

# Cumbernauld Amateur Athletics Club

# Membership Policy

**Behaviour**

At all times it is necessary that anyone associated with the Club, and athletics in general, abides by the Codes of Conduct as prescribed by the athletics governing bodies – UK Athletics and Scottish Athletics. The Codes of Conduct can be found in the [Welfare section](http://www.cumbernauldaac.org.uk/about/welfare/) of the club website (<http://www.cumbernauldaac.org.uk/about/welfare/>).

**Attendance**

Athletes are expected to attend training on a regular basis. For most members, this is typically once/twice per week on the core training nights (Mondays & Thursdays). They must report to the club registration desk on arrival at the school.

The club has a growing waiting list. The number of new athletes we can invite to join is restricted by an athlete-to-coach ratio. If you are a member but do not come to training, you are preventing another athlete from joining. For this reason, after an unexplained absence of 4weeks (for example, not due to injury), your membership will be reviewed and you may be asked to leave the club and apply to join the waiting list if you want to become a member again.

**Competing**

Cumbernauld Amateur Athletics Club is a competitive athletics club and we participate as a team in various leagues. Following selection meetings, teamer invitations are sent out to those athletes who make the team. It is important that these athletes confirm their availability as soon as possible so that reserves can be contacted if necessary. If you can no longer make an event, it is also important to let the team manager know at the earliest opportunity so that they can attempt to get a replacement. This is particularly important if you are part of a relay team, as the other athletes cannot compete if the squad is incomplete.

There is also an opportunity to represent the club at cross-country events and as individuals at District and National level as well as Open Graded meetings.

Every young athlete in the club can take part in the Club Championships and the NL Tri-Club Challenge - we strongly recommend participation at these fun events.

We expect all members to compete at least twice per year.

**Leaving the Club**

If you no longer wish to remain a member of the club, we would appreciate if you would email the membership secretary and let us know.