



## ARBROATH & DISTRICT ATHLETICS CLUB

Arbroath and District Athletics Club was established in 1978 and has been going strong since then with many of our athletes representing Scotland and also Great Britain in the various athletics disciplines.

We cater for athletes of 8 years and over, offering a broad range of athletics disciplines and also run a Runs, Jumps and Throws club for children aged 5 -8 years old, (see Little Athletics section for more details) .

Our teams compete in amongst others: the RAM league, the YDL league, the Mens league, the Womens league, Superteams and various cross country events throughout the year as well as holding our own Frances Ogg Pentathlon and Club Cross country events. We are affiliated to Scottish Athletics and athletes who compete with our squads at Scottish Athletics run events must register online with Scottish Athletics annually.

To become a member a potential athlete can contact us via the website, on the Facebook page or contact the Membership Secretary. We offer two free sessions and then the potential athlete will be given a membership form to fill out and asked to pay annual fees, which are £30 at the moment. Individual session costs are £3 pay as you go. We do have Waiting Lists for our U11 and U13 squads just now.

All athletes attend the club on Saturday 9-11 am at the track during the summer session and 9-11am in the Large Games hall during the winter session.

Athletes who are in our U11 and U13 squads also attend the club on Thursdays 6.30 -7.30pm at the track during the summer session and Thursday 6.45- 7.45pm at the astroturf during the winter session.

U15 squads upwards attend the club 6.30 - 9pm at the track and indoors on Tuesdays and 6.30-8.30pm at the track on Thursdays during the summer session and 6.45- 9pm on Tuesdays and Thursdays at the astroturf, and indoors for Physical Preparation during the winter.

We also offering 2 x 1 hour physical preparation sessions a week during the winter season, and 1 x hour a week, during the summer season.

We are a charity and run by volunteers .If you would like to assist with coaching, fundraising, officiating or time keeping at events (amongst the many jobs our volunteers do!) please contact us or speak to a coach.

**" When our legs are tired , we run with our hearts."**

### **Contact e-mails**

Membership Secretary – [adacmember@gmail.com](mailto:adacmember@gmail.com)  
Website – [adacweb13@gmail.com](mailto:adacweb13@gmail.com)