



TRACK TRAINING AT GREEN POINT ATHLETICS STADIUM

1. AAC has been allocated two weekday slots: Tuesdays from 17:30 to 19:30 and Thursdays from 06:15 to 07:00.
2. The track is shared at the same time with CPUT (Sean Snyman's squad).
3. If AAC athletes prefer to train in the mornings when there is no event in progress they can request entry from security but they are not obliged to admit. Use of the track outside the allocated slots is a privilege not a right. NB The stadium track is not open on Sundays.
4. AAC is paying the lease/rental costs as a service to members. In the event that insufficient numbers are using this facility AAC reserves the right to call for cost contribution from actual users.
5. On occasions when 'events' are taking place (schools athletics, film shoots etc) access will be denied. Training will therefore take place on nearby fields or on the promenade.
6. Facilities include parking, toilets, changing rooms, the track itself and the grass field (pitch). Stadium lighting will be on in the winter when it gets dark.
7. Chris Readman will supervise and co-ordinate sessions at least initially. Professional coaches may be engaged in future according to demand and at terms to be agreed.
Chris: 082 808 4114 <patch@netactive.co.za>
8. Chris will not be responsible for writing individual programmes or keeping records.
9. Only AAC members whose names are on the security list held at the gate will be permitted to enter. To be added to the list or check your status email Sean Robson at info@atlanticathletic.co.za
10. The speed work sessions start at 18.00 after a briefing at 17.55. Arrive in time to warm up and stretch before the briefing.
11. Warm up by jogging on the road and forecourts around the stadium OR around the track (clockwise or anti-clockwise).
12. When warming up or jogging around the track use only the outside lanes.
13. Lanes 1 & 2 are for athletes at speed! Watch out for them coming up behind and move to lanes 3 & 4 to let them through.
14. Do not stand on the track. Move on to the grass or hard stand.
15. Be aware of field athletes on the pitch throwing javelins, shot, discus and hammers.
16. In terms of our lease athletes use the track entirely at their own risk and there is no recourse against Council or AAC for death or injury.
17. Track training is for everyone and AAC hopes to see members of all ages, abilities and aspirations. Runners will be put into groups and mini squads which as closely as possible have common goals and pace.