

# WELCOME TO S-FACTOR ACADEMY'S INCLUSIVE SESSION

Supported by the Access Sport – Ignite Programme

Ladywell Arena, Silvermere Road Catford London SE6 4QX



**Session Day / Time:** Every Saturday morning @ 11-12pm (term time only).

**Price per session:** £2.50 – First session is **FREE!** (Non-disabled siblings train for **FREE**).

**Inclusive to:** Anyone with any disability, impairment and/or additional need - ASD, Learning disability/difficulty, sensory impairment, physical impairment, mental health conditions, behavioural conditions, and many more! we are also a deaf friendly club so everyone is welcome at S-Factor Academy.

**Reward scheme:** Your athlete will receive a reward card at their first session, your coach will sign this at the start of each session, once the athlete has attended 6 sessions they will receive their **FREE** gift (one or more of the following: club t-shirt with athlete name on, drawstring bag, wristband and/or water bottle)

**The club:** S-Factor Academy is entirely run by volunteers, new volunteers are always welcome to join us

**Main point of contact/Lead coach/disability coordinator:** Adam Thomas, Adam is a UK Athletics level 2 qualified coach, inclusively trained and first aid trained. Adam is also the clubs disability coordinator and will be your main point of contact for weekly sessions/coordination of special events. Any problems or questions please contact Adam directly.

**The team:** Adam is supported by an awesome group of friendly inclusively trained coaches & volunteers.



	Adam	Vicky	Rhona	Niki
<b>Favourite sport</b>	Athletics & BMX	Ten pin bowling	Roller Derby	Gymnastics
<b>Favourite music</b>	Indie & Rock	Pop & Rock	Rock & Punk	Indie & Rock
<b>Fun Fact</b>	Adam can juggle & can throw the javelin very far!!	Vicky is a scuba diving instructor	Went sky diving in Australia	Seamstress in the west end wardrobe department
<b>Favourite thing about S-Factor</b>	Seeing athletes progress each week, throwing & jumping	Helping Adam set up games & activities and seeing athletes progress	Fun games & making friends	Relay races & meeting new people
<b>Hobbies</b>	Riding my bike & watching sports films	Going to the theatre & trying new restaurants	Music concerts	Playing Mario Kart
<b>Favourite food</b>	Chinese	Mexican	Pizza	Hot cross buns

**Parents/careers/siblings:** To make each athlete as comfortable as possible we welcome all parents/careers to stay, help out & watch their athlete, siblings are also welcome to join in (non-disabled siblings join us for **FREE**)

**Athlete Personal bests:** Your athletes PB's will be tracked throughout the year in various events and will be noted on your athlete's end of year bespoke certificate.

**End of Year Presentation:** a trophy presentation will take place on the very last session of the year, **ALL** athletes (no matter how many sessions you attend) will receive a bespoke trophy & certificate for their years efforts.

**On arrival:** Parents/athletes are to sign in/pay with one of our volunteers, if this is the first time you have attended parents will be asked to sign a consent form for their athlete (under 18), if an athlete is over 18 they can sign the consent form themselves.

**The inclusive group will usually meet in the HIGH JUMP AREA (Number 6 in the below table/map)**



1	Main building, toilets /changing rooms/first aid
2	Shot put
3	Long jump
4	Javelin run up
5	Hammer cage
6	High jump Area
7	Home straight
8	Back straight
9	Pole vault
10	Football pitch

**Equipment:** All equipment will be provided by Adam, brightly coloured, sensory & impairment specific equipment is also available including: Bell balls, aluminous bibs, audible equipment including howler javelins and racing wheelchairs.



**Clothing:** Weather dependant we advise on wearing warm, waterproof & comfortable clothing allowing freedom but keeping your athlete warm and safe. We also advise on running trainers with soft soles to absorb impact.

**Spring/Summer** - Shorts & t-shirt / **Autumn/Winter** - jogging bottoms/leggings, jumpers, coats, gloves.

**Drinks:** Remember to bring water to every session to stay hydrated. Fizzy/sports drinks are **NOT** drunk during the session by athletes or coaches.

**First aid:** all coaches are first aid trained, Adam carries a first aid box on him, an additional first aid box can be found at the track office and any coach/fusion track staff can be asked to administer first aid for your athlete.

**Toilets/changing rooms:** Separate Male & Female toilets are onsite in the main track building, the male toilets/changing rooms are on the left, female toilets/changing rooms are on the right.

**Offsite competitions/events:** Adam will arrange with parents/athletes to attend inclusive competitions that meet our athletes needs eg: London Youth Games PARA Athletics, competition is **NOT** compulsory no athlete will be forced to compete, having fun is our goal, if an athlete wants to compete then Adam will assist them to do so.

**Photos/videos:** If you have consented for these to be taken on your registration form then photos/videos will be taken throughout the session and a group photo including all athletes, coaches & parents will be taken at the end of the session. These will be uploaded to our clubs Facebook page for you to access.

**Facebook** – S-Factor Academy

**Twitter** - @sfactoracademy

**Weekly updates:** Adam will text each parent/carer every Thursday to remind you of the upcoming weekends session, congratulate athletes on last week's performance, let you know what we will be doing this week, inform you of any cancellations/special events and will attach a photo from the previous week's session if one was taken.

**Contact details:**

**Email** – [disability@sfactoracademy.co.uk](mailto:disability@sfactoracademy.co.uk) - **Website** – [www.SFactorAcademy.co.uk](http://www.SFactorAcademy.co.uk) - **Phone** – 07840 528 587