

Glasgow 2014 Athletics Squad – Conditions of Membership.

Qualification

Athletes MUST satisfy Condition 1 and 2.

1. First Claim member of a Glasgow Club or a Glasgow Resident.
First Claim will refer to Scotland.
Residency will be defined from the Register of Voters for all Wards that are contained within Glasgow City Council's boundaries.
2. Have achieved the relevant standard. Standards available on activeglasgow.com.

Non-qualification

1. Second Claim members of Glasgow Club.
2. Students who are not first claim members of Glasgow Clubs.
3. Membership of another Local Authority Athletics Squad.

Levels of Membership.

- Level I – Glasgow Resident who is a First Claim member of a Glasgow based Athletics Club.
- Level II – Glasgow Resident, who is not a member of a Glasgow based Athletics Club.
- Level III – Non Glasgow resident who is a First Claim member of a Glasgow based athletics Club.

Duration of Membership.

Athletes become members of the Glasgow Athletics Squad for three years, effective from the month of the invitation being offered.

Membership of other Athletics squads.

Athletes who are members of National Squads will be expected to participate in the Glasgow Athletics Squad Programmes. Each case will be reviewed individually.

Squad Meetings (1 hour meeting / out of class room if possible)

Four compulsory talks – 4 weeks notice to be given before talks.

E.g.

- i. Cooking class.
- ii. Coaching Session and talk.
- iii. Athlete talk tied in with Major events. (GB v USA, Indoor, 10K etc.)
- iv. Event specific Talk / Practical.

Note: Event Specific - The "Endurance Squad" is the Model we are supporting. Groups of coaches, striving to improve events: supported by GCC.

Coaching Sessions

- i. Plyometrics / Swiss Ball / Weight Training (athletes must attend all sessions if signed up)
- ii. Glasgow Training Sessions. (Junior Athletes accepting the invitation to join the Squad are expected to attend Glasgow Training Sessions and Junior Squad Camps. Non-attendance will mean these athletes being de-selected from the Squad.)
- iii. Athletes must complete four progress reports on training / fitness a year (compulsory).
- iv. Times to be identified for access to the Palace of Art for Glasgow Squad Members.

Competition

- i. Gaps to be left in open graded meeting for squad races.
- ii. Team Glasgow Competition for senior athletes. (Athletes must make themselves available for selection for Team Glasgow.)
- iii. National Junior League competition. (Athletes must make themselves available for Team Glasgow.)
- iv. Competition grants for recognised Meets outwith Scotland. (Athletes need to confirm in advance competitions not included in the Squad roster.)

Sports Science

- i. See attached information.
- ii. Equipment list to be given to athletes / coaches

Clothing

- i. Range of clothing and footwear to be made available to athlete / coaches.
- ii. All clothing shall be offered to athletes / coaches at cost price – no freebies – money better spent on competition grants etc.

Other

- i. Three monthly coaches meeting in event specific groups
- ii. Regular bi-monthly newsletter.