

K&CAC Junior Scholarship Programme

K&CAC welcomes all youngsters to our club. Some youngsters may want to attend just for fun. For those wishing to take their athletics more seriously, we have an optional Scholarship Programme...

- Minimum age 10 (Year 5, but Year 6 in September)
- Maximum age 16 (Year 11, but Year 12 in September)
- After at least 8 weeks of weekly attendance in any of our junior groups and displaying excellent attitude & behaviour, youngsters are welcome to join our 'K&CAC Junior Scholarship Programme'. Please note it is your responsibility to ask to join the programme.
- There are 3 Scholarship levels. Please see sheet below for specific details and enrolment requirements
- Each scholarship level has a 'target period' where coaches will monitor attitude & behaviour, attendance, training activities and races competed. During the target period, if a youngster fails to meet the required enrolment criteria, they will be given an extended period to meet all scholarship requirements before being awarded scholarship status.
- All our current Scholars have been training and competing with the highest possible attitude and effort for many months/years. Only junior athletes with this level of attitude and effort will be awarded Scholarship status. The Scholarship will not be awarded to athletes simply because they have attended regular sessions.
- If your child is awarded Scholarship status, there is an annual fee of approx. £20 (final amount TBC) per Scholar which helps to subsidise the training kit they will receive as a reward for completing their scholarship
- The K&CAC Coaches will answer any questions that youngsters or parents may have on training nights or if preferred feel free to contact us via email at scottbairstow1972@hotmail.com, jolewishome@yahoo.co.uk

K&CAC Junior Scholarship Programme

| <u>Scholarship Status</u> | <u>Description</u> | <u>Purpose</u> | <u>Conditions of enrolment</u> | <u>Kit awarded on completion</u> |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Junior Scholar | An entry level scholar recognised for commitment to training with and without the club | Reward for regular commitment to athletics Encouragement to start thinking as an athlete (regular training, regular racing/competing, training to improve) | 1st Claim membership paid in full | Full Zip training top Electronic training Folder |
| | | | Attend minimum of 1 club session per week | |
| | | | Train minimum of 2-3 times per week | |
| | | | Compete for K&C at least every other month | |
| | | | Outstanding attitude and behaviour | |
| | | | All above for a minimum of 12 weeks | |
| | | | Minimum age 10 (Year 6), Maximum age 16 (Year 11) | |
| Advanced Scholar | Junior athletes whose commitment extends to very regular training and racing | Recognition of a serious commitment to athletics Encouragement to prioritise athletics and have ambitions to improve and achieve within the sport | 1st Claim membership paid in full | Full zip training top Short sleeve training top Electronic Training Folder |
| | | | Attend minimum of 1 club session per week | |
| | | | Train minimum of 3-4 times per week | |
| | | | Compete for K&C at least once per month | |
| | | | Outstanding attitude and behaviour | |
| | | | All above for a minimum of 20 weeks | |
| | | | Minimum age 10 (Year 6), Maximum age 16 (Year 11) Minimum standard in chosen athletics disciplines meeting standard scholarship targets | |
| Elite Scholar | Junior athletes who train as hard as they can for their age and have a serious realistic long term ambition within athletics As well as commitment, these athletes must meet a minimum standard in their chosen athletics discipline | A reward for 100% commitment to athletics The club investing in high standard athletics with the long term view of future senior athletes performing for K&C An incentive for other youngsters inside and outside of the club to commit and be rewarded | 1st Claim membership paid in full | Full zip training top Short sleeve training top Half zip training top Electronic Training Folder |
| | | | Attend minimum of 1 club session per week | |
| | | | Train minimum of 4-5 times per week | |
| | | | Compete for K&C at least once per month | |
| | | | Outstanding attitude and behaviour | |
| | | | All above for a minimum of 20 weeks | |
| | | | Minimum age 10 (Year 6), Maximum age 16 (Year 11) Minimum standard in chosen athletics disciplines meeting standard scholarship targets | |

K&CAC Junior Scholarship Programme

K&CAC Junior Scholarship Standards – Ages U11s to U17s – All Track & Field disciplines

The K&CAC Junior Scholarship programme covers all Track & Field athletics disciplines.

To achieve Elite and Advanced Scholarship levels Junior athletes need to meet minimum performance levels for their chosen two disciplines.

These Scholarship target standards have been carefully selected aligned to current UK Athletics performance standards.

There are different standard targets based on Age Group and Gender.

The standards are purposely challenging whilst also achievable.

All K&CAC Junior Athletes who show a 100% commitment to their training should be capable to achieve these targets.

Please note that Juniors Scholars have to achieve the standard target times/performance for 2 athletics disciplines of their choice to achieve their respective scholarship status.

A detailed list of all the K&CAC Scholarship Target Standards for all age group and gender categories U11s to U17s is included as part of the Scholarship Programme package and information.

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Scholarship Kit and Training Folder

As a reward for completion of the K&CAC Scholarship programme the Junior Athletes will receive personalised scholarship kit and a highly informative electronic training folder.

The training folder covers huge amounts of detail on training guidance, race tactics, training plans, racing logs, nutrition guidance, injury prevention, rest and recovery advice, sources of inspiration and much more informative guidance.

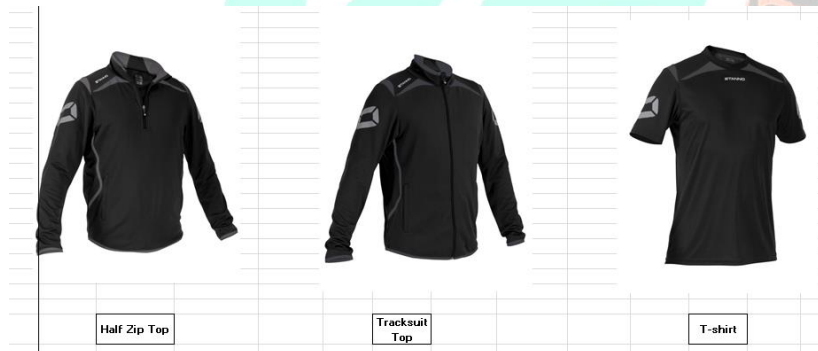
It has been carefully created to provide best practise supporting information to aid the development of all K&CAC Junior Scholars.

The kit is to be worn for club race events and training and will be part subsidised by the club with a small contribution from Scholar parents.

Some examples of the kit colours that have been awarded in previous years are shown below.

As a reward for achieving their Scholarship status we will let the Junior Athletes determine the kit colour for the future year by way of a collective vote.

2015/16 Scholarship Kit



2014/15 Scholarship Kit



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