

Benefits to joining our Club

- Affiliation to all the leagues listed previously.
- Expert qualified coaching in a full field of events.
- Insurance cover whilst you are involved in 'athletic activities'.
- Competitiveness.
- Encouragement to have a healthy lifestyle.

Voluntary help:

Everyone involved at our club does so voluntarily. We would always appreciate help both alongside our coaching staff or at athletic meetings during the year. Interested and have some spare time then contact us.

Club Website:

Keep up-to-date with what is happening at the club at: www.middlesbroughac.org.uk

The website is updated on a regular basis with news items, sports headlines, reports and articles published by members.

www.middlesbroughac.org.uk



Club Headquarters:
Clairville Stadium, Park Road South, Middlesbrough, TS4 2RB
01642 246767



Middlesbrough Athletic Club (Mandale)

A quick guide

'A place for everyone'



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Our club was established on January 1st 1975, we are a fair and inclusive club, that provides an environment where all abilities can come and take part in training sessions.

By becoming an active participant, you will have the opportunity to lead a healthier life, while having fun. Based within Clairville Stadium, we attract members from Durham, Teesside and North Yorkshire.

Excel yourself, stimulate your goals!

In 2007 we were awarded 'Sport England Clubmark', in recognition that we are a child friendly quality club, having high standards in:



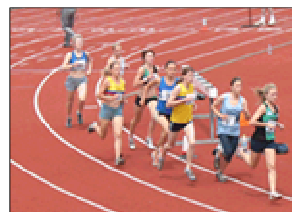
- Equal Opportunities
- Coaching
- Safety
- Management

Crave an active lifestyle?

What we can offer:

Male and Female coaches with a wealth of knowledge to guide athletes of all abilities, who are 'CRB Checked', experienced in cross-country, track and field, qualified to coach all ages in different disciplines including:

- Sprints
- Endurance
- Jumps
- Throws



Competitions:

Our athletes compete in the following leagues regularly:

- North of England Senior,
- UKA Young Athletes,
- National Junior Athletics,
- North Yorkshire and South Durham cross - country and track and field,
- Northern Championships,
- English Schools both track and field and cross-country.

Indoor competition is available throughout the winter but tends to be more individually based.

Club Colours:

When competing for the Club, the Club vest must be worn. You will only be allowed to compete: if you are a fully paid up member and produce your membership card when asked for by a Team Manager.



Club Development:

Ongoing courses are arranged in conjunction with England Athletics, for coaches, officials, including first aid, and child protection.

Code of Conduct:

We treat others with the same respect and fairness that you would wish to receive and uphold the same values off the field as you would when engaged in athletics.

Copies of the policies and charters, including child protection adopted by the club can be found on our website, in the information section.

Membership:

Runs from February 1st to the following January 31st, fees are detailed in the current application form, available for download from our website: www.middlesbroughac.org.uk

Coaching groups - times:

Meet at Clairville Stadium Tuesdays and Thursdays 18:00 - 19:30, plus sometimes at weekends, individual coaches may train on other days and at different venues.

