

## JUNIORS



**Skipton AC** has a junior section offering coached training sessions for boys and girls **aged 8-17**. The club has fantastic coaches (all of whom are DBS checked) and offer training, coaching and competition in:

Cross Country   Road Running   Fell Running

### Training

Sessions are currently held on a Tuesday between 6-7pm. We meet at Craven Leisure. In summer we meet at Sandylands but parents will be advised when this is the case.

Our annual junior membership fee covers all training sessions for a calendar year. There are individual as well as family membership options to consider. However, whilst we are fortunate that running is one of the more inexpensive sports to participate in, we are aware that some families are currently experiencing financial difficulties. We don't want any children to miss out on running due to financial reasons, so, for junior membership, we will waive the annual fee on a 'no questions asked' basis. All we ask is that you complete the membership form so we have the necessary details, and let us know, so that we don't chase you for the fees. There's no obligation to join immediately, just come along and try out for a few weeks, then if you like what we offer, sign up and become a member of Skipton AC and represent your club with pride!

**Contact** skiptonacjuniors@gmail.com if you have any questions about junior running.

The coaching team is:

### Lead Coach & Safeguarding Lead

- Hilary Seward **Assistant Coaches** - Mel Bradley - Emma Yiu - Joel Dalby - Chris Rose - Angela Dowbiggin

### Competitions/Races

As we've built up a junior membership, we have enjoyed entering some races. Having a race or a series of races to look forward to gives a focus in training and provides an opportunity to run against juniors from other clubs of similar ages and ability as well as having fun.

As a primary focus there is parkrun which are 5k runs held on Saturday mornings in areas of open space around the UK. They are open to all and free and easy to take part in. The local parkrun is at [Aireville Park, Skipton](#). The run starts at 9am. Check out the national website as well [www.parkrun.org.uk](http://www.parkrun.org.uk).



