

ALTON & DISTRICT SPORTS COUNCIL

CONSTITUTION (Adopted 17th October 2002)

1. Title

The organisation shall be known as the Alton and District Sports Council, and shall serve the area shown bounded on the map in Appendix A.

2. Objectives

- (a) To assess the needs of sport and recreation in its area and to originate such action as may help to fill those needs.
- (b) To advise and assist the local authorities on the collective opinions of local sporting and recreational interests about future planning of sports and recreational facilities.
- (c) To take such steps as are appropriate to encourage school leavers to take an active part in sport.
- (d) To receive and consider reports and recommendations from affiliated organisations on any matter concerning the interests of sport and recreation and to take such action as the Sports Council may deem necessary.
- (e) To advise and assist local authorities, clubs and organisations with their applications for financial support from grant-aiding bodies.
- (f) To maintain a register of sporting and recreational organisations operating within the Sports Council's area.
- (g) To award such grants as may be considered appropriate to clubs, organisations and individuals to assist in the provision of and participation in sport and recreation.

3. Affiliation

- (a) All clubs and organisations directly concerned with sport and recreation in Alton and District, as defined on the map in Appendix A, may apply for affiliation to the Sports Council, and will become affiliated upon acceptance by the Executive Committee.
- (b) Any club or organisation accepted for affiliation may become a full member of the Sports Council on payment of an annual subscription, the amount of which shall be determined at the Annual General Meeting each year.
- (c) Clubs and organisations which become full members shall be entitled to:
 - receive copies of all correspondence circulated by the Sports Council;
 - send a representative to all meetings of the Sports Council, with the power to vote;
 - apply for grants from the Sports Council, either on behalf of the club or organisation or on behalf of an individual member;
 - represent the Sports Council in competitions, if invited to do so;
 - enter the club or organisation or an individual member for awards sponsored by the Sports Council;
 - such other benefits as the Sports Council may from time to time determine.



- (d) Any club or organisation accepted for affiliation but which does not pay the annual subscription shall become an associate member of the Sports Council. The entitlement of such associate members shall be limited to receiving copies of all correspondence circulated by the Sports Council and to sending a representative to all meetings of the Sports Council, but with no power to vote.
- (e) The Sports Council, on the recommendation of the Executive Committee, shall have the right to discontinue the affiliation and representation of any club or organisation, or to exclude any person from membership, where in the opinion of the Sports Council there are sufficient reasons for doing so.
- (f) Where the Sports Council exercises this right the club, organisation or person(s) shall have the right to appeal at an Extraordinary General Meeting convened for that purpose only. Pending the determination of the appeal the discontinuance or exclusion shall remain operative.

4. Membership

The Sports Council shall consist of:

- (a) One representative to be nominated by each affiliated club or organisation;
- (b) One representative to be nominated by East Hampshire District Council;
- (c) One representative to be nominated by Alton Town Council;
- (d) One representative to be nominated by the management of Alton Sports Centre;
- (e) Such additional members (not exceeding six) as the Sports Council may co-opt.

5. Officers

The officers of the Sports Council shall be the Chairman, the Vice-Chairman, the Treasurer, and the Secretary, and these shall be elected annually at the Annual General Meeting.

6. The Business of the Sports Council

The day-to-day business of the Sports Council shall be conducted by the Executive Committee.

7. Executive Committee

- (a) The Executive Committee shall consist of:
 - (i) the officers of the Sports Council;
 - (ii) a representative each from East Hampshire District Council and Alton Town Council;
 - (iii) six further members who shall be elected at the Annual General Meeting, at least four of whom shall represent sport.
- (b) The Chairman of the Executive Committee shall be elected by the Executive Committee.
- (c) The Executive Committee shall have the power to appoint Sub-Committees and Working Parties, as required. The Executive Committee shall have power to co-opt members for this purpose. The officers of the Sports Council shall be ex-officio members of all Sub-Committees and Working Parties.
- (d) The minutes of every Executive Committee meeting shall be placed before the next meeting of the Sports Council.

- (e) If a Sports Council office becomes vacant the Executive Committee shall have power to appoint a successor who will hold office until the next Annual General Meeting.
- (f) Any member of the Sports Council shall be entitled to attend Executive Committee meetings, but with no power to vote.
- (g) **Special Powers**
The Executive Committee shall be empowered to take such action as it considers necessary in any circumstances not covered by this Constitution, and any such action shall be reported to the next meeting of the Sports Council.

8. Meetings

I The Sports Council

- (a) The Annual General Meeting of the Sports Council shall be held in the month of October each year.
- (b) At any other time a meeting of the Sports Council may be convened:
 - (i) on the decision of the Chairman of the Sports Council;
 - (ii) on the decision of the Executive Committee;
 - (iii) on receipt by the Secretary of a request in writing signed by not less than ten members of the Sports Council.
- (c) In the case of the affiliation appeals procedure being invoked, the club, organisation or person(s) involved shall request the Secretary to convene an Extraordinary General Meeting on their behalf.
- (d) Not less than twenty-one days' notice shall be given of the date of the meetings of the Sports Council.

II The Executive Committee

- (a) The Executive Committee shall meet not less than four times a year, and shall also meet:
 - (i) by order of the Chairman of the Executive Committee;
 - (ii) by notice in writing to the Secretary, signed by one-third of the members of the Executive Committee.
- (b) Not less than seven days' notice shall be given of the date of each meeting of the Executive Committee.

9. Quorum

The quorum for meetings of either the Sports Council or the Executive Committee shall be six members, each of whom is entitled to vote.

10. Voting

- (a) In matters other than proposals for amending this Constitution a simple majority of members present and voting at either Sports Council or Executive Committee meetings shall be binding.
- (b) In the event of an equality of votes on any matter the Chairman of either the Sports Council or the Executive Committee shall have a casting vote.

11. Finance

- (a) The Sports Council's financial year shall run from 1st September in each year to 31st August in the following year.
- (b) For the furtherance of the objectives of the Sports Council the Executive Committee may authorise expenditure of the Sports Council's funds.
- (c) The Treasurer shall keep proper books of account and shall be responsible for advising and reporting to the Sports Council and the Executive Committee on all financial matters affecting the Sports Council's activities. The Treasurer shall also present to the Annual General Meeting an audited statement of accounts for the previous financial year.
- (d) An account shall be opened in the name of the Alton and District Sports Council at a bank to be approved by the Executive Committee, into which account monies received on behalf of the Sports Council shall be paid by the Treasurer or other responsible official.
- (e) Cheques for payment shall be signed by any two of the Chairman, the Treasurer and the Secretary.

12. Independent Examiner

The accounts shall be audited by an honorary independent examiner who shall be appointed at the Annual General Meeting each year.

13. Winding Up

In the event of the Sports Council being wound up the assets that remain after payment of any debts incurred by the Sports Council shall be handed to Alton Town Council, to be held in trust for five years against the re-formation of the Sports Council. After a period of five years has elapsed the assets shall become the property of the Alton Town Council.

14. Constitution

This Constitution shall be amended only at an Annual General Meeting or at an Extraordinary General Meeting called for that purpose. Any amendment must be carried by a majority of two-thirds of those present and entitled to vote at such a meeting.

ALTON & DISTRICT SPORTS COUNCIL



Appendix A

Safeguarding Children Young People and Vulnerable Adults Policy 2009

BACKGROUND TO POLICY DEVELOPMENT

In September 2003 the Government published the Every Child Matters Green Paper alongside its formal response to the Victoria Climbié Inquiry Report which had made many recommendations about the need for change in the way local authorities and other agencies should be organised to deal adequately with children's services and in particular highlighted the lack of priority status given to safeguarding. The Green Paper proposed changes in policy and legislation in England to maximise opportunities and minimise risks for all children, young people and their families, and the Children's Act 2004 and the provisions therein came into force on 1 October 2005.

The Every Child Matters Green Paper identified the following five outcomes as key to the well being of children and young people:

1. Physical and mental health and emotional well-being ("to be healthy")
2. Protection from harm and neglect ("to stay safe")
3. Education training and recreation ("to enjoy and achieve")
4. The contribution made by them to society ("to make a positive contribution")
5. Social and economic well being ("to achieve economic well being")

Whilst the key provisions in the Children Act 2004 included:

Section 10 - A duty to co-operate with the Children's Services Authority (in this case Hampshire County Council) to improve the well-being of children and young people by being involved in integrated planning and commissioning of services through local Partnerships.

Section 11- A specific duty on District/Borough Councils to ensure that its functions are discharged having regard to the need to safeguard and promote the welfare of children.

This requirement also extends to anybody providing services on behalf of the Council.

Sections 13-16 - A requirement to be represented on and participate in, Local Safeguarding Children's Boards (LSCB) and for a Hampshire Safeguarding Children's Board to be established to take a strategic overview with regards to Safeguarding and to monitor agencies adherence to the requirements of the Children's Act.

The Children Act 1989 states '*that every child has a right to protection from abuse, neglect and exploitation*'. Statutory guidance on making arrangements to safeguard and promote the welfare of children under section 11 of the Children Act 2004 was published in August 2005. The guidance came into force on 1 October 2005. It details what is expected of District Councils, including:

- Senior management commitment to the importance of safeguarding and promoting wellbeing

**OPTIMUM SPORTS
NUTRITION
EIGHT POINT PLAN
BY
DANNY BRIDGEMAN FROM
FUSION**

To gain the extra edge in any sport requires a basic knowledge of sound nutrition as well as dedicated training. The following points outline a few basic steps to improve your nutritional intake and enhance your sporting performance.

1. Eat small regular meals. The body finds it difficult to digest large meals and stores the excess as fat. Break the habit of eating a small (or no) breakfast, starting half the day and then consuming a huge evening meal. Aim to eat every 2-3 hours with 5-6 similar sized meals a day. This will keep your metabolism more active, so you burn more calories when at rest.
2. Avoid eating too much after 8p.m. The more food we eat late at night, the more we have to digest during sleep, rather than allowing the body to relax and recuperate. Instead, eat a larger breakfast, because you are more likely to be active during the day and burn off the calories. It is also important to eat slowly, relaxing as and after you eat.
3. Choose high carbohydrate snacks as main meals, e.g. banana with wholemeal bread, toast and jam, bowl of cereal, dried fruit, bagels, small plate of pasta and rice, vegetables and fruit. Also snack on unsalted, unroasted nuts as they contain healthy fats.
4. Reduce intake of fats, e.g. red meat, dairy products, cakes, crisps chocolate etc. There are twice as many calories in fat products compared with carbohydrates or proteins.
5. Reduce consumption of alcohol. Alcohol can not be used as a fuel; it is therefore "empty calories" and will only inhibit sporting performance.
6. Eat a light carbohydrate snack somewhere between 15 - 60 minutes before your sporting session. Experiment with how much time is best for you. This will help your blood sugar to top up and help with sustained energy and concentration.
7. Also eat within 30 minutes of your session to replace lost energy at the best time.
8. Drink ample amounts of water before, during and after training to avoid dehydration.

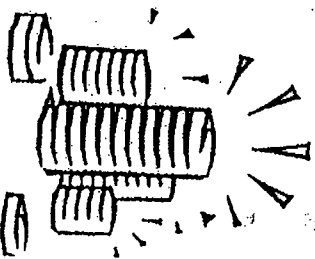
These are just a few basic guidelines about healthy eating. If you would like more information about nutrition, personal or team fitness training, please contact Danny Bridgeman on 01252 733988 or 07712 778045

**Grants
& Fundraising**

The ADSC is able to provide information on various methods of receiving grants and funding. For full details contact a member of the committee who would be pleased to help and advise.

Examples of such methods are:

- Applying in writing to the ADSC, either as a club or as an individual stating clearly your involvement in sport, why you would like to be funded, the way in which you will use the funding and the amount of funding you are looking for,
- Obtain a Sports Grant Application Form from East Hampshire District Council. (Address can be found in Partners Magazine or telephone 01730 266551)



Key Aims & Objectives

- To identify the sporting needs of the district's clubs, and other sporting organisations.
- To raise awareness of participation in sport.
- To assist with any training or coaching if needed.
- To advise and assist in the planning and provision of sporting facilities.
- To receive reports and recommendations from clubs on any matter concerning the interests of sport
- To award grants to clubs and individuals for training, and participation in sport.
- To support the participation of affiliated clubs in the Hampshire and Isle of Wight Games.
- To arrange an annual Sports Achievement awards event.
- To apply for grants from local authorities and other bodies so that the budgets can be implemented.

For full report of the ADSC Aims and Objectives
Please refer to the Constitution

MEMBERSHIP/COMMITTEE MEETINGS

All clubs are invited to attend these meetings. It is a perfect opportunity to have your say, and to bring to our attention any issues or ideas you may have. These meetings are also to discuss the council's future and current involvement.

ACHIEVEMENT AWARDS

This is the opportunity for each club and sporting organisation to nominate individuals or teams who have played well, coached well or given a good service to sport.

HAMPSHIRE AND THE ISLE OF WIGHT GAMES

This is an event where the entire county and the Isle of Wight come together for friendly competition. The Games cover an array of sports, and are rated as a highlighted calendar event. APSC will coordinate the entry of teams from local clubs to represent the Alton district.