

TRACK STARS

Welcome to TRACKSTARS! EASTER VACATION 2020

Once again we are delighted to offer potential young athletes the opportunity to build on their sporting skills with Olympic Year 2020 getting up to full speed. We have organised similar camps over the past 20 + years at Wycombe Sports Centre and local schools. Thank you for choosing to join us this vacation and we look forward to sharing lots of wonderful experiences, from learning new Track & Field skills, to great games and relays, and not least to making new friends.

For the older athletes, this term we focus on 80 minute event specific skills sessions with school meets and league events starting as soon as this vacation is over. Brush up old skills or master some new events after a winter of conditioning.

We hope this Briefing will help you get the most from your experience.

LOCATION Little Marlow Athletics Complex
Marlow Road,
Westhorpe Farm Lane,
Post Code: **SL7 3RS**

DIRECTIONS If travelling from High Wycombe, from Junction 4, take the A404 towards Maidenhead, at the first major roundabout take the left turn towards Little Marlow and Bourne End on the A4155. Just about 200-300metres from the junction take the second right exit onto Westhorpe Farm Lane. The track is located immediately on the left hand-side as you enter the lane.

TIMES **Ages to 7 to 11 years**
Usual Times **09:30 – 15:20 hrs with dispersal at 15:30 hrs**
Please arrive about 5 mins before 9.30 registration each morning and about 15:25 for prompt collection at 15:30 at the end of each day

Ages 11 to 15 years *School Years 6 and above)
You should also arrive approx. 10 mins before your first activity is due to start. You should also complete a Permission Form. If you are not due to arrive until after the first scheduled activity of the day, then one of the Coaching Team will meet you at the entrance to the track at the scheduled start time.

EXTENDED HOURS We are unable to offer extended times at either end of the day for the Easter camps – these will return for the Summer camps.

DELAYED? If you are significantly delayed at either end of the day, (or are unable to attend at all due to illness, late return from holidays, etc) please contact either of the Mobile Numbers listed at the end of this Briefing. A text stating child's name and circumstances will be acceptable.

ON DAY 1 On arrival report to the Registration Desk which will be located in the Club Room in the main building, just past the Reception Desk. You will be asked to hand in the completed Registration Form (to follow) or if you were unable to print out / complete it prior to the first day, we will have copies available for you on arrival.

OTHER DAYS If your child is attending more than one day, on each subsequent day, your child must be registered with one of our Leaders in person or by your designated guardian where sharing lifts.

BUCKS SPEED DEMONS
Little Marlow Athletics Complex
Westhorpe Farm Lane
Little Marlow
Bucks SL7 3RS

TRACKSTAR! LEAD COACHES
MOBILE NOS
Alan Hewson 07762 252044
Helen Hinde 07772 150276
Email: speed.demons@live.co.uk

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LEAVING SITE	<p>No parents or other adults are allowed within the track boundary while activities are going on. As youngsters leave at the end of the day, they will be checked out on the Register at the gate having identified the persons responsible for collecting them. This includes families who are car-sharing.</p> <p>No child will be allowed to leave the site on their own without written permission handed in advance to one of the Managers / Lead Coaches. (We regularly get youngsters who live locally who may wish to eg cycle home – we are happy to facilitate this but only at the parent’s explicit written request and permission).</p>
Before the First Day	<p>Download the Athlete Permission Form (attachment to follow) and complete. If you are unable to print out copies in advance, we will have forms available at Registration to complete on the day. Ensure we know your child’s age and any relevant health or welfare issues – contact one of our Lead Coaches or email speed.demons@live.co.uk if you have any concerns.</p>
What your Child needs to wear	<p>Sports gear suitable for the prevailing weather conditions, any appropriate style / design acceptable.</p> <p>In warm weather: Hats and light t-shirts When it rains: We go ahead in the rain. Where practical, so rain jackets etc should be included in your kit.</p> <p>Trainers will be essential, but spikes will not be. In general, these will only be necessary for older athletes (aged 12+) doing more advanced sessions. Even then, regular training in spikes is more likely to cause injury and reduce the benefit in competitive situations.</p>
What else you need to bring	<p>Sunblock Water bottles (Refills available) Packed Lunch – no food available on site. Lots of energy and enthusiasm</p>
Lunch Time	<p>For the younger athletes attending a full day, each day this will be from 12 noon until 12.45 and will be in the Clubroom. This will usually include some “Quiet Time” with more chilled and laid back games or talent contests.</p> <p>This will be the only time when members of the Public (but specifically approved Serco Members) will be allowed access to the track for their own sessions while your child is on the site.</p>
Catering Options	<p>There is no café or cooked food available for purchase on site so you will need to bring a packed lunch. There is a microwave to which only the Leaders will have access and you can ask a Team Leader to prepare food if necessary. There is also limited space in the Fridge.</p> <p>Water refills are available at all times – your child just needs to ask a Leader to top up water bottles.</p> <p>There is no longer any form of working vending machines on the site.</p>
Breaks	<p>Besides the Lunch break, there will be regular breaks during the day after each activity block is completed.</p> <p>In addition, on days with strong sunshine, there will be additional sheltered beaks within the activity blocks because of the lack of shelter on the site.</p>

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