

## NANTES ATHLETIC CLUB - BEGINNERS' PROGRAM

<b>ORIENTATION PROGRAM –</b>	<b>10 MINUTE/KM GROUP -</b>
<p>* Visitors welcomed at first training session by exco member/chairperson/head coach</p> <p>* placed with Ammie/Cassiem</p> <p>*First two weeks</p> <ul style="list-style-type: none"> <li>- Welcome and congratulations by Orientation coaches</li> <li>- Visitors informed of content and objective of orientation program</li> </ul> <p>* Objectives:</p> <ul style="list-style-type: none"> <li>- to make newbies aware of the Nantes AC vision and activities</li> <li>- to make newbies aware of their responsibilities</li> <li>- to get them fit as soon as possible and inculcate a love for running</li> <li>- prepare them for the 4 week programme in preparation of their debut 5km and/or 10km runs</li> <li>- make them feel welcome at Nantes AC</li> </ul> <p>* Content of program</p> <ul style="list-style-type: none"> <li>- Twofold: information sharing and physical training</li> </ul> <p>* Physical training</p> <ul style="list-style-type: none"> <li>- basic running posture and techniques</li> <li>- stretching, strengthening, breathing and stamina exercises</li> <li>- walking and running short distances</li> <li>- focusing on completion – and not on competition</li> <li>- emphasise the importance of regular training</li> <li>- club/training/event attire – shoes, shoelaces, breathable sweater, sports bra, cap, head-light</li> </ul> <p>* Information sharing</p> <ul style="list-style-type: none"> <li>- Indemnity form to be completed</li> <li>- Nantes AC and ASA membership to be completed within 2 weeks and the costs involved</li> <li>- different activities at the club – members to get involved – training on Tuesday &amp; Thursday mornings and evenings, Monday wellness, weekend LSD runs, competitive running, kids &amp; Juniors, fund-raising, recognition awards evening, community outreach programs</li> <li>- different pace groups – warn against accelerated progression</li> <li>- Club constitution, policies, values to be adhered to, dispute resolution</li> <li>- Exco members of the club – portfolios &amp; names</li> </ul>	<p>* After 2<sup>nd</sup> week of orientation – new runners placed with Neil, but they must first show proof to Ammie &amp; Cassiem that they are registered Nantes members</p> <p>* Primary objectives:</p> <ul style="list-style-type: none"> <li>- fine-tuning of basic running skills</li> <li>- preparing runners for debut 5km &amp; 10km events during weekly training sessions and LSD runs</li> <li>- strengthening the Nantes culture, etc</li> </ul> <p>* Neil to decide on the content of the 4 week programme, focussing primarily on</p> <ul style="list-style-type: none"> <li>- training with a purpose</li> <li>- different training techniques</li> <li>- LSD runs</li> <li>- hints for competitive running</li> <li>- preparing for that first run – mental, physical, running gear, buying entry for a race, etc.</li> <li>- hints for event day – completion of race card – reporting at club gazebo after event</li> <li>- ensure runners are ASA registered</li> </ul> <p>*After 6 weeks (2 weeks with Ammie and 4 weeks with Neil) of training and completing their first 5 or 10km event, Neil &amp; Ammie &amp; Cassiem prepares a Certificate indicating that the member has successfully completed the orientation course. Chairperson of club to co-sign certificate of completion.</p> <p>* On completion of orientation course, Neil to decide on the pace group in which runners should be placed – introduce runners to their new coach</p>