

## **GLENMORE A.C CLUB RULES**

- \*All athletes must make every effort to be on time for training sessions.**
- \*Warm ups are an integral part of training to avoid injury.**
- \*Athletes must participate in designated activities at training unless injured.**
- \*The use of bad language, spitting, physical assault, verbal abuse or name calling is unacceptable.**
- \*Athletes are requested to respect their fellow athletes, officials, competitors and coaches.**
- \*The track is not to be used during school hours.**
- \* Juvenile club training nights take precedence over individual training and outside groups**
- \*Equipment is for training and competition use only and no abuse will be tolerated.**
- \*All equipment must be returned after training session unless sanctioned by coach.**
- \*Children must also be accompanied to and from training sessions by an adult and must be collected promptly afterwards.**
- \*Athletes must wear appropriate training gear.**
- \*We ask that any athlete who receives a singlet and tracksuit from the club return these items, in the event of them leaving club, for someone else's benefit.**
- \*All juvenile athletes are advised that if they have any concerns for their safety, the child protection officers for 2010 are:**

**Phil Mc Ginn**

**Vicky Leahy**

**Terri Mc Keown**

**Leonard Grey**

**Mary Mac Artain**

**Grainne Hughes**

**The club is affiliated to Athletics Association of Ireland and adheres to the Irish Sports Council's Code of Ethics**