

# TRACK STARS

## Welcome to TRACKSTARS! 2019

This is our fourth year running this camp at this new venue having organised similar camps over the past 20 + years at Wycombe Sports Centre and local schools. We are delighted you have chosen to join us this summer 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.

<b>LOCATION</b>	Little Marlow Athletics Complex Marlow Road, Westhorpe Farm Lane, Post Code: <b>SL7 3RS</b>
<b>DIRECTIONS</b>	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 handside as you enter the lane.
<b>TIMES</b>	Usual Times <b>09:30 – 15:30 hrs</b> Please arrive about 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
<b>EXTENDED HOURS</b>	If you have booked extended times at either end of the day please note the similar check-in times apply (Arriving at 08:25; collecting at 04:20). However, in the mornings, please note that we will not get access to the site until 08:25 so we will not be able to accept anyone arriving earlier than this time.
<b>DELAYED?</b>	If you are significantly delayed at either end of the day, (or are unable to attend at all due to illness, late return from holidays, etc) please contact either of the Mobile Numbers listed at the end of this Briefing. A text stating child's name and circumstances will be acceptable.
<b>ON DAY 1</b>	On arrival report to the Check-In Desk which will be located in the Club Room in the main building, just past the Reception Desk. We will confirm that we have all of your important details registered with us – see the "Before the Day" section below. Please let us know if there are any changes to the details you have registered with us online.
<b>OTHER DAYS</b>	On each subsequent day, your child must be checked in by you with one of our Leaders in person or by your designated guardian where sharing lifts. No further paperwork required.
<b>LEAVING SITE</b>	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 gate having identified the persons responsible for collecting them. This includes families 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).

### BUCKS SPEED DEMONS

Little Marlow Athletics Complex  
Westhorpe Farm Lane  
Little Marlow  
Bucks SL7 3RS

### TRACKSTAR! LEAD COACHES

#### MOBILE NOS

Alan Hewson 07762 252044  
Helen Hinde 07772 150276  
**Email:** speed.demons@live.co.uk

# TRACK STARS

## Before the First Day

### NEW FOR 2019

Once you book your place on the course we will send you a link and a password to an online registration form which will request your key contact details, relevant permissions, child's age and welfare / medical issues. This should be completed as soon as possible and ideally no later than 3 days before your booking starts.

If for any reason you are unable to complete the online form, please contact us on [speed.demons@live.co.uk](mailto:speed.demons@live.co.uk) so that we can help you out.

Once done, you will not need to complete any paperwork on the day on the course.

## What your Child needs to wear

Sports gear suitable for the prevailing weather conditions, any appropriate style / design acceptable.

In warm weather: Hats 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.

## What else you need to bring

Sunblock

Water bottles (Refills available)

Packed Lunch & snacks

Lots of energy and enthusiasm

Fridays often involve a lot of Water at the end of the day so a change of clothes or a large bin bag to sit on during the car journey home might be a good idea! Changing rooms are available.

## Lunch Time

Each day this will be from 12 noon until 12.45 and will be in the Clubroom. 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.

## Catering Options

There is no café or cooked food available for purchase on site so you will need to bring a packed lunch. There is a microwave to which only the Leaders will have access. There is also limited space in the Fridge.

Water refills are available at all times – your child just needs to ask a Leader to top up water bottles.

There are no vending machines on site.

## 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 breaks 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 either of the Mobile Numbers listed below**

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