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# Juniors

# Welcome Pack

# 2024





**Bellahouston Harriers**

Nil Desperandum

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# Welcome

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## **An Introduction**

Welcome to Bellahouston Harriers. We hope that you and your child's experience is enjoyable and rewarding. This pack is designed to give new junior members, and their parents, an insight into how the club works. Also have a look at our [website](#) and our social media platforms via our '[Linkr.bio](#)' site, where you will find links for our Facebook, Instagram, X & YouTube accounts.



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**Vision Statement**

**Bellahouston Harriers will strive to ensure our athletes, coaches and volunteers maximise their individual potential in athletics.**

**We will always endeavour to create a fun, safe, friendly, positive, inclusive and supportive environment.**



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#### Membership

We recommend you bring your child along to sessions for up to 3 sessions, as our guest, to ensure they enjoy them before paying the annual fee, currently £10, which should be paid to:

Bellahouston Harriers  
Royal Bank of Scotland  
Sort Code 83-21-42  
A/C 00245852

Athletes who wish to take part in competitions also need to join Scottish Athletics. Details on fees and how to join can be found at <https://www.scottishathletics.org.uk/membership/>

#### Communicating with Parents

We manage all aspects of the club through TeamApp, which can be downloaded from our website. A parent/guardian of every junior member **must** be registered on TeamApp and your registration will be promptly approved by the club membership secretary. You should also email the membership secretary ([bellahoustonharriersmembership@gmail.com](mailto:bellahoustonharriersmembership@gmail.com)) with the name, date of birth, home address and emergency contact details for your child. You can also include any medical conditions that you consider relevant. The membership secretary will create the junior member's account and link it to your account, allowing you (but not your child) to book them into training sessions and send/receive communications from the club.



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[TeamApp download](#)

### TeamApp

Athletes are asked to sign up for sessions via TeamApp. We need to know who is coming so that we can make arrangements for the correct number of coaches and volunteers for each session. If you sign up and then can't make training for any reason, please let us know prior to the session commencing. This can be done via TeamApp by changing 'yes' to 'no'.

If you haven't already done so, please download and register with TeamApp now.



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#### Club Policies

These affect the club, athletes, parents, coaches and volunteers. All policies can be viewed on the club website [here](#). Everyone is asked to acknowledge these when joining or renewing, so parents please be familiar with these and explain them to your children where needed. In particular we would draw your attention to our [Codes of Conduct](#) and our [Child Safeguarding Policy](#). The Commitments section later in this document provides further details about what is expected of the Club, junior athletes and their parents/carers.

#### Welfare

The club's Welfare Officer is Kathryn Burningham and she can help those under age 18, or vulnerable adults, with any issues that may arise. She can be contacted on [bellahoustonharrierswelfare@gmail.com](mailto:bellahoustonharrierswelfare@gmail.com)

#### Training

We train on Tuesdays at Hutcheson's at Pollok Park (H@PP), meeting at 6.20pm for a 6.30pm start. In summer months our training

is generally in Pollok Park. In winter months our training moves to local well-lit streets.

On Thursdays we meet at the track at Hutcheson's School on Beaton Road, meeting at 6.45pm for a 6.50pm start.

#### Coaches

All our coaches are licensed by UKA and have valid PVG checks. To ensure we can deliver quality sessions our coaches have to observe ratio numbers. There are specific recommendations for the number of children supervised by an adult: for all children over 8 years of age the ratio is 10 children to 1 adult. In addition, we aim to have 2 adults present at each session. Therefore, the more help we have the more athletes we can include, so if you can help any coach, please let us know. Please be aware that everyone helping at our sessions is required to be PVG checked.



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#### Club Kit

For training purposes normal school PE kit is fine with a lightweight jacket and a drinks bottle. In winter months, for non-track sessions, fluorescent vest/bib/cross- straps must be worn. When competing, athletes must wear the club vest.

To purchase a club vest and other items such as hoodies, t-shirts. Please order and purchase these directly via [Migo Sports](#).

Migo Sports, 511 Clarkston Rd,  
Muirend, Glasgow , G44 3PN

#### Junior Age Groups

These are 8-11, 12-14, 15-17.

# Junior Pathway

Seniors ↑					
Group	Age*	Frequency	Session Content	Competition	What are we looking for?
Advanced Squad	15-17	2+ sessions per week *	Technique, strength & conditioning	Club events, school events, local events, plus relevant Scottish National events	Positive attitude, commitment, participation & leadership
↑	↑	↑			
Intermediate Squad	12-14	2 per week	Fun, technique, conditioning	Club events, school events, local events, plus relevant Scottish National events	Positive attitude, commitment & participation
↑	↑	↑			
Development Squad	8-11	1 or 2 per week	Fun, technique	Club events, school events	Positive Attitude & commitment & participation

\*Additional sessions would be outwith club sessions.



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#### Various Competitions

Throughout the year, we offer diverse competitions catering to different preferences. The Cross-country season, in particular, is known for its inclusivity, featuring numerous races tailored to specific Junior

age ranges. Additionally, we organise our own races within the Summer championships.

Specific details can be found in the tables below.

Junior Winter Championship - 2023 -20 24		
Race	Date/Location	Age ranges
<b>West District</b> XC Relays (Team of 3)	7th October 2023 Alexandra Park - Glasgow	U13 first leg, U13 / 15 second, U15 / 17 last leg.
<b>National</b> XC relays (Team of 3)	21st October 2023 Cumbernauld	U13 first leg, U13 / 15 second, U15 / 17 last leg.
<b>National</b> Short Course	4th November 2023 Lanark	U13**, U15, U17
<b>West League</b> XC	18th November 2023 Kilmarnock	U11* U13**, U15, U17
<b>West District</b> XC Champs	2nd December 2023 Strathaven	U13**, U15, U17
<b>West League</b> XC	20th January 2024 Bellahouston Park - Glasgow	U11* U13**, U15, U17
<b>Renfrewshire County</b> RR (Road race)	4th February 2024 (TBC) Gourock	U11* U13**, U15, U17.
<b>West League</b> XC	10th February 2024 Erskine	U11* U13**, U15, U17
<b>National</b> XC Champs	24th February 2024 Falkirk	U13**, U15, U17

\* = U11 range has to be 9+ on the day of the event.

\*\* = U13 range has to be 11+ on the day of the event.

The above race fixtures are largely broken down into the following areas:

**West District & West League** - Limited to the 57 local clubs that are within the West District.

**Renfrewshire County** - The XC events have not returned post-pandemic and are not shown in the table above (6 clubs based within this area).

**National** - Competitors race from the whole of Scotland.



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Junior Summer Championship - 2024						
No.	Event	Date	Day	Development Squad	Intermediate Squad	Advanced Squad
				8-11	12-14	15-17
1	3000m TT	18th April	Thur			X
	800m TT			X	X	
2	Springburn parkrun	27th April	Sat	X	X	X
3	Bella 2 Mile TT	13th June	Thur			X
	River side loop (600m)			X	X	
4	Pond TT loop Long	18th June	Tue			X
	Pond TT loop Short			X	X	
5	Bella 2 Mile TT	11th July	Thur			X
	River side loop (600m)			X	X	
6	Pond TT loop Long	16th July	Tue			X
	Pond TT loop Short			X	X	
7	Bella 2 Mile TT	1st August	Thur			X
	River side loop (600m)			X	X	
8	Pond TT loop Long	6th August	Tue			X
	Pond TT loop Short			X	X	
9	John McGough Mile	15th August	Thur			X
	Shorter format TBC			X	X	
10	Ruchill parkrun	31st August	Sat	X	X	X
11	3000m TT	15th September	Sun			X
	800m TT			X	X	
	Relay			X	X	X



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#### Championship Standings

Participants earn points for their involvement, with total points determining the championship winners. Summer events are scheduled for Tuesday and Thursday evenings to maximize participation, while winter events mostly occur on weekends.

A key difference is that all summer events are free to enter, whereas winter events are paid for by the club. Please avoid cancelling winter event sign-ups to prevent unnecessary costs to the club.

The championships are divided into three age categories, each with tailored distances and individual prizes.

#### Volunteering

The club is focused on developing our members to maximise their own potential. This applies not only to athletes but also to our coaches and volunteers. To enable us to achieve this we rely on help to run the club from our members, parents or other family members and indeed the wider community. Many of these volunteer roles require no previous athletics knowledge. Should you be able to assist, you will be supported by a more experienced member.

Contact [bellahoustonharrierssecretary@gmail.com](mailto:bellahoustonharrierssecretary@gmail.com) if you can assist.

Please be aware that everyone helping at our sessions is required to be PVG checked.

Regular training sessions are canceled on championship event nights. Please sign up through TeamApp.

Each TeamApp Championship event will provide specific details. For questions, use the 'BH Jnrs. Official Chat' on TeamApp or speak to a coach during drop-off on Tuesdays or Thursdays.

Juniors are encouraged to wear their Bellahouston Harriers club vests (Note: Vests are mandatory for all winter cross-country races).

We hope all juniors enjoy these events and see an improvement in their running performance.





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# Bellahouston Harriers' Commitments

### Commitments

As previously mentioned, club policies are very important as they provide guidance on how the club operates; as well as how members, volunteers and parents should conduct themselves. Our policies may

be viewed online [here](#). Additionally, our Commitments detailed below show how the club will develop our Junior members and what is expected in return from them and their parents/carers.

### The Club will...

- ✓ Endeavour to ensure that all our junior members have the opportunity to enjoy running in an environment free from discrimination, harassment, victimisation, intimidation and abuse.
- ✓ Provide a high standard of athletic instruction and training in a safe, secure, fair and enjoyable environment, and uphold the requirements of child protection legislation.
- ✓ Provide competitive opportunities for all our junior members.
- ✓ Promote positive values and qualities in our junior members.
- ✓ Communicate regularly, either by TeamApp, email or Facebook, details of events and relevant news.

### Junior Club Members will...

- ✓ Arrive regularly and promptly for sessions, with appropriate kit, ready to train.
- ✓ At all times be respectful to coaches, helpers, officials and other athletes and show respect to the venues that we use and the staff within them.
- ✓ Be attentive at all times to Bellahouston Harriers coaching staff and comply with their requests.
- ✓ Refrain from playing with or handling athletics equipment unless permitted to do so by Bellahouston Harriers coaching staff.
- ✓ Encourage and support team-mates in all club related situations.
- ✓ Display a positive and enthusiastic attitude and show commitment and responsibility for training.
- ✓ Regularly participate in competitive events and always give my best in every event.
- ✓ Behave appropriately at all times, including at Club sessions, competitions or when otherwise representing the club.
- ✓ Ensure I don't use my mobile phone during training sessions and at no point take or send inappropriate images or engage in inappropriate communication, with or about others.



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#### Parents/Carers will...

- ✓ Ensure that my child, and any other athletes for whom I am responsible, are left safely in the care of the Bellahouston Harriers coaches, and not left or collected outwith the club training facilities.
- ✓ Ensure that my child regularly attends the club training sessions. The aim should be a minimum of 3 sessions per month, for those who attend only one night per week. A minimum of 6 sessions per month for those who attend two nights per week.
- ✓ Ensure that my child arrives at, and is collected promptly from, training sessions.
- ✓ Ensure that my child arrives suitably equipped (i.e. training shoes, shorts, t-shirt, tracksuit or joggers/hoodie, cagoule, water bottle, etc) for the session he/she is about to participate in.
- ✓ Be aware that if my child occasionally requires to change into kit at the venue, before the session, changing facilities may be shared with adults.
- ✓ Keep my child from training if ill/injured and advise the coach accordingly in advance of any non-attendance at training or competition.
- ✓ Advise the relevant coach of any medication that my child is taking which may affect ability to train or performance.
- ✓ Contact my child's coach by TeamApp or email in advance to arrange a suitable time to meet before or after a training session if I wish to discuss my child's progress or any aspects of his or her training or participation in Club activities.
- ✓ Not dispute results at a competition, unless the coach agrees the results are incorrect.
- ✓ Where possible, actively support the Club with its efforts to ensure the smooth running of the Club (i.e. at fundraising events, parent helpers rota, transport to events, etc).
- ✓ Uphold the good name of Bellahouston Harriers and never bring the Club or the sport into disrepute.
- ✓ Display respectful attitudes, not use inappropriate language or be abusive or offensive to coaching staff, athletes, competitors from other clubs, meet officials, venue staff, other parents or the public during training sessions, competitions or any other Bellahouston Harriers activity.
- ✓ Regularly check TeamApp, email and Facebook for up-to-date information.
- ✓ Ensure that contact details are kept updated and membership fees are paid on time.

#### Links

If you have any questions you may find the answers at;

[www.bellahoustonharriers.co.uk](http://www.bellahoustonharriers.co.uk)  
[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

#### Email

General Club enquiries:

[bellahoustonharrierssecretary@gmail.com](mailto:bellahoustonharrierssecretary@gmail.com)

Membership enquiries:

[bellahoustonharriersmembership@gmail.com](mailto:bellahoustonharriersmembership@gmail.com)

Welfare enquiries:

[bellahoustonharrierswelfare@gmail.com](mailto:bellahoustonharrierswelfare@gmail.com)