



Cheshire and Merseyside Athletics Network

Bi-monthly Newsletter

Issue 10 - October - November 2011



Congratulations to our Award Winners!



Monday 10th October 2011 saw the hosting of the North West England Athletics Annual Awards. Over 85 nominations were made for awards ranging from Coach, Volunteer, Club and Official awards.

Big congratulations to Arwel Williams of Liverpool Harriers who won 'Official of the Year'. Arwel travels the length and breadth of the country to officiate field events in competitions ranging from club opens to Diamond League Grand Prix and this year achieved the ultimate accolade by being asked to Officiate at the Olympic Games in London next year!

Also congratulations to Chris Roose for becoming runner up in the "Young Volunteer of the Year" award. Chris is a Polevault coach at Liverpool Harriers who has attended many coach development opportunities over the last couple of years. He also has his own Pole Vault Squad at his club.

And well done to Spectrum Striders Running Club for coming runner up in the "Development Club of the Year" award for being a very proactive club and developing their coaches and athletes.



For more information on the Cheshire and Merseyside Athletics Network, contact:

Vicky Huyton

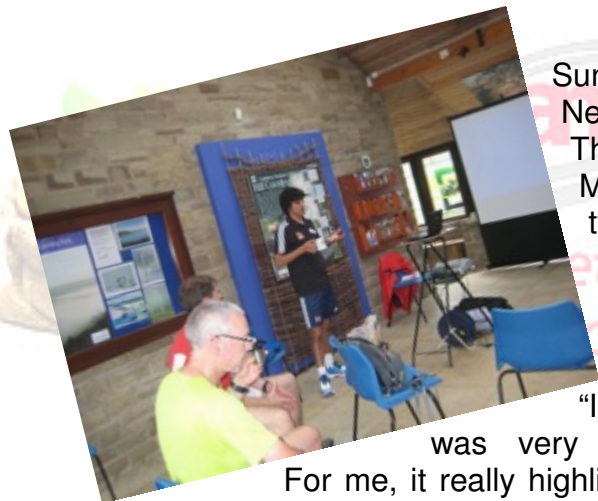
Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@sportcheshire.org

07738 402931



Cheshire's Second Off-Road Development Day a big success!!



Sunday 2nd October 2011 saw the Cheshire Athletics Network deliver their second Off-Road Development Day. The event was held at Teggs Nose Country Park in Macclesfield and was delivered by Bashir and Jackie, two very experienced endurance athletes and coaches.

The club members from all over Cheshire who attended the event had some great feedback...

"I attended the off-road development day and it really was very well facilitated, informative and very worthwhile. For me, it really highlighted the fact that we all just put on a pair of trainers and expect to be expert hill runners with amazing technique and capability. Well for a few lucky ones that may be true, but for your average runner like myself, I have a lot to learn and the session really highlighted some very basic mistakes that if corrected could really make the difference to my endurance and speed both in getting up and down the hills. The facilitators concentrated on the need for core strength, flexibility, coordination and because we all identified it as a need, we had a fantastic down hill technique session. I want to say thank you to Phil for organising and recommend that everyone should attend if there is another one - even the most accomplished fell runner would learn something I'm sure!"



The Cheshire Athletics Network would like to thank Phil Barnes for all of his efforts in organising the day.

Merseyside visited by National Coach Mentor

6 coaches from across Merseyside attended a workshop delivered by Malcolm Fenton, the England Athletics National Coach Mentor for Heavy Throws. The workshop focussed on "Effective Coaching Styles" and the importance of...

Feedback from the event was excellent "....."

Many thanks to Malcolm for travelling to Merseyside to deliver the workshop!!

For more information on the Cheshire and Merseyside Athletics Network, contact:

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@sportcheshire.org

07738 402931



Money off Coaching Courses for Merseyside and Cheshire Networks!!

As part of the networks commitment to support the development of coaches, the Merseyside Network and the Cheshire Network are offering a number of coaches 50% discount on the England Athletics Coaching courses.

Discounts apply on the following courses:

- Leadership in Running Fitness
- Assistant Coach Course
- Coach in Running Fitness
- Coach course

To apply for your discount, please contact Vicky Huyton, the network coordinator. Please note that all decisions on discounts are at the discretion of the network committees. Funding is limited, so once its gone, its gone!!

For more information about England Athletics Courses and to book yourself on a course, please visit:

www.englandathletics.org

(then click on Courses and Bookings on the left side)

Coach Development Opportunities

The Cheshire and Merseyside Athletics Network have a number of coach development events which are themed around the areas identified for development.

These workshops have been organised so they are held across the counties and aim to cater for all abilities of coaches.

Merseyside:

Nutrition for Power Athletes

7th November 2011 @ Edeghill University

Strength & Conditioning for Throwers

23rd November 2011 @ Litherland

Gender Differences in Throwers

12th December 2011 @ Wavertree

Cheshire:

Youth Development

14th November 2011 @ Knutsford Sports Centre

Run-Jump-Throw Series

27th November 2011 @ Macclesfield Athletics

Nutrition for Endurance Athletes

30th November 2011 @ Knutsford Sports Centre

To book on any of these, please contact Vicky Huyton – vicky.huyton@sportcheshire.org

Cheshire favourite delivers a “Planning the Season Ahead” workshop

Fifteen coaches from various clubs within the Cheshire Athletics Network came along to a “*Planning the Season Ahead for Endurance (5k- Marathon)*” workshop, lead by a Cheshire network favourite Jackie Newton, a very experienced endurance coach from the North West who has delivered various workshops in the region ranging from fell running to road running. The group started off with a discussion around coaches own athletes potential and their short term and long term goals. This was a thought provoking discussion and allowed coaches to realise how difficult it can be to plan in detail an athlete’s career. Jackie followed by going into more detail about the practicalities of planning; macro, meso and micro cycles and the importance of evaluating ones planning.

For more information on the Cheshire and Merseyside Athletics Network, contact:

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@sportcheshire.org

07738 402931



England Athletics UPDATE



North West Awards

Congratulations to all of those who have been nominated for awards across the North West, particularly those in Cheshire and Merseyside! As the awards will not be announced until the awards evening on the 10th October 2011- winners and runners up will be announced in next months newsletter.

The awards evening will be held at the Reebok Stadium in Bolton, with winners of these awards going onto the national awards on 22nd October 2011 in Birmingham. Those award winners will then receive tickets to the Olympic Games!!

Have your say!

England Athletics would like to gauge a wide range of views from its constituency and stakeholders to help us refine our approach, improve our services to the sport and identify new opportunities as we work to bring new participants into the sport, improve the experience of everyone involved in athletics and to raise standards of performance.

England Athletics commenced delivery against its existing and focused strategic priorities in April 2009 as part of a four-year government funded programme of activity. Current government funding via Sport England will expire in March 2013, we therefore want your views as we look to shape how we will work beyond March 2013.

It is also anticipated that the views given will help us as we talk to others involved in athletics - from clubs and Networks to local authorities and commercial partners – as we all consider how best to fulfill our respective roles and support each other as we work together to build a strong future for athletics in England. The surveys will close on 14 November. Your input and comments are very much valued as we strive to provide the best opportunities for our sport

The surveys available are as follows:

- For athletes (and parents of athletes aged Under 16): www.englandathletics.org/Athlete-Survey-2011
- For coaches (including Leaders and Coaching Assistants): www.englandathletics.org/Coach-Survey-2011
- For club volunteers: www.englandathletics.org/Volunteer-Survey-2011
- For Officials: www.englandathletics.org/Officials-Survey-2011
- For those involved in recreational running: www.englandathletics.org/Recreational-running-2011



For more information on the Cheshire and Merseyside Athletics Network, contact:

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@sportcheshire.org

07738 402931



UK Athletics UPDATE



UKA UNITED KINGDOM ATHLETICS

ENGLAND ATHLETICS

BUILDING A BETTER COACHING ENVIRONMENT

UKA WOMEN'S COACHING CONFERENCE 2011

INSPIRE • REFLECT • ACT

Building on the success of the inaugural event in 2009, UKA, in association with the Women in Coaching Advisory Group, will be hosting the third annual edition of the UKA Women's Coaching Conference.

KEYNOTE SPEAKER:
Biz Price - Performance Director: British Swimming: Synchro

ADDITIONAL SPEAKERS:
Jane Booth - Coaching Manager: PGA
Derek Evely - UKA Centre Director: Loughborough
Traci Edwards - Club Coach, Harborough AC
Dr Mark Bellamy - UKA Sports Performance Psychologist
Sarah Cecil - UKA Sports Performance Psychologist

Venue: Hilton Birmingham Metropole Hotel

Date: ~~Saturday~~ **5 November 2011, 10.30 am - 20.30 pm**

PLUS: All attendees will be in with a chance of winning one of five £350 grants* for their next coach development activity.
*These grants will be valid until 31 December 2012

UKA COACH FIND COACHING MATERIAL

TO BOOK YOUR PLACE:
 Registration is available from Thursday 15 September via our website <http://coaching.uka.org.uk/2011>

ATHLETIC scottishathletics WELSH ATHLETICS

Double Paralympic Champion David Weir and coach Jenny Archer



For more information on the Cheshire and Merseyside Athletics Network, contact:
Vicky Huyton
 Cheshire and Merseyside Athletics Network Coordinator
vicky.huyton@sportcheshire.org
 07738 402931



Coach Development in Merseyside Winter 2011

Monday 7th November 2011 7pm
Introduction to Nutrition for Power Athletes - Edgehill University (TBC)

Wednesday 23rd November 2011 7pm
Throwing, the basics and Strength and Conditioning for throwers
Litherland Sports Park, (Moss Lane, Litherland, L21 7PT)

Saturday 8th October 2011 10:00- 1:00pm
Launch of the 'Merseyside Disability Athletics Project' and Coaches Breakfast Wavertree
Athletics Track, Liverpool

Wednesday 19th October 2011 6.30pm
Planning the season and nutrition for endurance runners (5k- half marathon), - Walton
Lifestyle Centre (Walton Hall Avenue, Liverpool, L4 9XP)

Monday 12th December 2011 6.30pm
What gender differences? Coaching female throwers and lifetime evolution of training for throwers
Wavertree Athletics Track

To book on any of these, please email vicky.huyton@sportcheshire.org



**For more information on the Cheshire and Merseyside Athletics Network, contact:
Vicky Huyton
Cheshire and Merseyside Athletics Network Coordinator
vicky.huyton@sportcheshire.org
07738 402931**



ENGLAND ATHLETICS

Coach and Athlete Talent Introduction Days



Are you interested in coaching disabled athletes? Are you a talented athlete? If yes then we have an exciting opportunity for you to become part of a legacy in the lead up to the 2012 Paralympics.

Date	Venue	Coaching Theme
10-Sept	SportCity (MCR)	Classification & Coaching
15-Oct	GIS (Gateshead)	Coaching & Mentoring
26-Nov	EIS (Sheffield)	Coaching & Mentoring



Who are they for?

- Athletes identified through the national Playground to Podium framework and other developing athletes by invitation or application.
- Clubs and coaches interested in developing their knowledge of coaching athletes with a disability.

What are they?

- Informal practical workshops on throws, sprints, long jump and wheelchair racing for athletes and coaches.
- Formal coach workshops on working with athletes with a Learning Disability. MENCAP coaches are present to answer questions and mentor coaches.
- Opportunities for classification – enabling athletes to compete in Parallel Success competitions

For more information, or to book a place, please contact:

Shelley Holroyd (Disability Athletics Support Officer, North)
sholroyd@englandathletics.org, 07912 070625



ENGLAND ATHLETICS
LCDP
 LOCAL COACH
 DEVELOPMENT PROGRAMME



www.englandathletics.org



Coach Development in Cheshire Winter 2011

Monday 14th November 6:30pm

Youth Development- How Training Affects Young Athletes

Winsford Lifestyle Centre, Winsford, CW7 2PT

Sunday 27th November- 10am- 12:00

Cheshire Run-Jump-Throw Series (10-12pm – Horizontal Jumps S&C, Sprint
Winter Development, Hammer & Discus Winter Development
12- Plyometric Workshop and Circuit training)

Macclesfield Leisure Centre and Athletics Track, Priory Lane, Macclesfield, SK10
4AF

Wednesday 30th November 2011 6:30pm

Nutrition for Endurance Athletes (5k- half marathon)

Knutsford Leisure centre, Knutsford, WA16 0BL



For more information on the Cheshire and Merseyside Athletics Network, contact:

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@sportcheshire.org

07738 402931