

# COME JOIN US FOR ATHLETICS!

This guide will help you get started with  
your athletics hobby.



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# 1. ATHLETICS INSPIRES MOVEMENT

## 1.1. READY - SET - DO ATHLETICS!

Welcome to the world of athletics – one of the most popular sports in Finland! In athletics, you'll get to develop your skills as a runner, jumper and thrower. In addition to learning physical abilities, athletics supports your overall growth and improves your well-being and health. And most importantly – you'll make new friends on the track and field!

Everyone is welcome in athletics, regardless of age, gender, religion, sexual orientation or ethnic background. You can start the hobby at any age – there are training groups for everyone, from children to seniors.

## 1.2. TIPS FOR GETTING STARTED

Athletics is practiced in sports clubs that organize training and competitions throughout the year. Children and young people usually train in groups.

Here are a few simple steps to help you get started:

- Look for information about an athletics club in your area.
- On the club's website, you'll find details about training and competition groups, as well as contact information.
- Don't hesitate – reach out to the club and try out the sport! Many clubs offer trial sessions before you officially join. Trying it out is a great way to see what it's like to be part of the joyful athletics community!
- Feeling inspired? Sign up with your local club and start your athletics journey!



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## 2. FROM TRAINING TO COMPETITIONS

### 2.1. ATHLETICS TRAINING

Clubs offer a variety of groups for athletes of different ages and skill levels. Athletics includes a wide range of events such as running, walking, throwing, and jumping. In children's and youth training sessions, participants get to try out many different events in a versatile and fun way. Training is about more than just technique – it also includes games, playful activities, and exercises that develop motor skills. In these sessions, you'll learn important physical skills and enjoy the joy of movement together with your friends.

### 2.2. EQUIPMENT AND GEAR

When starting out, you don't need any special equipment. For training sessions, just bring sports clothes, running shoes, and a water bottle.

As you get more excited about the sport and want to improve your skills further, spikes might be the next step on your way to great results! Spikes are special athletic shoes that provide the best grip on the track. You can choose general-purpose spikes that work for all events or event-specific spikes designed for particular events.

### 2.3. COMPETING

We encourage everyone to take part in competitions with confidence!

Competitions give you the chance to test the skills you've learned in training, track your personal progress, and – most importantly – enjoy the excitement of the event. Coaches and group leaders are often present at competitions to support and help the athletes. You can find information about upcoming competitions and how to register on the Competition Calendar website: [www.kilpailukalenteri.fi](http://www.kilpailukalenteri.fi)



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## 3. SUPPORT TEAM AROUND THE ATHLETE

### 3.1. COACHES

Athletics training sessions are led by trained and enthusiastic coaches who create a positive and encouraging atmosphere. The coach plans the workouts, supports the athlete's development towards their goals, and ensures that training is safe.

### 3.2. PARENTS

The most important role of a guardian is to encourage, support, listen to the child in their hobby, and help with covering training fees. The support of guardians is valuable to every athlete.

### 3.3. VOLUNTEERS

Club events are organized on a volunteer basis. There are official duties for everyone – whether you're experienced or trying it for the first time! These tasks are enjoyable and fun experiences, giving you a chance to meet club members and spend time together supporting children's and youth activities. Experienced club volunteers will guide you in your duties.



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## 4. FEES AND INSURANCE

### 4.1. SEASONAL FEES

Athletics is an affordable sport to pursue. Clubs collect seasonal fees from participants to cover basic expenses such as rental of training facilities, salaries for coaches and instructors, and necessary training equipment. Depending on the club, these fees are billed monthly or less frequently. For detailed information, please contact your club.

If your enthusiasm for the sport fades at any point, don't hesitate to reach out to your club.

### 4.2. ATHLETICS LICENSE AND SPORTTITURVA INSURANCE

Every athlete practicing athletics in a sports club must have an athletics license. The license connects the athlete to the world of athletics and allows participation in official competitions. Some clubs obtain licenses on behalf of their athletes, while others provide guidance for obtaining them independently. You can get more information from your club when you start your hobby.

The athletics license also includes Sporttiturva insurance for all children and youth. This insurance covers sudden injuries that may occur during competitions, training sessions, travel to competitions, or camps. More information about the insurance can be found easily on the Finnish Athletics Federation's website: [www.yleisurheilu.fi](http://www.yleisurheilu.fi).

### 4.3. FINANCIAL SUPPORT FOR THE HOBBY

To ensure that every child and young person has the opportunity to participate, many municipalities and third-sector organizations offer financial support to cover seasonal fees. Don't hesitate to ask your club for more information!