

Individual Annual Membership Form – for Seniors & Juniors (over 17yrs)



Please print in CAPITAL LETTERS

First Name

Surname

Male Female

D.O.B

Age in years

Address

Postcode

Email

Tel/Mob

Annual Membership Fee:

Senior – Over 23 yrs - £65 pa

Junior - (Over 17 yrs – Under 23 yrs) - £55 pa

Payment method:

Bacs: Sort Code: 30-12-34 Acc No: 01280163

Cheques: Payable to 'North London Weightlifting Club'

Cash: Pay at Club area - do not post cash.

PayPal: Pay at Club area (accepts credit and debit cards)

Tshirt Size Required

Recent performances if applicable:

Best Squat (kgs)

Best Snatch

Best Clean

Bodyweight (kgs)

Please make reference to any personal disabilities or health issues that the club should take into consideration:

Signature:

Date:

By signing I agree to abide by the NLWLC code of conduct - printed overleaf or available at nlwlc.com

Delete as applicable

I agree / disagree that photos / videos of my sporting performance within the club context may be used for training analysis and or published to assist with club promotional activities.

(please cross out italic out as appropriate, and circle for affirmative, note: published could mean internet/web exposure)

Hand in form and payment to: North London Weight Lifting Club at Lee Valley Athletic Centre or

Post to: NLWLC, First Floor, 169 High Street, Barnet EN5 5SU.

Code of Conduct

(for the benefit of all members)
November 2014



Use of dedicated training area

Club coaches are to be respected as the managers for the organisation of, and behaviour in, the dedicated training area. Only they will allocate the use of platforms to athletes.

All equipment should be respected and not abused in any way. This includes the throwing down of a weighted bar at the completion of a lift.

After usage, all equipment should be placed back in the appropriate racks and all platforms should be left empty and clear.

Athletes on coached courses will be given priority usage over those seeking casual sessions.

Behaviour in dedicated training area

Coaches and athletes have a duty of care to see that safe practice is being maintained at all times, especially surrounding lifters performing on platforms.

Club branded T-shirts are to be worn whilst training in the dedicated training area.

Appropriate sports clothing is to be worn whilst training in the dedicated training area. Trainers or lifting shoes are acceptable footwear; no bare feet or socks.
(If in doubt, please confer with club coaches)

Food consumption in the dedicated training area is not acceptable. Drinks in non-spill containers are accepted.

Large bags are not to be taken into the dedicated training area. Small bags are accepted.

The audible playing of music and personal sound systems is not acceptable.

Offensive or abusive language is not acceptable.

Bullying or intimidation by way of verbal, physical or written means is not acceptable.

The use of performance enhancing drugs is unacceptable.