



HILLINGDON

Athletic Club

is a very friendly community club based in Ruislip & Uxbridge, Middlesex, United Kingdom



RUN
JUMP
THROW

Dear member

Welcome to Hillingdon Athletic Club!

At Hillingdon Athletic Club we welcome new members of all ages, abilities, race and social background throughout the year. Whether you are new to athletics or an experienced athlete, if you want to be involved in an enjoyable sport and get fit then Hillingdon Athletic Club is committed to helping you achieve your full potential in athletics in a safe and fun environment.

Our Members 'welcome pack' gives complete details on all aspects of Hillingdon AC, to ensure you understand the terms of membership and how you as a member can get involved in the different aspects of club running. Please play your part by reading the documents, following the instructions, completing and returning the forms to your coach.

Our key message is that Hillingdon AC is a competitive club in amateur athletic events. The Club's coaches give up their time freely to coach, particularly the club's young athletes, so we do expect that, in return, athletes compete for the club when asked to do so. This helps the coaches assist our athletes to be as competitive as they can be, and to benefit from the competitions they enter.

So, competition should be fun and rewarding! However we must point out also that the athletics competitions, road or cross country events may have a limited number of places for each club, so it's important to get along to some of the events which we make available to you.

Further information including Club news, upcoming fixtures, results and performance tables can be found at our website www.hillingdonac.co.uk.

We hope you enjoy being a member of Hillingdon AC, and look forward to seeing more of you.

Yours in sport

Hillingdon Athletic Club

Enclosures of members pack:

Section 1: Membership.

Although there seems a lot to read, it's all common sense and useful information that will help you get the most out of your athletic club.

Section 2, Performance

Full of useful information and advice to help you get the most out of athletics and become a better athlete. Please use this information to train smarter and improve faster!

Section 3: Volunteering

We ask if you or your parents/carers can volunteer to help the Club. Without volunteers there would be no coaches, training sessions, team managers or competitions. There are lots of different ways you can help depending on your interests and what time you have to help. We need all members/parents/carers to consider how you can help your Club.