

ATHLETICS DEVELOPMENT UPDATE

AAA East Midlands Region October 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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Interim Chair & Special Association Link

The Interim Regional Chairs were announced mid October and in the East Midlands we are fortunate enough to have two people involved in the process of leading the sport towards the new structure; Cy Knibb and Barry Parker.

Cy Knibb has been appointed as the Interim Regional Chair. Cy is a consultant in Human Resources following a successful career as a Human Resources Senior Manager. He is currently Chairman of Corby AC and is a past

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Chairman of Bristol AC and Basildon AC. He has been involved as a coach for over 30 years and has been a marathon race director.

Barry Parker has been appointed as Special Association link. Barry is currently general secretary of the North of England AA. He has a long and respected association with athletics, particularly schools athletics and officiating. He is actively involved at County and Club level in Derbyshire and continues his career as a teacher in the county. His working knowledge of the sport is very extensive.

Clubs back Foster Report in Independent Poll

Britain's 1,492 athletics clubs have been polled about key issues arising out of the Foster Report on the future of athletics in this country. The nationwide independent poll was conducted by the Electoral Reform Services. 465 clubs voted, representing 31.5% of the total poll. The poll results were weighted to take into account club size. Clubs were asked for their opinions on four key elements of the Foster proposals. Voting was as follows:

	YES	NO	NO VIEW
Local Delivery	58.6%	34.6%	6.8%
Governance & Accountability	55.6%	35.8%	8.5%
Finance	50.3%	40.5%	9.2%
Membership and Data	41.4%	53.6%	5.0%

The full results of the poll is available on athletic websites.

Jack Buckner, Project Director, said: "We are delighted with the expression of support from clubs. The debate and indeed the whole process has now reached a positive conclusion. It's time to unite to raise standards for 2012, and build a stronger sport at the grassroots level."

"At the same time we need to recognize the messages clubs are sending us. Firstly the turnout suggests the majority of clubs are tired of the politics within our sport. It's time to move on. Secondly there is more work to be done on membership. Membership is never likely to be popular until the benefits are clear and we have a responsibility to deliver a scheme that offers great benefits and outstanding value for money."

David Moorcroft said: "I'm really delighted with the result. It has been a long time coming but we have finally been given an endorsement for change. We can now move forward without hesitation – let's really make it work."

County Updates

NOTTINGHAMSHIRE

Retford AC has completed the Sport England Clubmark assessment file and has submitted it for national assessment. Newark AC and Sutton Harriers have also signed up to work towards the accreditation. There will be a county athletics awards evening on Friday 06 January 2006 at Kirkby-in-Ashfield Festival Hall Leisure Centre. An organising committee from the coaching and development group has been set-up and categories and nomination forms will be circulated soon.

As winners of the County Year 5/6 Sportshall Athletics competition back in May, Ruddington St Peters Junior School will be representing Notts in the Regional Final on Sunday 13 November at The Meres Leisure Centre in Grantham. The annual Year 3/4 sportshall athletics programme has commenced in schools throughout Notts. Over 1000 athletes from all 8 districts in the County will take part in heats and finals leading up to the County Final on Tuesday 13 December at Mansfield LC

Over 250 athletes took part in 8 Norwich Union star:track schemes that ran throughout Notts over

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the summer. In addition to this a grant for over £700 was received to transport athletes from Hucknall and Eastwood to nearby schemes, and one of the city schemes aimed at talented athletes was visited by UKA as a model of good practice

Over 100 athletes from all clubs in Notts have been nominated for this years Notts AAA Development squad. The first full session took place on 24 September at Harvey Hadden. Nikki Mottishaw and Mike Cooke will again be heading up the squad with support from elite coaches and Loughborough University, who will again be delivering a series of sports science workshops.

Magnus School in Newark have become the 7500 school to purchase the Norwich Union shine:awards resource. They will be receiving a special Platinum Award for this.

FREE Officials courses for field, track officials and timekeepers will be held at Berry Hill on Sunday 30 October. For more information and an application form please contact Gwen Hines on 01909 591298. 9 candidates attended a UK Athletics Level 1 Assistant officials course at Kimberley Leisure Centre on Sunday 18 September. A second course was run for 24 Junior Sports Leaders from 4 City schools in preparation for the City year 3/4 sportshall athletics programme

For information on activities in Notts contact Chris Mallender on 0115 9772298. The date of the next Coaching and Development Committee Meeting is Wednesday 7th December 2005, 7.00 – venue tbc.

LEICESTERSHIRE

Wayne will be working on the following priorities over the next few months:

- Support and progress Clubmark applications for county clubs – specifically the 3 identified priority clubs: Harborough, OWLS, Leicester Walking Club.
- Set up Development Squad Management Group to plan, organise and hold Development Squad session as identified in the plan
- Organise and plan 9 x 8 week taster coaching courses linking to clubs as identified in the Leicestershire Athletics Development Plan.

- Organise 9 x Sportshall Awareness days as identified in the plan.

For more information contact Wayne Walker 07973 824638. The date of the next Development Group Meeting is Monday 14th November 2005, 7.15 at County Hall.

LINCOLNSHIRE

The 6 month plan for Oct 05 – March 06 has now been completed and signed off.

Julia has been making good progress with club development. Bourne Town Harriers have committed to completing the clubs:future audit. They are interested in doing Clubmark and will discuss this at their next committee meeting. The club will start writing their development plan within the next few weeks. Boston & District AC have completed their audit and received their Clubmark folder while Lincoln Wellington AC have also received their file. Progress has been slow with Grantham AC but the club are now working on completing their development plan. Sleaford Striders are making good progress and are still looking at Christmas time to complete their folder. Louth AC are working on their audit and development plan. They are also keen to work towards Clubmark.

The first Development Squad for U15's was successfully held at Princess Royal Sports Arena, Boston on 22nd October. Selection was based on grade 3 and above of the AAA of England standards. Cross country athletes were selected based on last year's County championships although most had been selected already through their performances during the track and field season. This season's U15's who had achieved the standard were invited as were their coaches making a total of almost 40 athletes. The morning session included a nutrition workshop led by Nicky Gilbert, UK Athletics' consultant dietician. In the afternoon, athletes were split into their event groups and focus on the different periods of winter training.

Please note that Julia White has a new mobile number, it is: 07940 954028. The date of the next Development Group Meeting is Tuesday 10th January 2006 at 7.00 at Sleaford Sports Centre behind Carres Grammer School.

NORTHAMPTONSHIRE

A shine workshop was held for clubs in August 05 and had 9 people attending. 6 star:track events were held across the County throughout the summer. In total there were 160 people attending, from that approx. 30 people have joined their local athletics club. The first County Development Squad for U15 & U17 athletes was held on 9th October. 64 invites were sent to athletes who were grade 3 and above, 25 athletes attended the first session, with 30 already booked on the next. There were 5 representatives from Corby AC, 1 from Daventry AC, 8 from Kettering TH, and 4 unattached athletes. A coaches meeting was held following the squad session to plan the next session which will be practical. The date of the next session is 12th February 06. An officials conference has been planned for Monday 14th November – contact Natalie for details. Corby AC are close to submitting their clubmark file and becoming the first club in the county to achieve the status, three other clubs in the county continue to actively work towards Clubmark and 5 clubs now have welfare officers in place.

The next Development Group Meeting is at 7.30pm, on 16th January 2006, at Corby AC Club House. Contact Natalie Smith on 07834 006315 or Jade Gresham on 07739 435031

DERBYSHIRE

John has still been settling into his role over the last few months. He has now met with most of the key clubs and individuals in the county and is working with them to progress the key priorities as laid out in the County Development Plan.

John has planned the first Development Squad session to be held as part of the implementation of the Development Plan on Sunday 6th November. Derby AC are progressing with their clubmark application. Derby and Matlock have been targeted to complete the process by March 2006.

The next Development Group Meeting is at 7.30pm, on 12th December 2005, at Matlock Town Hall. Contact John Selby-Sly on 07815 801988

<p>SPAR Sprints Initiative – Athlete nominations needed</p>
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For the coming season, a new management group has been put into place, with the task of re-energising the initiative in the region. The group is made up of a small number of the region's sprint coaches, and is supported by the Regional Development Officer, Helen Pearce, Graham Knight and Nick Dakin. The template for the initiative involves 3 squad training sessions over the winter months, in addition to an indoor competition, at least one outdoor competition and a conference for coaching development.

The dates for the three training squads, all to be held at Loughborough, have been planned for:

Sunday, November 20th 2005

Saturday, January 7th 2006

4th or 11th February 2006 TBC.

In addition an indoor competition will be held on March 19th 2006 in conjunction with the SPAR Northwood Hurdles Academy, also at Loughborough.

The squads are aimed at sprint athletes in the U15, U17 and U20 age groups who have achieved a AAA of England Grade II standard and their respective coaches. Other athletes who are considered to have the potential to compete at this level will also be considered. Information and nomination forms have been sent to all clubs asking for athletes to be nominated. For a copy of the forms and the letter sent please contact David Brackstone who has been appointed as the East Midlands Spar Sprints Coordinator on 07780 830424 or email emsprints@googlemail.com

At these squads, athletes will have the opportunity to train with the best of their peers in the region, and coaches will be provided with a forum to share and discuss their ideas and methods helping their development. As well as providing a high quality training environment, the squads aim to cover the areas of injury prevention, hydration, weight training, core stability, plyometrics and psychology.

Northwood Academy of Hurdles 2005 / 06

Now in its twelfth year the Academy is part of the national SPAR Sprint Initiative. It caters for sprints and long hurdlers in the U17 and U20 ages of a reasonable club standard but senior athletes are also welcome. Its main aims are to provide technical coaching for athletes and to enable coaches to learn from each other by working

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together. Coaches are encouraged to attend and can gain credits towards their licence renewal. Its main venue is at Stoke but in 2005-06 two sessions will be held at Loughborough

At Stoke : Sundays Nov 13th: Dec. 4th 2005: Jan 15th : Feb 12th: Mar. 12th. 2006

At Loughborough : Sundays Dec 11th 2005: March 19th 2006

Further details can be obtained from Ted Grey 01623 861027: email ted@yet2.demon.co.uk

Coaches nominated for High Performance Programme

Glenys Morton and Jim Edwards have been nominated to take part in a High Coach Programme which has been launched in the East Midlands by Sports Coach UK (scuk)

The main aims of the scheme are to provide key opportunities, support and funding for emerging performance coaches in the region, including the necessary development skills, knowledge and resources needed to coach effectively in a high performance environment. The programme is all about concentrating efforts on the core level of sports – the coaches. The short term aim of the scheme is to develop a programme which enables coaches with the necessary skills and competencies to move into coaching in a high performance environment, with the support and training required to really service the needs of the sport.

Glenys is currently coaching 2 junior internationals. Jim is coaching 3 athletes on the World Class Plan and was a regular coach on the regional talent academy.

Clubs:future Grant Panel Announced

The next dates for clubs to apply for Clubs:future Grants has been announced. Regional Applications should be sent to me in Loughborough by Wednesday 30th November the National Panel will then meet to assess them on Thursday 15th December – with the promise that announcements will be made by the end December.

All clubs who have completed the 2004 clubs:future audit are entitled to apply. If a club

has not done the audit now BUT does it when they submit an application that will be accepted.

As always, applications will be accepted from both individual clubs or by joint application. Bids that endeavour to achieve the widest possible impact as well as bringing sustainable change will be given the highest consideration. I would encourage you discuss any potential bid with your local county officer prior to submitting an application. I have put together a document which provides further guidance for clubs considering an application – if you would like a copy of this please let me know.

Club Awards 2006 – Make your nominations now!!

Following the success of the 2005 clubs:future awards UK Athletics have announced that they will be repeated for 2006. This is our opportunity to recognize and reward individuals and clubs that have shown dedication, innovation and drive towards the development of athletics across the East Midlands. Categories cover volunteers, club officers, coaches and officials. You can get full details of the categories and the nomination forms from the UK Athletics website or by calling me on 01509 228765. The deadline for regional nominations to be returned to me is Friday 3rd February 2006.

The nominations will then be assessed and the winners in each category will go forward as the East Midlands nominations for the national awards.

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

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:

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

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

Coach Education Courses

New RETA for the East Midlands

Spencer Barden is leaving his post as RETA to take up a new role with UK Athletics as the Senior Coordinator for Endurance. He starts in this new role as of Tuesday 1st November. I am therefore pleased to welcome Pat Cropper who will be covering the RETA Role for the East Midlands. Pat brings a wealth of knowledge and experience as she has already been doing the RETA job in the West Midlands for a number of years and has previously worked closely with Spencer to plan courses to benefit East and West Midlands. Pat can be contacted on 0121 7054952 or 07816 829400 or by email on pat.cropper@blueyonder.co.uk

The following courses are currently planned for the East Midlands Region. Application forms can be downloaded from www.ukathletics.net or call Pat Cropper on the numbers above.

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)

26 Nov 05 Yarborough Leisure Centre, Lincoln.

3 Dec 05 Harvey Hadden, Nottingham.

21 Jan 05 University College, Northampton.

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

18/19 Feb 06 Yarborough Leisure Centre, Lincoln

25/26 March 06 Loughborough University

Early March 06 Nottinghamshire Area

Level 2 Event Modules and Assessment

Late Nov Speed & Endurance

Loughborough

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 and is ideal for people leading activities with children aged 8 – 13 years old or when combined with a Level 1 course for coaching children. Coaches with a CIA qualification who wish to go on to do the Level 2 course must first complete a Level One.

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.

Fitness in Running and Walking Course - £50

Minimum Age: 16

Level 3 & 4 Courses

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

March 06 Loughborough University
£100

Mentoring

March 06 Leics/Notts/Derby Area
£80

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

Coach / Club Workshops

The following workshops plus many other are planned in your local area over the next few months. Please contact your local county officer for details of all courses planned and how to book your place.

A Club for All

7 Dec 05 Charnwood BC,
Loughborough

27 Feb 06 Lodge Park, Corby

Good Practice and Child Protection

7 Nov 05 Lodge Park, Corby

24 Nov 05 Coalville, Leicestershire

December Skegness Grammer

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13 Feb 06 Lincoln
23 Feb 06 Daventry
11 March 06 Kettering
21 March 06 Grantham

Equity in your Coaching

10 Nov 05 Daventry
10 Nov 05 Louth
23 Jan 06 Navenby, Lincoln
Feb 06 Roade School, Northamptonshire
15 Mar 06 Rushden

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)

Conrad Phillips
122 Ashfurlong Crescent
Sutton Coldfield
B75 3EW
0121 378 0954

North of England (Derbys, Lincs)

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

High Performance Workshops

The following workshops are being held at Loughborough University as part of the 2005 – 2006 workshop programme

Strength & Conditioning	24/25	Nov
£250		
The FUNdamentals of Movement	9 Feb	
£125		

For more details and how to book a place please contact Sports Coach UK on 0845 6013054

Northamptonshire Sports Awards

Wednesday 19th October 2005 saw the first annual county wide Sports Awards held in Franklin Gardens, Northamptonshire, organised by Northamptonshire Sport. Developed in line with the East Midlands Sports Awards, hosted by the Regional Sports Board, the Awards aimed to recognise and reward the contributions and achievements made by people, organisations and performers over the last year. Congratulations go to - Sian Edwards who won Local Sports Woman award. At 16 Sian is already competing in the U20 age group, she is national XC Champion and came 5th in the 3000m at the World Junior Games this year. Congratulations also go to Ted Barton who won Contribution to Sport Award for his tireless service to all areas of athletics in the county over many years. Also nominated for awards were Lynn Hay, Bill Boyd and Neville Marshall.

Ted Barton said “..Needless to say, I am proud to have received the Contribution to Sport award, and indeed honoured to accept on behalf of my club, Kettering Town Harriers and the Northamptonshire Athletic Association. The fact that Sian Edwards received the award for the Sportswomen 2005 too, proves that our sport is developing in the right direction..”

Leicester City Club & Coaches Evening

Leicester City's Local Sports Alliance are holding a Club & Coaches Evening on the 9th November 2005, 6.30 – 9.00 pm at Leicester Tigers Rugby Club. For further information go to: <http://www.llrsport.co.uk/immediacy-770>

Golden Mile

The Golden Mile and Mornflake Oats have teamed up to create what they hope will be the biggest health & fitness initiative ever to be initiated in schools! After extremely successful pilots in England, they are launching this exciting initiative to all schools across the UK.

The Golden Mile is a new walking, jogging or running initiative to help children of all ages and all abilities keep fit and sustain a healthy lifestyle throughout their school years.

The simple aim of the Golden Mile is to improve the health and fitness of children. The Golden

Mile is designed in an ideal and easy way so that children can exercise in a non-competitive environment. For more info. go to. www.goldenmileclub.com

Ron Still

Ted Barton kindly wrote the following about Ron Still who passed away in his sleep on Thursday 8th September 2005.

With many years of dedication to athletics in this County, and indeed farther afield, he will be missed by his friends, colleagues and associates within our sport.

His involvement with Corby AC, Northamptonshire Athletic Association, the Midland Counties Athletic Association and clubs locally will be remembered with fondness, as will his friendliness, expertise and wonderful sense of humour. The County Association was always an important aspect within Ron's sporting life and the judgements, proposals and input he gave were always respected at the many and various meetings he attended. The support Ron gave to athletics, athletes and officiating was second to none and for this he became a Life Vice President of both the Northamptonshire Athletic Association and the Midland Counties Athletic Association.

You will be aware of the pride Ron had for his club, Corby Athletics Club, and I know his passing will be a sad loss to his many friends within that community.

STOP PRESS

The Lincolnshire Sports Awards were held on Sunday 30th October and I'm pleased to say that athletics won two awards. Congratulations to Ted Butcher who won unsung hero and Gary Warhurst who won the male coach of the year

AND FINALLY,

This newsletter is issued on a quarterly basis and the next issue will be distributed in January 2006. If you have any suggestions, news or interesting items for inclusion or examples of good practice you would like to share, please let me know by mid January. You can either send an email or write to me at:
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