Club Name

Information Pack

2016/17

[WWW.websitename.co.uk](http://WWW.websitename.co.uk)

# Welcome from the President

*Name, … Club President 2016-2017*

**A history of the club**

Club goals for 2016-17

As a club, we have set the aim to;

* LUCA aim
* BUC aim
* Other aims

**Your 2016/17 Committee Members**

**Glossary of Terms**

|  |  |
| --- | --- |
| LUCA | London Colleges Athletics Series |
| BUCS | British Universities and Colleges Sport |
| LCAS | London Colleges Athletics Series (Now: LUCA Outdoor Series) |
| LCL | London Colleges League: (LUCA Cross Country League) |
| ULAC | University of London Athletics Championship |
| UL | University of London |
| UH | United Hospitals |
| LCAC | London City Athletics Club |

**Membership Pricing**

All membership packages are available to purchase by visiting \_\_

**Training Schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Session** | **Time** | **Location** |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

**Training Plans**

**Training venues**

**Competition dates**

**Selection Policy**

**Kit**

**Socials**

**Socials throughout the Year**

**Athletics Christmas Dinner**

**AGM and end of season celebration**

**Get involved with LUCA**

London Universities and Colleges Athletics (LUCA) is the student and alumni run organisation that acts like a governing body for university athletics in London. Our club plays a key role in LUCA with members sitting on various organising committee.

LUCA is a really exciting, innovative and groundbreaking organisation. No other sport has its own region and university specific governing body. Hence being involved in LUCA can give your CV a real boost.

There are lots of ways of getting involved in LUCA in various different ways. We’ve outlined a few here;

**Join the News Desk**

LUCA has a news desk for student’s to write about anything athletics related. Articles are published on the front page of the website; [www.london-athletics.com](http://www.london-athletics.com). Many of our members have contributed to the news section. This is a really great opportunity for members interested in journalism, editing and media. Contact Emma Butcher ([emma.butcher.15@ucl.ac.uk](mailto:emma.butcher.15@ucl.ac.uk)) for more information.

**Volunteer at Events**

It is a requirement that we provide a certain number of volunteers to help LUCA events. These include; XC League Races (LCL), Indoor Champs, Outdoor Series, This Girl Can and the London Student’s Run. Volunteering at these events is always an incredibly fun and rewarding experience. Plus, it can help your CV!

**Attend the council**

The council is where big decisions about LUCA’s competition and development programmes are made. Representatives from all 20 LUCA clubs come to discuss ideas and vote on proposals. All members are welcome to come and be part of the discussion. See <http://www.london-athletics.com/about/council/> for more information.

**Join a committee**

LUCA activities are organised through sub committees that have a specific task (i.e, organise the Outdoor Series). You can get involved in these committees and help organise events by emailing [james@london-athletics.com](mailto:james@london-athletics.com).

**LUCA services for you**

In addition to providing competitions, LUCA provides services for individual members of clubs. These include;

**£15 Sports Massage**

LUCA’s partnership with the North London School of Sports Massage (NLSSM) brings you £15, one hour sports massages <https://www.facebook.com/groups/1540000406327821/?fref=nf> . Simply join the group, request a massage and get offers.

**Sportsshoes.com discount code**

Sportsshoes.com offers a 10% discount and free delivery on all orders from it’s website for LUCA members. The discount code changes each month and gets posted in the Facebook group. Keep an eye out for it!

**Officials Training**

Sportsshoes.com offers a 10% discount and free delivery on all orders from it’s website for LUCA members. The discount code changes each month and gets posted in the Facebook group. Keep an eye out for it!

**Coach Training**

Sportsshoes.com offers a 10% discount and free delivery on all orders from it’s website for LUCA members. The discount code changes each month and gets posted in the Facebook group. Keep an eye out for it!

**Volunteer opportunities**

Sportsshoes.com offers a 10% discount and free delivery on all orders from it’s website for LUCA members. The discount code changes each month and gets posted in the Facebook group. Keep an eye out for it!

**Strava Club**

If you use Strava to track your activity, make sure you join the LUCA club and see what other London students are getting up to!

**Communication**

**Social Media**

**Instagram**

Check out training and race pictures on our Instagram account;

**Twitter**

Mention @ your training and competition tweets!

**Facebook**

Join our facebook group and make sure you follow \_\_\_ too!

**Contacts**

General enquiries:

England Athletics Registration:

Welfare, inclusion and complaints:

Reimbursements:

**Awards & Colours**

**Alumni**

One of the best things about our club is that once you’ve left university, you can stay part of the club! That’s because we’ve worked with the other LUCA clubs to set up our alumni club, Motspur AC. Motspur is a club for all students and former students of LUCA affiliated clubs. That means you’ll meet and compete with students and ex-students from across London.

**Summer training and Competition**

The summer training and competition programme is operated by Motspur AC. Current students can joint Motspur for a discounted rate of just £10.