

Benfleet Running Club



BENFLEET JUNIORS RUNNING CLUB

"We worry about what a child will be tomorrow, yet we forget they are someone today."

www.benfleetrunningclub.com/juniors

The club provides athletic opportunities for young people between the ages of 8 and 15 years of age to receive coaching and competition in Road, Cross Country, Trail, Jumps and Throws events.

The junior club was formed in August 2007, and after starting our first session with 5 juniors we now have a membership of over 100 juniors and regular attendances of 60+ at our training sessions.

All coaching is by qualified coaches who are trained and have been screened for their suitability for working with young people, and have clearance through the Criminal Records Bureau Enhanced Disclosure policy.

Our policy has always been to have Volunteer Leaders, working alongside trained UKA Coaches and to progress these Leaders through the UKA Coaching development plan where appropriate. We have also utilised the DofE programme to bring U18 children through our volunteering programme.

We train twice a week, and also encourage our juniors to compete in local races. We also organise our own outdoor championships, as well as indoor challenges, cross country championships and more recently Quadkids and Sportshall events, via the Essex Athletic Network.

The club is fully accredited for Sport England's Clubmark, which is awarded to clubs by National Governing Bodies (NGB) when the club is able to demonstrate that it meets the NGBs criteria as to playing programme; safeguarding and protecting children; sports equity and ethics and club management.

Clubmark is an acknowledgement that we take these issues seriously and that we are striving to provide a high quality and welcoming environment for young participants in the sport. We gained our Club Mark status in February 2010, one of only 20 clubs in the Eastern area, which we are exceptionally proud of.

2011 sees us rolling out the new England Athletics 365 program, to further enhance and extend the opportunities for our juniors to flourish, and since Easter 2011 we have progressed 98 % of our children through White, and Red Stages, with many well on the way to their Yellow Stage wristbands by end of the year.

Although our Tuesday night club is full (with a waiting list) our Saturday training sessions (either cross country or track sessions) are open to all, and with extended club/school links with The Appleton School and The Eastwood Academy we plan to extend our training nights in 2012 to further enlarge and refine the club.

For more details please visit our website

www.benfleetrunningclub.com/juniors

Karl Cadman | Junior Club Coordinator

UK Athletics L2 Endurance Coach | UK Athletics L2 Throws Coach | L2 Gym Instructor

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