

# Worcester Athletic Club

## Membership

**HOW to JOIN** - The thought of joining an athletic club may be daunting. Don't be intimidated - we have members with a wide range of ability, age and commitment (many are non-competing members, who contribute their time and expertise).

You are bound to find someone in the club who is about the same standard as you. The club has a social aspect, with several family events a year and many of our running groups finish with a few drinks in the pub! We also travel together to races and competitions at weekends.

The best way to find out if you want to join us is to come along to a club night or run. You don't have to subscribe immediately to come running with us. Join us for a taster session or two to see if you like it? The training details for **senior members** are as follows:

- The club meets regularly at Nunnery Wood Sports Centre on Tuesday and Thursday evening at 7pm.
- A mixture of different ability groups train, so there is something to cater for everyone's needs. Some training groups also do a long run or track and field work on a Saturday or Sunday morning, but this is a more informal arrangement with those runners and coaches.

Just turn up around 30 minutes prior to sessions starting and report to the trackside tower building and ask for **Joan Turner** who will welcome you and direct you to a coaching group based on your interests.

Click [HERE](#) for our online Membermojo membership platform link or see below for a hard copy download.

Or email us at [memsec@worcester-ac.co.uk](mailto:memsec@worcester-ac.co.uk).

**JUNIORS** - Worcester AC has a thriving youth section. We welcome young athletes, male and female of all abilities, from age 10 and upwards. Our aim is to introduce athletics to young people in a fun and safe environment. Qualified coaches lead the training sessions, which provide gradual progression in the development of a wide range of skills, including running, jumping and throwing. Training sessions are held on Tuesdays and Thursdays throughout the year at the Nunnery Wood track.

- Tuesday & Thursday 6.00 - 7.00 pm: Children in school year 5 - see "Young Athletes" page for start dates
- Tuesday & Thursday 6.00 - 7.00 pm: Children in school years 6, 7 & 8
- Tuesday & Thursday 7.00 - 8.00 pm: Children in school years 9 - 12

Additionally, there are specialised training groups for sprinting, endurance running, race walking, long jump and circuit training for young athletes (usually Under 15s and upwards) who are committed and ready for further development. Young athletes are given ample opportunity to compete in track and field, race walking, indoor Sportshall athletics, road relays and cross country.

For further information or to place your child's name on the waiting list (if aged 10 or above), contact Gill Stewart - email [youngathletes@worcester-ac.co.uk](mailto:youngathletes@worcester-ac.co.uk)

If you are already committed to joining the athletics fraternity - [download a membership application form](#) and return it completed, with the appropriate fee to any committee member or by post to:

Chris Crosswell - Membership Secretary  
Worcester Athletic Club  
32 Northfield Street WR1 1NS

Membership of Worcester Athletic Club requires that all athletes, parents/carers, coaches, officials and club volunteers sign up to our Codes of Conduct – see below.