

**IMPORTANT: Your Club Needs Your Help!**

An urgent request for club members and family members/friends to join a rota of volunteer helpers to support the Thursday junior session (6.45 – 8.00) at Craigswood.

**Without extra assistance, this session will not be able to continue in its present form.**

**Current Situation**

In the last year we have seen continued growth of senior and junior track sessions. To match this growth, we need volunteers to assist with the increasing numbers attending the junior session.

With a wide range of ages, abilities and interests, it can be difficult to keep them all active and cater for everyone's interests.

**Aim**

Increase the number of coaches/assistants or helpers available on our coaching rota so we can:

- Offer a wider range of activities
- More appropriate athlete groups (age / stage of development)
- Increased athlete development
- Increased opportunities to participate
- Help coordinate and plan calendar of junior activities
- Better prepare athletes for competitions such as Forth Valley League

To achieve this, we need a regular group of volunteers who can assist with activities, under the guidance of Coach Martin Leadbetter.

Volunteering is a great way to learn new skills, build self-confidence, support your club and have fun. By volunteering anywhere from 1 to 4 hours a month you can help the continued development of our club and help ensure the long term future of our junior section.

All sessions are planned, you would only need to help with setting out equipment, supporting activities, keeping everyone safe/happy, offering encouragement and advice as necessary. **No experience Required!**

If you have an interest in gaining coaching qualifications, club funding is available.

The club would require you to undertake a PVG check, facilitated by welfare officer Julie Steel.

Scottish Athletics support volunteering from age 14+ , for younger volunteers it's a great way to develop their CV for Job or University applications or contribute to Duke of Edinburgh Award.

Please contact [martin.leadbetter@outlook.com](mailto:martin.leadbetter@outlook.com) or text me on 07913948580 if you are interested or have any questions about it all.

Martin Leadbetter  
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Athletics Coach

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Endurance Group Coach