

FAQ's for U11's

1, What age is an U11?

School years 4 & 5 in the Spring & Summer and school years 4, 5 & 6 in the Autumn & Winter. In April, athletes in school year 6 move up to U13. Unfortunately, we cannot accept children younger than school year 4 but we do operate a waiting list.

2, When can my son/daughter join Southampton Athletic club?

They can join from the September they move into school year 4 onwards.

3, How much is it?

It is just £15 per year for those in the U11 age group.

4, What are the clubs values?

Very simply, they are fun, inclusion & competition. Whilst athletics is an individual sport, we recognise the value of being within a team environment and encourage this. Sports and athletics specifically, improve self-esteem and a Childs well-being. The variety of events involved means there is something for everyone. We encourage children to test themselves competitively against each other.

5, What does Membership offer?

You receive athletics coaching from qualified & CRB checked coaches in a safe & secure environment. The cost compares extremely favourably with memberships for other youth sports clubs. Athletics is a cheap sport. Membership is compulsory in order to compete for Southampton Athletic Club.

6, When and does coaching take place?

On a Wednesday evening from 6-7.30pm. In the Spring & Summer it takes place at the track at Southampton Sports Centre and in the winter indoors at Wyvern school. Occasionally this isn't convenient and we have 1 or 2 U11 members who train at other times and with other coaches but this is the exception rather than the rule.

7, What format does coaching take?

Coaching is about having fun, learning good basic athletic techniques and preparing young athlete's for competition. Coaching is carried out in the athletic disciplines of running, throwing and jumping. The format is based on UK athletics best practice with athletics based games followed by technical coaching in specific events and ending with a game. In other words, Play, work, play.

8, Are there any other costs?

A small charge is applied at coaching each week to cover the cost of the venue. The running track at the Sports Centre is administered by a registered charity Active Nation on behalf of the council. They charge a junior fee of £1.70 for the use of the track.

9, Can my son/daughter try athletics to see if they like it?

Absolutely. We recognise that at this age, children should try a variety of sports and we offer a 2 week coaching trial before we expect children to join the club.

10, Will it make a difference if my son/daughter does other sports?

Athletic ability is required in virtually any sport. This often underpins more technical skills but the ability to throw, jump & run is required in most sports. Athletics will help your child improve in whatever sport they do and we actively encourage children to take part in other sports as well as athletics.

11, What equipment/kit does my child need to bring and wear.

Simply a pair of shorts and sports top. They also need to bring a bottle of water to each coaching session. The only equipment we use during the sessions is howlers (soft throwing missiles) and relay batons and the club provide these.

12, Do they train in all weathers?

Once we move outdoors in the spring yes. There is little shelter at the Sports Centre and if it rains they will get wet so you should bring clothing to be prepared for this. Obviously we will be pragmatic if there is a deluge but athletics competitions don't usually stop when it rains.

13, Do they need running spikes?

The simple answer to this is no. Athletics spikes are expensive and don't last very long with how quick their feet are growing at this age. They will improve performance but are by no means essential at this age. If your child really enjoys athletics and will get good use out of them by all means buy them but a pair of good trainers is fine at this age.

14, Do they need a running vest.

Yes, the wearing of a Southampton AC vest is compulsory for all competitions. These are available in the portocabin near the Sports Centre running track at a cost of £17.

15, Are there competitions all year around?

Yes. There are quad kids competitions throughout the Spring & summer and a quadkids league called the Wessex league where the children compete as individuals and as a Southampton team. There are also Hampshire quad kid championships in May. In the Autumn and winter there is the Wessex Cross country league which run U11 races and the Hampshire Sportshall league. There is also a Hampshire Sportshall championships at the end of March. All these competitions can be viewed online.

16, How does my child enter these?

The U11 Team Manager will keep you updated with all the competitions. They will enter on your behalf for Team competitions and tell you what you need to do for the individual competitions.

17, Are the competitions far away?

Not too far away at this age group, with the majority being in and around Hampshire. You will need to make your own arrangements to travel to competitions.

18, Who runs the U11's?

Andy Fisher is the Team Manager and Geoff Davies is the Head coach. If you have a question about an event or competition ask Andy, if you have a question about your child's performance ask Geoff. Both are very approachable.

19, Do I need to sign anything?

To become a member of the club you need to complete a membership form. These are available in the portocabin or from the club website. You also need to sign a medical form to let us know if your child has any illnesses or allergies (only once) and before each session you need to tick the register. Both of these are in the portacabin.

20, How do I track my son/daughters progress?

The coaches will keep a record of performance and after each competition the results will be available on the relevant website.