) pages for more details on attending an event and the list of Track & Field and Cross Country competitions attended by Ardee & District AC