



Ardee & District Athletic Club

Membership Form 2019

Membership fee €40 (€30 for Ages 5 to 7 in 2019)
Maximum paid by any family €120.

Fees include insurance.

All new members need to show their Birth Certificate. [Seen by Club Official Signed]]

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 agree to my mobile contact number being listed on the club's adult WhatsApp group. <i>[For Adult Members (over 18) only]</i> |
| <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. |

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| Any health conditions we should be aware of: | |
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|--------------------------|---|
| <input type="checkbox"/> | I consent to Ardee & District A.C. storing the above health information in relation to myself/the athlete I am a parent of or guardian for. |
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You may withdraw your consent at any time, by contacting any member of the Ardee & District A.C. Committee and requesting same.

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| | | |
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Signature of athlete

(all ages from Juveniles to Seniors)

Signature of parent/guardian

(signed, 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) | |

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

Coaches: Trudi McGuinness; Derek Gillespie; Brendan Hoey; Michael (Mudger) McCarron; Deirdre McMahan McCormack; Peter Carolan; Pauline Breslin; Aisling Halpenny; Aurimas Ruškys; Mari McDonnell / Chief Compliance Officer: 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.

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 <i>(all ages from Juveniles to Seniors)</i> | Signature of parent/guardian <i>(signed, if athlete is under 18 years of age)</i> | 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 |

Parents and Guardians' Competition Commitment Form:

Please ✓ and **SIGN** to confirm your commitment to entering your child at the Cross Country and Track & Field Events listed below. As part of your child's athletic experience at our club all our juveniles from U8 years of age are encouraged to compete in the following 11 out of a possible 33 events throughout the athletic year - See separate list attached. Failure to ✓ and confirm, your child will not be entered into these competitions. Please note, the dates and times listed below are to be confirmed, however these events are usually held on the same weekend every year.

Ages as at the 31st of December 2019: U8/born 2012, U9/born 2011, U10/born 2010, U11/born 2009, U12/born 2008, U13/born 2007, U14/born 2006, U15/born 2005, U16/born 2004, U17/born 2003, U18/born 2002, U19/born 2001.

| Events | Dates & Times <i>(to be confirmed)</i> | Age Groups | | <input checked="" type="checkbox"/> |
|---|---|--|----|-------------------------------------|
| The Ras na hEireann CC | 12noon Sun Feb 17 th | U9 up / uneven ages | 1 | |
| Pre-Louth Championships | 11am Sat April 27 th | U8 up / all ages | 2 | |
| Louth Track & Field Championships (A 3 Day Event) | 6.30pm Thur May 9 th 11am Sat May 11 th 11am Sun May 12 th | U12 up / all ages U12 up / all ages U9 up / all ages | 3 | |
| Leinster Track & Field Championships – TEAMS | 10am Mon June 3 rd | U9 to U15 / all ages | 4 | |
| Leinster Track & Field Championships – PAIRS | 10am Sat June 8 th | U9, U10 & U11 only | 5 | |
| Leinster Track & Field Championships – INDIVIDUALS | 10am Sat June 8 th 10am Sat June 15 th 10am Sun June 16 th | U12 & U13 only U12 to U19 / all ages U12 to U19 / all ages | 5 | |
| Ardee & District AC Open Sports Day | 1.30pm Sun Aug 25 th | U7 up / all ages | 6 | |
| Louth Cross Country Championships – Day 1 | 12noon Sun Oct 6 th | U10 up / even ages + an U8 non-championship race | 7 | |
| Louth Cross Country Championships – Day 2 | 12noon Sun Oct 13 th | U9 up / uneven ages | 8 | |
| Leinster Cross Country Championships - Day 2 | 12noon Sat Oct 26 th | U10 up / even ages + an U8 non-championship race | 9 | |
| Louth Cross Country Relays | 10.30am Sun Nov 3 rd | U10 up / even ages | 10 | |
| Leinster Cross Country Championships - Day 3 | 12noon Sat Nov 9 th | U11 up / uneven ages + an U9 non-championship race | 11 | |

| | |
|-------------------------------------|-------------|
| | |
| Signature of parent/guardian | Date |

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 3.



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.



Ardee & District Athletic Club

Ph: [085 765 4578](tel:0857654578) / 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 (following daylight savings in March), every Tuesday & Thursday, 6.30-7.30pm @ the Boys' School Field (opposite the church).
 - **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 message 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 Ardee St. Mary's Clubhouse.
 - **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 @ Ardee 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.
 - Our website's 'Upcoming Events' has more details on attending an event and the list of Track & Field & Cross Country competitions attended by Ardee & District AC.

COMMUNICATION: download WhatsApp and save 'Ardee & District AC' 085 765 4578 to your phone as you may receive 'data protected' WhatsApp broadcasts on training & competition.