

Rugby and Northampton Athletic Club

Welcome Pack

Customised Plastic Folder

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Joining Information

Our Club

Rugby and Northampton Athletic Club promotes recreational and competitive athletics within our local communities. Our club is based across two training locations in Rugby and Northampton. Our club is proud to offer qualified coaching for Track and Field athletics, Cross Country, Road Running and Sports hall for athletes of all ages and abilities.

Rugby

Rugby Athletics Track is based at Queens Diamond Jubilee Leisure Centre in Rugby. Our track complex includes our clubhouse and an all-weather eight lane track with extensive throwing and jumping facilities to cater for levels of ability. Our club offers qualified coaching on Tuesday, Wednesday and Thursday nights, as well as developing younger athletes through our Saturday Track Club on Saturday mornings.

Rugby Athletics Track: Queen's Diamond Jubilee Centre, Bruce Williams Way, Rugby, CV22 5LJ.

Northampton

Northampton Athletics Track is based at Moulton College in Moulton. Our track complex includes our clubhouse and an all-weather eight lane track with extensive throwing and jumping facilities to cater for levels of ability. Our club offers qualified coaching on Tuesday and Thursday nights.

Northampton Athletics Track: Moulton College, West Street, Moulton, NN3 7RR.

Membership

Our club membership is open to athletes of all abilities over eight years old. We offer a number of membership options to cater for all age groups.

Individual - Membership Fee: £150 (£25 Joining Fee)

Individual membership allow full use of our club facilities across both training locations in Rugby and Northampton. New members will receive a Welcome Pack and Club Vest.

Family - Membership Fee: £300 (£25 Joining Fee per Family Member)

Family membership (three or more family members) allow full use of our club facilities across both training locations in Rugby and Northampton. New members will receive a Welcome Pack and Club Vest.

Mens Running Group - Membership Fee: £75

Mens Running Group membership allow limited use of our club facilities across both training locations in Rugby and Northampton. New members will not receive a Club Vest.

Ladies Running Group - Membership Fee: £75

Ladies Running Group membership allow full use of our club facilities across both training locations in Rugby and Northampton. New members will not receive a Club Vest.

Road Runners - Membership Fee: £75

Road Runners membership allow limited use of our club facilities across both training locations in Rugby and Northampton. New members will not receive a Club Vest.

Student - Membership Fee: £75 (£25 Joining Fee)

Student membership (U20s and U23s) allow full use of our club facilities across both training locations in Rugby and Northampton. New members will not receive a Club Vest.

Concession

Our club provides a number of concessions for Over 65's, Coaches and Volunteers. Concession memberships allow full use of our club facilities across both training locations in Rugby and Northampton. New members will not receive a Club Vest. The following concession membership options are available:

1. Over 65s - Membership Fee: £75
2. Associate/Social - Membership Fee: £15
3. Coach and Volunteers - Membership Fee: £0 [Coaches and Volunteers who compete must pay a £14 England Athletics Registration fee]

Please Note: Annual membership runs from 1st April to 31st March. **Membership fees are payable in full or by five consecutive instalments by BACS or cheque.**

Induction

Our club provides a four week trail programme for all new young athletes in the U11 and U13 age groups. The trial programme will introduce the athletes to all track and field events suitable for their age and ability, and be led by our team of qualified coaches.

Once the trail programme is complete, the athletes will be introduced into multi-event groups for their appropriate age group where training sessions will be offered on Tuesday, Wednesday and Thursday nights.

To enquire about joining the trail programme, please contact <<induction@rugbyandnorthampton.ac.co.uk>>.

Training

Our club provides three training sessions per week on Tuesday, Wednesday and Thursday nights for athletes of all ages. All training sessions offer multi-event coaching for all track and field events led by our team of qualified coaches. As athletes show promise in specific events and commitment to training and competition, they are encouraged to train in an event specific groups and attend extra sessions.

Saturday Track Club offers an opportunity for younger athletes to train on an informal basis on Saturday mornings. The training sessions are open to members and non-members on a pay-as-you-go basis. The costs is £2 Members and £3 Non Members.

Tuesday	Wednesday	Thursday	Saturday Track Club
U13 Upwards	U11	U11 Upwards	U11 & U13
6.00pm to 8.00pm	6.00pm to 7.15pm	6.00pm to 8.00pm	9.15am-10.15am

Competition

Our club competes in a number of local and national leagues in Track and Field athletics, Cross Country, Road Running and Sports hall. The leagues cater for athletes of all ages and abilities from mass participation U12 League and Sports hall to senior British Athletics League and UK Women's Athletics League.

Visit our club website for all the local and national leagues where our club competes.