



COACHING POLICIES

All Athletes

- Should (where possible) be members of an Athletics Club affiliated with Queensland Athletics (insurance benefits apply).
- Are required to participate in warm-up & warm-down activities
- Should endeavour to arrive at least 5 mins before their session start time
- Are required to report any injuries or “niggles” to the Coach
- Should have training shoes/joggers, spikes where possible, water bottle, towel, hat, sunscreen, & extra clothing at all sessions. (Note: extra clothing, sunscreen, hat are relative to the season & time of day of the session).
- Should endeavour to have a high GI food or sports drink immediately following training.
- Should notify us of any change in contact details (including email)
- Are required to respect ALL users of the track & running paths
- Will advise the Coach if they are going to be away from sessions
- Will advise the Coach of their other sports & physical activities, so that this can be taken into consideration when designing training programs
- Will have a break of approx 3 weeks in December/January, & athletes who do not do cross country will usually have a break of 3-6 weeks in April/May as well.
- Will be assessed as to their suitability for our training programs at their first session with FutureSportZ, & then informed if they have a place.
- Will not change their technique/training program on advice from outside FutureSportZ without discussion with the Coaching Director (Tony).
- **Must commit to regular training attendance, preferably twice a week for distance/xc squad.**
- Should commit to attending regular competition opportunities at the Uni of Qld & other tracks.
- Cross country & Distance athletes are asked to compete regularly in cross country season.

All Coaches

- Will have a current ‘Blue Card’ for child related employment
- Will hold current coaching accreditation
- Will hold current membership of the Australian Track & Field Coaches Association
- Will hold current professional indemnity & public liability insurance
- Will be available to discuss your athlete & their athletics program.

Parents/Guardians

- **& senior athletes (18+) are asked to maintain their coaching fees account in credit (EFT details available on request). Charges at present are \$45 - individual session; \$22.50 per athlete - shared session, \$15 per athlete per squad session (where a squad place is available), additional siblings at squad attract a 33% discount. Fees are negotiable in cases of genuine need.** Notice will be given if charges are to change.
- Are asked to notify us ASAP if their child is unable to attend a session, regular training attendance is essential.
- Are welcome to observe training sessions. However please leave questions until the end of the session. Please be patient as a number of people may wish to speak to the Coach.
- Are asked to inform the Coach if they have objections to their child being videotaped or photographed by us.
- Agree that their child’s image & name can be used in FutureSportZ publications
- Acknowledge that whilst all care is taken, participation in FutureSportZ programs is at the client’s own risk.
- Are advised to contact FutureSportZ to check if sessions are on, if the weather is heavy rain or lightning.
- Are asked to read carefully & take note of the information in our regular newsletters.

FutureSportZ

- May review session times and/or days if necessary, including squad membership.
- Maintains the right to refuse to coach or accept any athlete due to obvious injury, disruptive behaviour, disrespect, bad sportsmanship, foul language or any other appropriate reason.
- Will endeavour to attend a number of meets & events in support of our athletes.
- Will ensure that all coaching staff are furthering their knowledge & updating their skills regularly.
- Will work to promote & encourage competition opportunities for developing athletes.
- Will produce & distribute a regular newsletter to athletes who are regular trainers.
- Accepts sponsorships to provide coaching & equipment scholarships to those talented athletes who might otherwise be unable to access professional coaching, & quality equipment.

Our Values

- Young people are of immense value to their families, themselves, & us as human beings, just for being themselves.
- Every young athlete will be cared for, & feel safe all the time.
- Our young athletes will have access to appropriate & timely coaching, expertise & advice.
- Every young athlete will be coached & trained in a competent & caring manner.
- Coaches at all times will be appropriate role models & mentors.
- Enthusiasm, encouragement, empathy, expectation, & effort are our watchwords.
- We're a champion in your athlete's corner!

Updated 4.6.09.