

ATHLETICS DEVELOPMENT UPDATE

AAA East Midlands Region July 2005



Welcome to the East Midlands Development newsletter. This newsletter aims to keep you informed about athletics development throughout the region.

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London 2012

There are less than 2550 days left until the opening Ceremony of the 30th Olympic Games in

London! It's a fantastic and exciting prospect for athletics in the UK.

The opportunities in the next seven years and indeed the legacy which will be left after London 2012 are endless and will surely touch each and everyone involved in athletics.

It will be a unique time to be involved in athletics – so let's make the most of it, ensure its success and enjoy it. To register as a volunteer for 2012 visit www.london2012.org

Focus on Derbyshire

Thanks to John Raw and John Selby-Sly who have provided the following reports.

Derbyshire was chosen originally as one of nine pilot counties taking part in the Physical Education and School Sport Club Link Project (PESSCL) in September 2003. With the impetus of that initiative and the hard work of specific individuals and clubs, athletics in Derbyshire has made four major strides forward over the last 18 months.

1. The initial thrust by individual clubs and schools to promote Athletics for Primary School children has become the main theme of the Sports Partnership among Schools, Clubs and Local Authorities. County Districts are becoming staffed by professional officers in Sports Development Units and Community Sports Coaches are working with Club Coaches to set up in-curriculum and After-School Clubs. The Partnership Development Managers with their teams of School Sport Coordinators are being established across the county. Leaders in these activities are Amber Valley (AC), Buxton (AC), Derby (AC), Derbyshire Dales(Matlock AC) and Erewash (Kirk Hallam AC).

2. This Partnership will be the field in which newly appointed County Athletics Development Officer John Selby-Sly will operate. John will work with Helen Pearce the AAA of England Regional Development Coordinator and the clubs to implement the newly completed Five Year Development Plan. John will help create the infrastructure which provides the support services and motivation for all clubs to look at their own development.

3. Less rapid has been the response of the governing bodies to accommodate these transformations in their Articles of Government, but this process too has begun. A revision of the Derbyshire and District Athletic Association Constitution will help it cast off its historic functions (which were almost wholly concerned with competition) and mould its responsibilities in the areas of education, promotion and regulation as well as competition. Significantly, its Committee membership will be widened to reflect the growing tripartite Partnership.

There is ample scope for further developments. While the five clubs already referred to offer all three disciplines, a majority of affiliated members offer only Cross Country and Road Running. Key factors appear to be whether or not clubs have a need for funding and can service Junior Sections, and have members who want to lead.

Most Primary Schools have 'tasted' Sportshall Athletics, and more take part in Cross Country leagues or Relay Championships. The Secondary Schools have their own Area and County Championships in Cross Country and Track and Field competitions, and unlike the Primaries appear content to supply their own coaching.

In the four weeks up 30 April well over 1000 children from over 100 schools took part in Sportshall Athletics, After School Clubs or Cross Country competitions run by the five clubs. The details are set out below.

4. From these events the fourth significant change – that of Talent Identification – is being managed. Progression from School to Club, backed by UK Athletics and funded by Sport England, has been so successful as to create its own problems, namely a shortage of Qualified Coaches to look after young athletes whose

enthusiasm and commitment are at times overwhelming! The prospect of increasing the numbers taking part in Derbyshire Mini Leagues in Sportshall, Cross Country and Track and Field competitions will gladden the hearts of all who are working for Derbyshire Athletics, not least Kim Bannon the County Secretary who set up the Leagues.

In Amber Valley the driving force is the Club Secretary Julie Feeney, a Sports Development Officer, linking her contacts with the schools with club resources. In the April Cross Country Championships at the Charles Hill Centre 25 Primary Schools (50%) and 580 children took part. Duffield Meadows won the Years 3 and 4 Boys and Girls races, Little Eaton took the Year 5 and 6 Boys', and Breadsall the Year 6 Girls'.

The competition is used for Talent Identification inviting children not in clubs to attend club evenings to take part in taster training sessions. Julie was very pleased with performances and numbers taking part. She had observed that the effect of coaching was most noticeable when comparing the performances of club- and non-club members.

Later a very successful Sportshall Athletics Festival was held at Alfreton Sports Centre, and in June the cross Country Relay Championships were held.

In the Primary sector Schools from the City and neighbouring County Schools took part in the Cross Country League Championships in October and November 2004 and both Primary and Secondary Schools in the Cross Country Relay Championships in April 2005. There the initiative has been taken for the last 8 years by the Club whose Chairman John Raw has personal contact with teachers, built up After School Club coaching sessions, and now has the work of Alastair Cook the Community Scheme Athletics Coach and Andrea Stone the Sports Development Officer for Athletics to strengthen and establish links. Overall 18 Primary and 12 Secondary schools took part. In the Primary Schools three race League 480 individual children finished, and in the Relays 54 teams (216 athletes) took part. In the Secondary Championships 48 teams and 192 athletes competed. The key factor in each competition has been the enthusiasm of the teachers to maintain Athletics as part of the curriculum, and the

support of club members to organise and staff the events.

The thriving arrangements at Kirk Hallam sprang from the initiative of John Davis, Head Coach and Secretary, strongly supported by Trevor Jolly and other Club officers. Difficulties with lack of facilities have been partially overcome through persistent pressure on the Local Authority to complete a Sports Centre, the support of Roland Harrison the Sports Development Officer, and the much appreciated cooperation of the Kirk Hallam CTC.

The other two clubs in the PESSCL Project – Buxton AC and Matlock AC have much in common distinguishing them from the first three and adding further strands to the Derbyshire Strategy. Based in the upland Peak they have strong connections with Fell and Cross Country running, are situated in scattered rural communities, lack easy access to track and field facilities, and often face long journeys to schools. Nevertheless the strategic leadership of Randell Tassell in Matlock and Steve Finney in Buxton has resulted in close links being formed with both Primary and Secondary schools, backed once again by active support from their Sports Development Officers in the two Districts. Sportshall Festivals, After School Clubs, and Cross Country competitions have led to increasing demands being put on club coaches, and more schools wanting to provide their own coaching.

John Raw.

At the last Development Sub-Group meeting the chair and secretary of the group was decided. John Raw (Derby AC) was voted in as the Chair of the group with John Selby-Sly (Derbyshire ADO & Matlock AC) being voted in as the secretary. These two will now be responsible for reporting back to the County Association about the goings on of the group.

Matlock A.C. and Derby A.C. are still aiming to have completed Clubmark Accreditation by March of next year. However after a recent meeting with Derby A.C. it would appear that they will more than likely achieve Clubmark by the end of 2005. They have obviously been working very hard over the last few months and I am very impressed with

their progress. There are a few loose ends which need tying up but they are hoping to have them ironed out by September when they will have a meeting with myself and Helen Pearce to decide if they are ready to be put forward for a national sign off. Matlock on the other hand are making steady progress and with a little encouragement will be on track for their March 06 target.

In recent meetings with Buxton A.C. it has become apparent that Matlock & Derby are no longer the only clubs aiming for the March 06 target date, they have said that they would be disappointed not to have achieved Clubmark status by March 06. So who will be the first club in the county to achieve Clubmark, we just don't know, watch this space!

There were 12 attendees to the new Level 1 Assistant Officials Course held at Moorways on the 15th June. All in all, the course was a success and I am happy to say that some of the recently trained officials were putting their newly acquired skills to good use by assisting at the Mini League and the Youth Games recently.

The date of the next Development Sub Group Meeting is Monday 1st August 2005, 7.30 at Matlock Town Hall.

Contact John Selby-Sly on 07815 801988

County Updates

NOTTINGHAMSHIRE

Thanks to Chris Mallender, County Athletics Development Officer who has provided the following report:

Mansfield Harriers & AC and Retford AC are very close to completing the Sport England Clubmark Accreditation. They should hopefully have submitted their files by the Autumn.

The official opening of Sutton-in-Ashfield Harriers new track took place on Tuesday 05 July. The track at Ashfield school was opened by representatives from the school, club and Ashfield District Council. Over 100 children from local primary schools attended the opening – but the activities had to be cancelled due to appalling weather conditions

All 8 Districts across Nottinghamshire entered teams in the NEMA Nottinghamshire Youth Games on Saturday 02 July. Almost 100 young athletes aged between 11 – 13 took part with the team from Nottingham City taking the gold medal position on the day for the second year running. One of Notts Olympic Athletes, Rob Newton was on hand to present the teams with medals and certificates at the end of the day. A massive thank you to Notts AC for running the event on the day and providing the majority of volunteers and officials.

The success of the Youth Games was largely down to 7 districts introducing Sportshall Athletics competitions into their calendar of events for Year 7 & 8 pupils. This has been received really well across the county and will now become an annual programme of events across Notts

Back in May we saw the County Year 5/6 Sportshall Athletics Final being held at Harvey Hadden Sports Centre. Again all 8 Districts across Notts took part in this with Ruddington St Peters School from Rushcliffe taking the Gold Medal position. Almost 100 young athletes took part in the final with well over 1000 taking part in local coaching sessions and competition.

5 Norwich Union shine:awards Workshops have taken place for schools since April, with **63 packs** going into schools across Notts to enhance the delivery of athletics in the curriculum

Great Britain Pole-Vaulter, Alan Richardson is working across Gedling for 10 hours per week as a **Community Sports Coach**. This is a joint project funded by the Gedling School Sports Partnership, England Athletics and Sport England.

9 pupils from Elizabethan School in Retford and **8** from Dayncourt School in Radcliffe-on-Trent have completed their **UK Athletics Assistant Officials course**

The date of the next Coaching and Development Committee Meeting is Wednesday 21ST September 2005 at 7.30 at Berry Hill Park.

Contact Chris Mallender on 0115 9772298

Produced by – Helen Pearce, AAA Regional Development Coordinator , Tel 01509 228765 email hpearce@englandathletics.org

LEICESTERSHIRE

Thanks to Wayne Walker who has provided the following report:

The last few months have been very productive in Leicestershire. Paul Miles has recently been appointed as Community Athletics Coach for 14 hours/week. Paul's work will support the delivery of elements of the County Plan. In recent weeks he has been called upon to give radio interviews, be guest of honour (and throws official!) at various area schools sports *and* fitted in a range of coaching duties on top of this. Paul has also been busy coaching youth games squads for three boroughs and has proved to be a great asset.

Elsewhere 23 youngsters have been put through the Shine Young officials award and around half of these have gained practical experience at the Youth Games and the NWLDC area sports and will be helping at the County Primary Schools championships. Placements will be found to ensure all those on the course receive practical experience.

The Leicester-shire and Rutland Sports Partnership has provided coaching to 5 local authorities. Around 160 youngsters were in trials for Blaby, Wigston, Charnwood, Harborough and Leicester City- a handful have joined local club Leicester Coritanian AC. Similar developments have also taken place at Melton and Lutterworth.

The OWLS AC have organised 'OLYMPIC IDOL' which has tested around 500 youngsters in fun athletics events and has so far selected 55 youngsters to go through to round two which, after 4 coaching and selection sessions , further reduces the number to 30 athletes for the Grand Finale in August.

At another initiative over 50 young Asian athletes took part in a pre star:track taster session at Cossington Street Recreation Ground, Belgrave, and Leicester. These youngsters will be able to continue their involvement in the sport at a star:track event at the end of July.

For more information contact Wayne Walker
07973824638

The date of the next Development Group Meeting
is Monday 8th August 2005, 7.15 at County Hall.

LINCOLNSHIRE

Since she started in post on 21st March Julia has been busy meeting key athletics clubs and contacts from around the county as well as supporting and running the Youth Games event and supporting local authorities with startrack applications. Initial progress has been made with clubs committing to work towards the clubmark accreditation with a race on between Grantham AC and Sleaford Striders to see who will be first in the county to achieve the status.

Much of Julia's work over the next few weeks will be focusing on writing the Year 4 Development plan and now is your opportunity to input into the process and influence the plan when it is discussed at the next development group meeting.

The date of the next Development Group Meeting is Tuesday 9th August 2005 at 7.00 at Carres Grammer School.

Contact Julia on 07796 805562

NORTHAMPTONSHIRE

Much good work has taken place in the County since the two new officers, Jade Gresham and Natalie Smith came into post in February. They have already met with most clubs and key partners in the county and are making good progress with implementing the County Plan. They have provided the report below.

Youth Games 25th June

All seven districts entered an athletics team, in the 7th Northamptonshire Youth Games. This meant over 100 children had the opportunity to take part in athletics on the day. It was a great day regardless of the rain, with the children enjoying their activities.

A big thank you must go to Ted Barton, Jon Thompson and all others that were involved with

organising and running the events on the day! A total of 26 people were involved !

Athletics Satellite – Towcester

40 children attended weekly coaching sessions in South Northamptonshire, over six-weeks. A coach from Rugby & Northampton Athletics Club, lead the sessions with support from local JSLA students, wanting to develop their coaching skills.

Athletes from this activity then had the opportunity to continue and represent their district at the Northamptonshire Youth Games.

County Development Plan

All is progressing well with the implementation of the County Development Plan.

Clubmark

Corby Athletics Club and Kettering Town Harriers are working hard and progressing well with Clubmark and both are aiming to achieve accreditation by October of this year.

The next **Development Group Meeting** is at 7.30pm, on 17th October '05, at Kettering Town Harriers Club House. The next **County Association Meeting** is at 7.30pm, on September 19th, at Kettering Town Harriers Club House.

Contact Natalie Smith on 07834 006315 or Jade Gresham on 07739 435031

Star:track 2005

The summer holidays are here again and there are star:track schemes planned throughout the East Midlands region providing opportunities for participants to enjoy a fun and exciting introduction to athletics.

There are schemes planned at all the venues listed below – for details of dates and costs etc. please contact the relevant county officer listed on the Counties Update earlier or give me a call on 01509 228765:

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Grantham, Derby, Boston, Northampton, Granville School, Mansfield, Ashfield School, North West Leicestershire, Spalding, Middleton Cheney, Kettering, Chesterfield, Nottingham, Gainsborough, Lincoln, Retford, Louth, Roade School, Corby, Sleaford.

Each scheme will be visited to ensure that it is meeting the Minimum Operating Standards which UK Athletics require. We will also be looking for examples of good practice to share across the region. If you would like to share some good practice from your scheme then please let me know.

Elevating Athletics – NEW TEACHING RESOURCE

Elevating Athletics – a new and exciting framework for the teaching of athletics will be available from September. The resources are suitable for primary and secondary schools and promote athleticism through to the athletic event technique. Designed to support the teacher, the resources include teacher and pupil activity cards, lesson planning information, health and safety and inclusion information, competition frameworks, cross curricular support, posters, a DVD and a website. The Elevating Athletics website has now been updated and includes additional sample resources and a new teacher forum where good practice can be shared.

Please visit the site and feedback any comments you have to Caroline Smith at UK Athletics on 0870 9986773. If the teachers amongst you would like to add any discussion topics to the forum to get the debate flowing, please feel free! The site address is www.elevatingathletics.com If you would like any additional information on the resource, please do not hesitate to contact me or Caroline Smith.

Foster Report – Update and Progress

A further open consultation meeting was held at Loughborough University on 22nd June attended by Peter Radcliffe, Jack Buckner and Alison Wyeth. The meeting provided the audience with an update of progress since the first meeting in February and further details about the new structure.

Below is an approximate timetable which was presented at the meeting for the duration of the Foster report. Progress has already been made on the first item as the position of Chief Executive of England Athletics has now been advertised.

July – September 2005

Recruitment process for CEO England
Advertising for other positions within the sport
Interim regional chairs appointed
Transfer of RDC network to England Athletics

October – December 2005

AAA's EGM
Recruitment of regional managers
Formation of regional councils
Athletics submits one-stop plan

January – April 2006

England Athletics fully operational
Completion of regional network

For a full copy of the June 2005 Public Statement which was available at the consultation meeting and provided further details on progress please contact me on 01509 228765.

Equality – Your help needed

UK Athletics and the four Home Country Associations were recently invited to a presentation at UK Sport to discuss their involvement of athletics in the *Equality Standard a Framework for Sport*. This is a set of thresholds which, when achieved, demonstrates that an organisation has provided a framework for equality. We are currently embarking on the foundation standard and we should have achieved this by July 2005.

The Management Board of the Amateur Athletic Association of England has already endorsed the standards and the chairman, George Bunner, announced it during the UKA Clubs presentation night on 9th April.

The foundation level requires the organisation to be committed to equality, to have a policy for equality that has been communicated and is understood by staff and key volunteers and finally the organisation must be aware of its current profile and position in terms of equality.

How can you help?

Part of the requirements for achieving both the Child Protection Standards and the Equality Standard a Framework for Sport is to provide evidence of what is happening at all levels within the sport. **Let us know of examples of good practice, no matter how small, that will show that our sport is committed to child protection and equality in a practical way.** You can send your examples or, if you have any queries you can contact, Tony Gardner c/o Leisure Services, Gateshead Civic Centre, Regent Street, Gateshead, NE8 1HH, or email tgardner@englandathletics.org (0191 4779136 or 0191 4333840 mob 07970792561)

If you want to have a look at the standards, copies of the *Equality Standard a Framework for Sport* can be downloaded from www.uk sport.gov.uk.

On 8th April 2005 the Amateur Athletic Association of England's Board approved the following statement:

Amateur Athletic Association of England Equality Statement

The AAA of England is committed to a UK-wide Equality Policy for athletics. The Association aims to ensure that all people, irrespective of age, gender, disability, race, ethnic origin, creed, colour or sexual orientation have a genuine and equal opportunity to participate in athletics at all levels and in all roles. That is as a participant, coach, administrator or official. It is the aim of the AAA of England to ensure that all present and potential members, employees and those in receipt of services receive fair and equal treatment. In pursuance of this policy, the Association may take special measures for any group that is currently under-represented in its membership, representative bodies or work forces, taking account of any relevant legislation. The AAA of England will monitor and evaluate this policy on an ongoing basis and will inform the membership and employees of any outcomes. Approved at AAAE Management Board 8 April 2005

All clubs should adopt this statement as a minimum standard. The statement can be downloaded from www.englandathletics.org

Produced by – Helen Pearce, AAA Regional Development Coordinator , Tel 01509 228765 email hpearce@englandathletics.org

Leicestershire Primary Schools County Championships

Many thanks to George Smolenski who provided this report:

Saffron Lane stadium was filled to capacity as hundreds of spectators packed the stands to catch sight of future Olympians at the Leicestershire Primary Schools County Championships.

This Bridge Personnel sponsored event is the climax of the athletics calendar for those primary children who have battled through their Area Championships and gained selection for their area teams. Managing Director, Paul Walmsley, and Operations Director, Sarah Harris, presented trophies and medals throughout the meeting while other members of his team provided invaluable practical support as marshals to ensure the smooth running of the event.

There were many individual highlights for the crowd to savour during this celebration of sporting excellence. In the Year 5 category these included Andrea Barrow (M – 50m), Myles Evans (L – 50m) and Harry Solomons (L – 75m) retaining the titles they won last year. Megan Fairbrother (M-800m) landed her first County track title to add to the County cross country one she won earlier in the year.

Year 6 athletes who successfully defended their titles were Imogen Clements (L – hurdles), Alex Roberts (H – hurdles), Robyn Washington (M – 75m), and Charles Gill (M – 1 km. walk). Freya Vincent made up for her disappointment in the County cross country championships where she just missed out on gold by putting in a strong finish to take the 800m. title.

Alex Selwood (L) took an unprecedented fourth title in a row in the 50m. event.

Last year Daley Graham (Mid Leics) bettered the Year 5 Long Jump record. This year he soared out to set a new mark in the Year 6 Long Jump when he improved on the 12 year old record by 8 centimetres. As a result Daley was once more awarded the Bridge Personnel boy's best performance trophy by Sarah Harris.

Shakira Fraser (Mid Leics) took the Bridge Personnel girl's best performance award with a

time that was a massive 0.7secs inside the record for the Year 4 girl's 75m.

As usual the team championships were fiercely contested. Mid Leics Year 4 girls and boys won two individual golds and two individual bronzes which, together with gold and silver relay performances, ensured they took home the Year 4 trophy.

In the Year 5 Girls Team Championship Loughborough had a slender one point lead over Mid Leics going into the final event. Loughborough's relay squad responded with a clear victory to take this title.

Hinckley won the Year 5 boys shield with a series of strong performances.

The Mid Leics girls were dominant in their Year 6 team competition with four individual County crowns from Jasmine Nicholls (1 km. walk), Sabina Makda (50m), Robyn Washington (75m) and Freya Vincent (800m) underpinning their challenge for this team trophy.

The Year 6 boys team title saw Loughborough repeating last year's success over Mid Leics.

The Overall team trophy was won by Mid Leics who broke Loughborough's nine year long stranglehold thanks to a series of super squad performances in all of the age groups.

George Smolinski
Development Officer - L.P.S.A.A.

StreetGames Sportshall Athletics Festival 2005 comes to Leicester

Around two hundred young people came together from neighbourhoods across England to compete in the tournament, which took place at the new Braunstone leisure centre in Leicester on Thursday 2 June 2005. Twenty teams competed in the full range of Sportshall Athletics activities for the Primary age group and all displayed the usual determination, enjoyment and team spirit normally associated with the Sportshall Athletics events.

The festival was organised by Sportshall Associates as part of a national scheme led by the Office of the Deputy Prime Minister, which is working through Neighbourhood Renewal Units (NRU's) in many communities, to encourage and support young people into different sports. The project

recruiting members of the local community as coaches and providing money for Sportshall Athletics kit and equipment.

Braunstone Community Association (BCA), the company managing Leicester's £49.5 million regeneration scheme, 'A New Deal for Braunstone', hosted the indoor festival and provided valued support throughout the event.

Tia Jarvis, 11, from Braunstone, said:

'I first heard about the festival in our local community paper and I decided to join up. We've been training for the competition for 5 weeks and my favourite activities have been the hurdles and triple jump.

'Today has been brilliant. We've met lots of people from other areas, the atmosphere has been really good and we've had lots of fun. I will definitely keep it up after today.'

Chris Rawlinson, double Commonwealth champion in the 400m hurdles & 4x400m relay, competed in the UK Sportshall Championships for South Yorkshire when he was 13 and was at the event to encourage the young people and present prizes. He said:

'I'm very supportive of anything that encourages people into sport at a grass-roots level; Sportshall provides a fun and accessible way for young people to get involved in athletics.

'It's great to see something being done to promote healthy lifestyles and to help develop our champions for the future.'

Opportunities to develop sportshall activity at the Centre and develop the young leaders from Braunstone who helped at the event are currently being explored with Wayne Walker and Dean Tams from Braunstone Community Association.

BMC Coach Development Day - 13th November 2005

The British Milers Club are organising a series of Coach Development Days around the country and Corby AC are hosting East Midlands event as follows:

Sunday 13th November 2005.

9.30 - 4.45

Lodge Park Sports Centre, Corby.

£2 for BMC Members, £10 for Non Members

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Speakers at the day include John Anderson, Dave Sunderland and John Cooper. To book your place send a cheque to Ollie Wright, BMC Secretary at:

37 Greenford House, Maria Street, West Bromwich. B70 6DY

For further details contact local organizer Cy Knibb on 01858 469296.

Coach Education Courses

The following courses are currently planned for the East Midlands Region. Application forms can be downloaded from www.ukathletics.net or call the uk:athletics Regional Education and Training Administrator, Spencer Barden on 01509 236651 or 07884 447147 for an application form and more information. If you would like a course in your area and feel there is enough local interest (about 15 people) plus a suitable venue then please contact me or Spencer to discuss further.

Level One (Assistant Coach) Award - £50

Minimum Age: 16

This course enables you to assist in coaching athletics. You will be led through the fundamentals of how to coach by licensed UK Athletics tutors and will receive:

- UK Athletics Level One Manual
- Insurance cover (to the level of your qualification)

10 Sept 05 Kettering, Northamptonshire.
11 Sept 05 TBC – Derbyshire
25 Sept 05 Princess Royal Stadium, Boston.
16 Oct 05 Loughborough University
12 Nov 05 University College, Northampton.
3 Dec 05 Harvey Hadden, Nottingham.
4 Feb 06 Loughborough University
23 Feb 06 Northgate Sports Centre, Sleaford
26 Feb 06 Moorways Stadium, Derby.
18 March 06 Berry Hill Park, Mansfield.

Level Two Coaching Award - £120

Minimum Age: 18

The UK Athletics Level 2 Coaching Award consists of a two day core module, a one day event group module and an assessment. The

Level 2 award will qualify you to work unsupervised in a selected group of events (e.g. Jumps) whilst enhancing your coaching skills. For the third day of the Level 2 course you will be asked to select ONE of the following modules:

Speed*
Jumps*
Endurance*
Throws*
Children in Athletics
Fitness in Running and Walking

*On successful completion of the Level 2 course you can opt to extend your qualification further by taking any of the modules listed (this will allow you to coach in more than one event group). The modules will cost £30. Children in Athletics and Fitness in Running and Walking are stand alone 1 day courses, see further on for more info.

Level 2 Core Module

10/11 Sept 05 Ashfield Stadium, Nottinghamshire.
1/2 Oct 05 Princess Royal Stadium, Boston.
22/23 Oct 05 Loughborough University.
18/19 Feb 06 Yarborough Leisure Centre, Lincoln
25/26 March 06 Loughborough University

Level 2 Event Modules and Assessment

10 Sept 05 Speed & Jumps
Birmingham
10 Sept 05 Endurance & Throws
Nottingham
28 Jan 06 Endurance & Speed
Birmingham
29 Jan 06 Jumps & Throws
Loughborough

Leaders Award – Children in Athletics (CIA) - £50

Minimum Age: 14

The Children in Athletics course can be taken as a stand alone module but is ideally taken alongside a level one course. The CIA is ideal for people leading activities with children aged 8 – 13 years old. Or when combined with a Level 1 course for coaching children.

CIA Qualified to **lead** 8 – 13 year olds using childrens soft athletics equipment.

CIA + Qualified to **coach** 8 – 13 year olds using soft

Level 1 athletics equipment and assist in all groups of events.

11 Sept 05 Harvey Hadden Stadium, Nottm.
13 Oct 05 Northgate Sports Centre, Sleaford.
28 Oct 05 Chilwell Olympia, Nottingham.

Fitness in Running and Walking Course - £50

Minimum Age: 16

This award is tailored to suit the individual involved in a wide variety of activities centred around fitness, running and walking. The course encompasses leadership skills, session planning, fitness factors and components, training principles and energy system. Courses are delivered through practical and classroom sessions. The course can be taken in the following combinations:

FiRW Qualified to **lead** fitness, running and walking activities.

FiRW+ Qualified to **coach** fitness, running and walking

Level 2 activities and assist in all groups of events. (If you wish to reinforce your coaching skills you may wish to attend a UK Athletics Level 1 Course.

More courses are currently being planned and updated on the ukathletics.net website. If you have a need for a course in the winter of 2004/5 please let Spencer know.

Level 3 & 4 Courses

Spencer Barden has been working with the West Midlands RETA to plan for phases One and Two of the Level 3 and 4 courses to take place in the Midlands as follows:

8/9 Oct 05 Level 3 Technical Event Modules
Lboro
22 Oct 05 Level 4 Phase 1 Solihull Boys
Sc. £80
22/23 Oct 05 Level 3 Phase 1 Solihull Boys
Sch £80

3/4 Dec 05 Level 4 Technical Event Modules
Lboro

1/2 Apr 06 Level 3 Phase 2 Lboro Univ
£80

1/2 Apr 06 Level 4 Phase 2 Lboro Univ
£80

Strength and Conditioning Course

29/30 Oct 05 Alexander Stadium, Birmingham
£100 March 06 Loughborough
University £100

Mentoring

25/26 Oct 05 Solihull, West Midlands
£80

March 06 Leics/Notts/Derby Area
£80

Tutor Training

Are you interested in becoming a tutor for UK Athletics Coach Education Courses? Are you a Level 2 coach with an interest or background in teaching, tutoring or delivering to others? If so please contact Spencer Barden for an informal discussion and an application form. If there is enough interest then it is planned to arrange a tutor training session locally.

Coaching licence and Renewal

The licensing system started in April 2001 with these three specific objectives in mind:

- 1) to encourage and support a culture of lifelong learning and continuous individual development of coaches throughout the UK.
- 2) To establish and maintain a network of support to coaches seeking to develop their coaching qualifications and help UK Athletics plus their partners in the Home Countries, Territories and Regions to communicate efficiently and effectively with coaches
- 3) To provide UK Athletics and our partners with an accurate database with which to strategically plan coach education and coaching provision throughout the UK.

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Those principles remain firm today; and of course, the coach licence is also designed to assist coaches in their coaching and their own personal development. It provides a summary of the coach's qualifications, assists in the renewal process, records progress to the next level of award and provides information about the extensive insurance cover provided by UK Athletics for every UK Athletics qualified coach. Finally, the licence establishes a firm commitment by every coach to work within the guidelines of the athletics welfare policy and procedures.

The coach licence renewal process is now well under way, with coaches in the process of informing UK Athletics and the Home Countries about the many varied activities that they are taking part in. Many of the clubs have taken a very proactive role in helping their coaches to continue their development by organising seminars and workshops with deliverers from both in and outside of the club. All coaches have received a copy of the Coaching Newsletter, which is full of information about the renewal of the coaching licence and opportunities for ongoing coaching development.

If you have any queries about the process of renewal please contact Spencer Barden on 01509 236651, or the Individual Services Team at: coacheducation@ukathletics.org.uk

Athletics Welfare Update

The long awaited *Athletics Welfare Policy and Procedures* has now been published and sent out to all clubs and athletics organisations within the UK. A copy of the Policy and Procedures can be downloaded from the UK Athletics website. Please remember that this document relates to *all* involved in athletics and is not simply a child protection policy and procedure. Therefore the policy clearly states:

- *“UKA, AAAE, NIAF, SAL and WA (HCs) believe that all involved in athletics should thrive, fare well and enjoy safety, security and protection from abuse, maltreatment or misconduct. Every individual involved in*

athletics events and programmes is responsible for upholding this belief.”

It is not anticipated that everybody within a club will want to read the whole policy and procedures but it is important that the Committee and other key personnel within the club are familiar with it. Your club's welfare officer(s) should be familiar with all the contents and know what to do/who to contact if things do go wrong – remember it not only concerns child protection but relates to us all in the sport.

CRB checking of coaches

All coaches should have received details about how to contact the Criminal Records Bureau in order to apply for a disclosure application form. The procedure is very simple. The coach needs to phone the CRB on 0870 9090844 and ask for an *enhanced* disclosure application for a *volunteer* coach (please stress both). CRB will ask for registered body details. The information required is that the registered body is UK Athletics and the reference number is 22525500000.

The disclosure form will then be sent to the coach by post.

The next step is for the coach (the applicant) to complete sections A, B, C, D (if applicable) and H. They can leave E and F blank.

The next step – and this is where the club can have a role, is to have the form verified at section X (see below).

When this is completed the form should be sent to Athletics Welfare, PO Box 332 Sale M33 6XL. It will then be countersigned and sent to CRB. Please note that checks for East Midlands Coaches will be completed from September – December 05.

Verification

All clubs should have recently received a form to be returned to club services at UK Athletics. This form contains a section for you to nominate club verifiers (people who will check that the details on the applicant's CRB form correspond with the details on the original passport, driving licence

etc.) **Please fill this form in and send it back to UK Athletics** – it will help your coaches considerably by easing the process for them. *Don't forget to let your club coaches know who your nominated verifiers are.*

We felt that it would be easy for verification to be undertaken at the nearest point to the coaches – it keeps the numbers manageable and it saves coaches having to send personal documents in the post or look around to find a verifier in the area. Please make sure that your club completes the recent update form and returns it to Club Services at UK Athletics.

Portability of CRB Checks

If you have a disclosure certificate, which you obtained for your current job, do I need another one?

The answer that has been given to date is yes. However, **the Criminal Records Bureau has just issued some new guidelines which will make it easier for UK Athletics to accept disclosure certificates which have been obtained for another organisation.** Until now UK Athletics has not been able to obtain any information from another registered body about any additional information (this could relate to criminal investigations still in progress etc), which might have been sent when a person has applied for an enhanced disclosure. The CRB now say that if the original disclosure certificate is at the same level as that required by UK Athletics (i.e. enhanced) then, with the consent of the applicant, UK Athletics can ask the other registered body whether the police, under the cover of a separate letter, issued any additional information. If the answer is no then so long as the disclosure certificate is fairly recent we can accept it. If the answer is yes then a new application must be made. This should make things much easier for all those people who have undertaken recent disclosure applications with other bodies. **If this applies to any of your coaches then please ask them to write directly to Athletics Welfare PO Box 332, Sale, Cheshire M33 6XL.** A consent form will be sent to the applicant that should be returned with the existing disclosure certificate. We will do the rest.

Further information on CRB checks and guidance notes for verifiers can be found on www.disclosure.gov.uk or by contacting Tony Gardner AAA Welfare Officer on 07970 792561.

Home Study Packs – A Reminder!

Child Protection and Health and Safety Home study packs are now available to order. Order forms were sent to every coach and can be [downloaded from the UK Athletics website](#)

Child Protection Policy and Implementation Procedures Workshops

Tuesday 4th October – NSPCC Training Centre, Leicester

Wednesday 8th March – South Leeds Stadium, Leeds

Organised by Sports Coach UK in partnership with the Child Protection in Sport Unit and Sport England, these workshops, suitable for key officers and policy makers within NGB's, Local authorities and partnership organizations, offer a valuable and effective process to implement your child protection policy.

Good Practice Examples to support Coaches

The ideas below are working well in the South East and have been provided by Elspeth Turner who is the South East RDC. Please contact me if you would like to develop either of these ideas in the East Midlands or if you have other suggestions to make or good practice examples to share.

Retention of Coaches

1. Coaching Clinics

These are 2-3 hour practical sessions offering coaches of all standards the opportunity to learn from workshop / training session delivered by a Level 3/4 coach. The emphasis is on **practical**. In conjunction with the PADO's I have organised a series of these clinics at county level ie aimed at travelling within the county.

1. Identify events
2. Contact suitable coaches to deliver
3. Set dates & venue (can share a venue)
4. Advertise to all relevant coaches via leaflet, letter, e mail
5. County Coaching coordinator RDC or PADO takes booking and payment. (nominal)

6. Coach runs the day and receives payment
7. Attendees feel they have learned something very useful and leave satisfied (on most occasions)

2.Coach Forums

Organised at county level a 2-3 hour open forum with a guest speaker. This gives coaches the chance to meet other coaches, exchange ideas, learn about a 'topic' or be entertained by a speaker, receive any relevant info from the RDC & PADO and then have a chance to discuss or suggest what they think needs to be done for coaches at county level.

Organised by RDC, PADO and input from County Coach Coordinator.

Requires a venue (we hold them on A Friday evening) March & October

Free to coaches. Payment to guest speaker.

SHORTS

Scholarships for Coaches: L2 to L3 and L3 to L4

Midlands Athletics Coaching and Development (MACD) and North of England Athletics Association will support coaches progressing from Level 2 to Level 3. MACD have also recently announced that they will support coaches moving from Level 3 to Level 4 as well. For details of grants available and required criteria please contact:

Midlands (Notts, Leics, Northants)

Pat Cropper
C/o Midland Counties AA
Edgbaston House
3 Duchess Place
Hagley Road
Edgbaston
BIRMINGHAM.
B16 8NH.

North of England (Derbys, Lincs)

7a Wellington Road East
Dewsbury.
WF13 1HF.
0870 9914545

Clubs Update

Your club was recently sent copies of the following information from UK Athletics;

- Disability Discrimination Act – A Clubs Guide
- Track and Field Facilities Guide
- The Licensing Act – an update produced by the CCPR
- UK Challenge information leaflet
- The Essential Road Race Guide 2005/06

Community Foundation

The Community Foundation is made up of a series of local groups around the country who specialize in distributing local grant aid to community organizations. More details of your local foundation and the sorts of grants they distribute can be found in their address book on www.communityfoundations.org.uk

The Community Foundation also distribute Sport Relief Grants from the funding raised through the Sport Relief Event last summer. Grants are normally made in the range of £250 - £5000 for Sporting activities which; Improve Access, Build Communities and build confidence. Your local foundation will have more details of grant application dates etc.

If you are seeking funding for your club for a specific project then this is another route you can explore.

Year of the Volunteer case studies required

As part of the Year of the Volunteer, we want to celebrate grass roots volunteers in the East Midlands and are looking for a range of suggestions for case studies of volunteers who are giving something back to the community, gaining work experience or are simply having fun.

All that is needed are your suggestions for case studies. It is hoped to put the case studies to good use on web sites, press releases, and a selection will be reproduced in a celebratory publication in August - Sport Month. Please send suggestions to Sarah-Jane Gray at <mailto:sjandjon@btinternet.com>

Autumn Event Specific Conferences

Advanced notice of the following conferences which UK Athletics are planning. Booking forms will be available in due course.

- Saturday 8th October - Combined Events Conference Loughborough University
- Sunday 9th October - Spar Sprints Conference - Loughborough University
- Sunday 9th October - Jumps Conference - Alexander Stadium, Birmingham.

Talking Track Website

A new website www.talkingtrack.co.uk has recently been launched by Tony Ward, see below;

In this our first edition, in the first of our *Talking To...* series we're interviewing Zara Hyde Peters, Director of Athlete Development, talking about her visions of the future of the sport in this country. In our first *Analysis* we'll be looking, in depth, at the record of Britain's men in the European Cup (as well as Germany and Russia) trying to see if the ignominy of Florence was just a blip or is a harbinger of the future.

I've worked with two of our contributors, Dave Sunderland and Dr Malcolm Brown on past Olympic and World Championship teams, know their great worth and am delighted to have them on board. They'll be giving advice and comment on coaching and medical matters. Jeanette Crosland and Jane Griffin are both respected and experienced figures in the world of nutrition; they'll be alternating a column on this important but much neglected topic.

I hope I've whetted your appetite so that you'll trawl through this first free edition of the website and hope too that you'll think it's for you and will want to join us on a new, exciting venture. Hope you enjoy. Let us know what you think via our Forum.

Regards, Tony Ward

AND FINALLY,

This newsletter is issued on a quarterly basis and the next issue will be distributed in October 2005. If you have any suggestions, news or interesting

Produced by – Helen Pearce, AAA Regional Development Coordinator , Tel 01509 228765 email hpearce@englandathletics.org

items for inclusion or examples of good practice you would like to share, please let me know by mid October. You can either send an email or write to me at:

Sports Development Centre
Loughborough University
Leicestershire.
LE11 3TU.

