



Cheshire and Merseyside Athletics Network

Newsletter

Issue 9- September 2011



Volunteering

Are You Ready?

With a year to go until the London 2012 Olympics and Paralympics Games, it is time for every club in the country to ask itself the all important question: 'Are we ready?'

London 2012 has the potential to increase participation in athletics dramatically, but only if the sport and in particular the clubs who provide people with their most important experience in the sport, are ready.

During and immediately after the Olympics and the Paralympics Games, a huge increase in demand is expected. A large number of young people and adults enthused by what they have seen are likely to turn up at athletics clubs across the country. Is your club ready? Do you have the volunteers to cope with this expected demand? Do you have induction processes in place? Does your structure have the flexibility to cope with an increase in numbers while still offering a high quality experience?

Both the Cheshire and Merseyside Athletics Network need to start addressing these questions and with the Year 2 development plans now in full flow- watch out for lots of volunteer opportunities, coach development opportunities and support with coaching courses!!

For more information about the England Athletics Volunteer programme please visit:

<http://www.englandathletics.org/page.asp?section=1452§ionTitle=Volunteer>

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

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@sportcheshire.org

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Road Traffic Management Course For Cheshire Network Members

There is a second Road Traffic Management Course organised in the North West due to a high demand after one was held at Sportcity on the 16th July. Please note spaces are limited to 20 people and I am expecting these to fill quickly, so please encourage people to book on quickly so as not to be disappointed. *Please note: You do not need to be a qualified UKA official to attend.*

Road Traffic Management Course - Cheshire

This training is being put on due to the great need in the North West due to police/councils withdrawing their support from local races, meaning clubs have to go to the expense of hiring traffic management companies. The course is useful for anyone who putting on a road race and is mainly aimed at races where areas of roads may need to be closed and/or traffic diverted.

The course details are as follows:

Venue: **The Centre, Birchwood Park, Warrington, Cheshire, WA3 6YN**

Date: Saturday 24th September 2011

Times: 1 day course - 9am start

Course Codes: **NTM0002**

Cost: **Reduced to £20 (usual price £100 subsidised by England Athletics)**

Qualification Gained: Each delegate is certificated as this is a national award through the NCFE.

www.ncfe.org.uk . Plus UKA insurers have underwritten the training. All attendees get a card to prove their attendance at the course.

Intended for: This training is for everyone considering undertaking role of Traffic Management Operative (TMO). This is role specific to job of putting on road closures and diversions. You must be trained to do this to be covered by insurance and satisfy local authorities that event will be managed properly. *Suitable for all Event Organisers and Event Marshalls both in the commercial and voluntary sectors. This course is being put on for those involved with Cross-country & Road Races. This is a one day course that aims to equip delegates with the sufficient information and knowledge to safely direct traffic movements at Events. **For more details on the course please see the attached course outline.***

Please note: Refreshments & Lunch will be available at this course.

Spaces on this course are limited. To book on the course:

- Please email coach-ed@englandathletics.org with your full name, address, telephone and email contact details (quoting the relevant course code, in this case NTM0002).
- You will then be asked to pay £20 to **England Athletics** . This can be by BACS: Natwest, Sort code 60-21-48, Account 59025603, quoting course code and name as reference.

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England Athletics UPDATE



Volunteer Recruitment Campaign

England Athletics will be formally launching a volunteer recruitment campaign on 27th July 2011 (one year to go). This campaign will aim to provide clubs and Athletics Networks across the country with the tools to help them *Recruit, Retain* and *Reward* volunteers, leading to better club *Results*. To help clubs achieve maximum results in the recruitment of volunteers, England Athletics will be promoting a range of activities in and outside the sport. These include:

- *Are You Ready* Campaign launch – 27th July 2011 (one year to go)
- Large promotional event at the National Coaching Conferences – 1st Oct 2011 (300 days to go)
- Media push – 9th Jan 2012 (200 days to go)
- *Turn up & Try Athletics* on a club evening – 18th April 2012 (100 days to go)
- *Legacy Athletics Force Day* – club recruitment and celebration of volunteers day – 25th August 2012

Regular online promotions (especially around 250, 150 and 50 days to go)

The challenge was set for every club and in every sport when London won the Olympics and Paralympics Games. It is now down to everyone involved in an athletics role to ensure we achieve the best possible legacy for the sport.

More information can be found at www.Englandathletics.org/volunteer (from 27th July 2011)

National Officials Forum

The EA National Officials Forum would like to invite networks to send a representative to the next EA National Forum scheduled to be held on *Saturday 29th October 2011* at Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR. This is an optional meeting, but will provide networks with a opportunity to look at recruitment, development and retention of officials in the sport.

The provisional agenda includes:

- Brief EA update
- Education/Training
- Recruitment/ Training
- Young Officials

If you are interested in attending please can I ask that you liaise with Tina Beresford (tinaberresford@Englandathletics.org), she is hoping a network representative per region will be able to attend.

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UK Athletics UPDATE



New Children's Coach Award

Young children should develop athleticism in an environment that is child-centred; safe, enjoyable, inclusive, well organised, with activities that are appropriate to their developmental stage and needs and that will enhance their overall health and well-being. UKA Children's Coaches should engage children in fun activities that have the clear purpose of developing techniques and skills, primarily within a multi-skill and multi-event environment. Children should be motivated in athletics by actively participating in developmentally appropriate challenges that are structured to make use of competition in an effective and balanced manner

Aim of the Award

On successful completion of the award, coaches should be able to plan, deliver and review a coaching programme for children that:

- develops fundamental, athletic movement skills suitable for children aged 8 to 12 years old
- provides engaging and enjoyable activities
- maximises involvement
- is more focused on long-term development than short-term performance

Programme – 3 days input + 1 day assessment

Cost - £325 affiliated cost (£365 for all others)

Award Content

1. Running, jumping, throwing development
2. Activities – purpose, value and role / function
3. Specific athletic tools / resources that can help them and guidance on how to use e.g. how to assess child's achievements / progress
4. Role and responsibility of a UKA Children's Coach and how deployed
5. Relevance of technical information at this level
6. Principles of warm up and cool down – stretching
7. UKA Athlete Development Model
8. Participation / competition balance and how to use competitions to the best effect
9. Personal development opportunities and how to access CPD

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Cheshire
Athletics Network

Coach Development in Cheshire Winter 2011

Sunday 2nd October 2011 10am- 3pm

Off- Road Development Day –

Teggs Nose Country Park, Buxton Old Road, Macclesfield, SK11 OAP

Wednesday 12th October 2011 – 7pm

Planning the season ahead and goal setting- for Track&Field and Road Running

Devere Hotel, De Vere Daresbury Park, Warrington

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

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



Coach Development in Merseyside Winter 2011



Merseyside
Athletics Network

Wednesday 12th October 2011 6.30pm
Effective Coaching Styles for heavy throws - Wavertree Athletics Track
(and clubhouse, Wellington Road, Wavertree, L15 4JN)

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



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





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