



Carmarthen & District Harriers Athletic Club



WELSH ATHLETICS
ATHLETAU CYMRU

Want to know more about Volunteering?

What ever your ability or time constraints, there is a part you could play. Some examples are shown below:

Want to get involved in coaching?

A great way to start is as an Assistant Coach. They help alongside our qualified Coaches usually on a Tuesday evening. You would choose the event you want to help with.

Want to offer some help at Club Competitions?

Get closer to the action on the field and track by becoming an official (training given) or be a helper. You could be an official timer, high jump judge or help rake the long jump pit or measure throw events.

Or become an age group Team Manager, or help a Team Manager to ensure athletes are entered for events.

Happy to help a little behind the scenes?

What about making sandwiches or sell food/drinks or set out the track for competitions, or take gate money.

To find out more about what is available, please speak to one to the Committee or Coaches. Thank you.