

Ballymena Runners Team Procedures

There are a number of running events where clubs have the opportunity to enter teams. This provides some background and describes how the club will support or select teams. In doing this Ballymena Runners is committed to fairness and respect for individuals.

To recognise the importance of teams of all abilities as part of our club we will subsidize or pay for entries for teams made up of club members who are participating in certain races, members will be advised of these well in advance.

TYPES OF TEAMS ?

- **Relay teams** in big events like Belfast Marathon and Larne Half Marathon – the team is entered in advance and you may have to hand over e.g. a wrist band at each change over.
- **Team awards** – in certain races such as the Seeley Cup 10k you don't have to enter a team as such. Points are awarded according to place for e.g. the first four finishers and on the basis of these first, second and third team prizes are awarded for men and women.
- **Championship races** – for example the Ulster Intermediates Cross Country in January or the Relay Championships usually organised by Orangegroove AC in late summer. There are strict rules for these with teams, including reserves, entered well in advance of the event and a procedure for substituting members.

WHY JOIN A TEAM ?

- Forming a team for a big event such as Belfast Marathon is a great way of experiencing the atmosphere of the race and may give you the confidence to take on the full distance another year.
- If injury has interrupted your training for the full event it might be wiser, if you have recovered from the injury, to run a leg of the full race instead as part of a team.
- Being part of a team can bring out your competitive edge as you strive to do your best for yourself, your team and the club.
- As a club we already have a great profile at many races through all the members who participate. The success of teams adds to our reputation as a club for all abilities, attracts new members and is something we can all be proud of.
- Even if you aren't on the 'top' teams you may contribute to their success if you beat rivals.

HOW TO BE PART OF A TEAM?

The Coaching Team will agree and advise members of the races which the club will target for teams in the following year by the end of November. It will confirm the support the club will provide for fees and make clear which events the club will coordinate entry for. (If a new team opportunity arises during the year the Coaching Team will agree whether the club will support team entry for that event).

Members' Team Entries

Where the club is not entering teams club members should enter themselves for races. If entries are to be subsidized bring evidence of team entry along to club on a Monday night to be reimbursed. If you are having difficulty completing a team for a club target race advise the Club Captains (Alastair Donaghy and Ruth Aiken) who will publicise the opportunity. Your first team event may seem challenging – particularly organising logistics on the day. Feel free to ask the Captains and Coaching Team or other members for advice. There are many other running based events and challenges and members can of course organise their own teams for any event. Be sure to share some pictures and tell us how you got on!

Club Team Entries Policy

- Members will be encouraged to participate in teams but will not be pressurized.
- Members who wish to be considered for team selection must be current and fully paid-up members of Ballymena Runners and registered with Athletics NI at least two weeks in advance of the team entry date. (Make sure the Membership Secretary, Lynn Tennant, knows that you need to be registered for the event and allow seven days for registration).
- Any information that individuals provide to inform selection will be treated in confidence by the Club Captains and Team Selection Committee.
- As entering teams for events and managing them on the day can be time consuming club members should assist Club Captains by replying quickly to all correspondence.
- Anyone who is entered for a team but unable to run must advise the Club Captains immediately to allow for a reserve to substitute.
- Any Team Selection Committee member who has a conflict of interest, e.g. they or a partner/family member wishes to be considered, will declare this and not be part of the decision making for the relevant team.
- Any Team Manager supporting Junior members (under 18) must have attended safeguarding training.
- If any member feels that they are treated inappropriately in team selection or management they should firstly raise this with a Club Captain. If they remain unsatisfied it should be brought to the attention of the Coaching Coordinator (Susanna Allen) who will seek to resolve it.

Club Team Entries Procedure

1. All members will be advised of upcoming team events which the club is coordinating entry for by the Club Captains. Everyone who would like to be considered must advise Club Captains by the date specified.
2. The Team Selection Committee is below. The Team Selection Committee selects teams based on those who have asked to be considered and current form. Form will be determined by a range of factors including, but not exclusively, recent race and training performances.
3. If there is a gap in a team the Club Captains may approach individuals once to find out if they are willing to make up the shortfall.
4. All those who ask to be considered for a team will be entered where there are sufficient numbers to make up teams.
5. The Club Captains will be responsible for team entries. A 'team captain' for each team will be identified to liaise with the relevant Club Captain.
6. The Team Manager will advise the Club Captains on team selection rules and deadlines for each race to ensure that selection and entries are carried out on time. They will also support the Club Captains on the day. The Team Manager will support the Performance and Track/Cross Country Coach in any preparation of teams for a competition.

TEAM SELECTION COMMITTEE

Performance Coach

Mark Alexander

Team Manager

Robert McGaughey

Track / XC Coach

Ray Curran