We are delighted to welcome you to this seasons TrackStars! Camps. Whether you are a regular or a first timer we hope you will enjoy the experience. To ensure the sessions go as smoothly as possible we are pleased to forward this Briefing guiding you through preparing for an reporting to our Little Marlow base.

We believe we can provide an enjoyable and educational format, allowing the young athletes to expend lots of energy while exploring the exciting world of athletics. Each day is a mix of learning, challenges and fun..

We welcome your feedback and suggestions at all times. You can simply contact me on the listed email or mobile number.

This is our eight year running this camp at this venue having organised similar camps over nearly 30 years at Wycombe Sports Centre and local schools. We are delighted you have chosen to join us and we look forward to sharing lots of wonderful experiences, from learning new Track & Field skills, to great games and relays, and not least to making new friends.

We hope this Briefing will help you get the most from your experience.

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| **LOCATION** | | | Little Marlow Athletics Complex  Marlow Road, Westhorpe Farm Lane, Post Code: **SL7 3RS** | | |
| **DIRECTIONS** | | | If travelling from High Wycombe, from Junction 4, take the A404 towards Maidenhead, at the first major roundabout take the left turn towards Little Marlow and Bourne End on the A4155. Just about 200-300metres from the junction take the second right exit onto Westhorpe Farm Lane. The track is located immediately on the left hands-ide as you enter the lane. | | |
| **TIMES** | | | ***FUN IN ATHLETICS (Ages 7 to 11 years) CAMP***  Usual Times ***09:30 – 15:20 hrs***  Please arrive no more than 5 mins before 9.30 check-in each morning and about 15:20 for prompt collection at 15:30 at the end of each day.  ***EVENT SPECIFIC SKILL (School Years 6 to 10) CAMPS***  4 x 80 minutes session units each day starting at 9.30, 11:00. 12:30 and 2:00pm  In each case, when arriving initially, please do not arrive more than 5 mins before the scheduled start of your first session. | | |
| **EXTENDED HOURS** | | | We are unable to offer extended times for the present. We hope to return to this option soon. | | |
| **ON DAY 1** | | | **Fun in Athletics Groups** On arrival an Activity Leader will direct you from the main gate to the Drop Off area. Athletes and parents will be directed to the Registration Area and then athletes to their designated leader for the day.  Parents will not be able to enter the Track Area. However, please let the Leader on Registration know if there are any changes to the details you have registered with us online.  **SKILL CAMPS**  9:30 Sessions will be directed to Registration. All later sessions should wait at the gate at entrance to track to be collected by the Lead Coach. | | |
| **OTHER DAYS** | | | ***Fun in Athletics Groups:*** On each subsequent day, your child must be checked in by a parent with one of our Leaders in person or by your designated guardian where sharing lifts. No further paperwork required. | | |
| **LEAVING**  **SITE** | | | No parents or other adults are allowed within the track boundary while activities are going on. As youngsters leave at the end of the day, they will be checked out on the Register at the track gate having identified the persons responsible for collecting them. This includes family groups who are car-sharing.  No child will be allowed to leave the site on their own without written permission handed in advance to one of the Managers / Lead Coaches. (We regularly get youngsters who live locally who may wish to eg cycle/ walk home – we are happy to facilitate this but only at the parent’s explicit written request and permission). | | |
| **What your Child needs to wear** | Sports gear suitable for the prevailing weather conditions, any appropriate style / design acceptable.  In warm weather: Hats - essential - and light t-shirts  When it rains: We go ahead in the rain so rain jackets etc should be included in your kit. Trainers will be essential, but spikes will not be. In general, these will only be useful (but not essential) for older athletes (aged 12+) doing more advanced sessions. Even then, regular training in spikes is more likely to cause injury and reduce the benefit in competitive situations. | | |
| **Lunch Time** | | | For the Fun in Athletics Day camps: Lunch each day this will be from 12 noon until 12.45 . This will usually include some “Quiet Time” with more chilled games or talent contests.  This will be the only time when members of the Public (but specifically approved Track Members) will be allowed access to the track for their own sessions while your child is on the site. |
|  | | | There are also no vending machines or any form of catering available. So youngsters must arrive with their own lunches and snacks which must not be shared.  Water refills are available at all times – your child just needs to ask a Leader to top up water bottles. |
| **Breaks** | | | Besides the Lunch break, there will be regular breaks during the day after each activity block is completed.  In addition, on days with strong sunshine, there will be additional sheltered beaks within the activity blocks because of the lack of shelter on the site. |

We hope your child thoroughly enjoys their time with us. On past experience, we know that kids who come to our Activity Camps return again and again.

**Should you have any queries please contact us on 07762 252044.**