



Athletics Network Application Form

YEAR TWO

SECTION ONE: NETWORK CONTACT DETAILS

Name of Network	Cheshire Athletics Network
Name of person completing the application	Vicky Huyton
Position within Network	Cheshire (and Merseyside) Athletics Network Coordinator
Contact details of person completing the application	
Email address	vicky.huyton@sportcheshire.org
Contact number	07738 402931
<i>Please complete section below <u>only</u> if the network funding is hosted by a third party (host):</i>	
Host contact	Sport Cheshire
Host contact email	Ian Duckmanton- ian.duckmanton@sportcheshire.org
Host address	Sport Cheshire, 1 Moss Farm Cottage, Moss Farm Recreation Centre, Northwich, CW8 4BG
Host contact number	01606871812



SECTION TWO: ABOUT THIS APPLICATION

Please list the name of the Partners forming the Athletics Network		
Network focus clubs (clubs actively engaged on regular basis with planning and delivery of network plan):	Other (non-focus) beneficiary clubs (clubs that are benefiting from the projects of the network but not regularly actively involved in planning and delivery):	Wider Partners (e.g. CSP, SSP, schools, LA, Universities etc) :
<ol style="list-style-type: none"> 1. Macclesfield Harriers 2. Vale Royal AC 3. Warrington AC 4. Spectrum Striders 5. West Cheshire AC 6. Halton and Frodsham AC 7. Crewe and Nantwich AC 8. South Cheshire AC 	<ol style="list-style-type: none"> 1. Dash AC 2. Goyt Valley Striders 3. Helsby RC 4. Warrington Road Runners 	<ol style="list-style-type: none"> 1. Sport Cheshire 2. Local Authorities 3. MMU Crewe Campus 4. Coach Web 5. Cheshire West LA 6. Cheshire East LA 7. Macclesfield LC



January 2009– September 2009

Following a meeting of a small group of interested clubs and encouraged by Sarah Friday (EA club and coach support officer), it was agreed that there was benefit in the clubs working together to solve common problems and to submit a network application. This was duly written and submitted against a tight deadline. Although this was rejected, we were encouraged to re apply under development status using criteria that had subsequently been made available.

Oct 2009 – April 2010

The clubs involved had continued to meet and during a period of three months worked up the original plan, which by the time it was submitted in February 2010, seven clubs had now agreed to work together. Whilst the bid was being considered, the clubs met to share best practice and to agree how to start to implement the plan. It was felt that we needed a paid coordinator to help manage the work. A job description was written and at about the same time it was felt that there was an opportunity to job share with the Merseyside network.

Project areas and delivery from September 2010

1. Developing Club Structures

Athletics 365- The event was the launch of the Athletics 365 initiative within Cheshire and proved to be a huge success, with over 30 coaches attending. Cheshire had the chance to ask three of Great Britain's top athletes about their own athletics upbringing and their experiences of coaching throughout their own career. Christian Malcolm (2008 Olympic finalist at 200m), Katarina Thompson (World Junior Heptathlon Champion 2009) and Lisa Daley (UK Number 2 T12 200 and 400m Sprinter) showed their support for the Athletics 365 launch event on 9th February 2011 at the Halliwell Jones Stadium, Warrington, by engaging in a question and answer session with the volunteer coaches and then getting involved in some coaching. Scott Grace (the creator of the 365 programme) delivered a 2 hour workshop which involved both the theory and practical aspects of the initiative giving the coaches tips and ideas as to how to implement this resources into their respective clubs. Christian, Katarina and Lisa got involved with some of the task cards and had their athletic ability tested! Lisa who has been a competitive athlete for over 14 years said "I think this programme is fantastic, I wish I had something like this when I was a young athlete. I really think this will make a big difference in keeping children interested in the sport and also help coaches in teaching athletes the fundamentals of every event. Vicky Huyton, organiser of the event and network coordinator for both Cheshire and Merseyside said "I am very grateful that Christian, Katarina and Lisa came to support this even. Their stories of their own coaching experience has been very



inspiring and it's great to know that they see the 365 programme as a great idea and something that will definitely help coaches and athletes across the country." All coaches who attended the event received an Athletics 365 Coach pack funded by the networks and all were entered into a prize draw to win one of 4 365 Equipment packs for their club worth £220. All track and field network clubs are currently going through a process of integrating the programme into their own club. This has and will develop the structure of young and beginner athletes joining athletics clubs in the network and will support the sustainability of their athletic careers. Eddie Gore who is the Coaching Coordinator at West Cheshire Ac stated about the evening "Very helpful to me in convincing our coaches to try it [Athletics 365]." As a result of this evening, West Cheshire AC now have the Athletics 365 initiative embedded into their junior section."

Coach web- with support from the County Sport Partnership (Sport Cheshire) 'Coach Web' has been used in order to promote coaching opportunities across the County. Once registered, this website allows coaches to access coach education courses and volunteer and paid coaching opportunities. To date there are 17 athletics coaches signed up; the impact of this service on the network has and will allow coaches to increase their personal coach development skills and chose from a list of courses ranging from first aid, safeguarding children, equity in your coaching, fundamentals of coaching etc. As this service is provided by the County Sport Partnership and is free to the network, this is one step to ensuring sustainability in coach education.
www.coachingcw.org

Is your club ready for 2012? workshop- The aim of this workshop is to ensure that all clubs involved in the network are ready for the influx of potential new members thanks to the London 2012 Olympic affect.

2. Increase participation and performance in hammer and discus

Over the course of the winter, the network hosted four 'Coach and Athlete Development Days' which have included hammer and discus workshops and flying coach visits. Here is the breakdown of the days:

Macclesfield CAADD 19th October 2010- 12 coaches and athletes attended



West Cheshire CAADD 27th November 2010- 13 coaches and athletes attended
Crewe and Nantwich CAADD 20th March 2011- 9 coaches and athletes attended
Macclesfield CAADD 2nd April 2011- 4 coaches and athletes attended

The workshops have allowed attending coaches and athletes to work on various aspects of these throws including strength and core, basic techniques and more advanced techniques. As there have been a series of events, it has allowed the attending coaches to go back to their respective clubs and practice what they have learnt and then go over again at the next development day, therefore being mentored by the lead coach(es). These events have also allowed coaches who are new to hammer and discus to learn the events. Dave Copsey of Vale Royal AC said *“I learnt how to teach the basics of hammer throwing, which is a difficult skill to master, with the inherent health and safety issues.”* This will therefore increase the participation of hammer as more coaches become confident in delivering the event at their respective clubs. As well as the specific event development, the workshops which have been held (mentioned below) have also added to the development of the coaches and athletes knowledge. Workshops regarding strength and conditioning and injury rehabilitation will allow athletes to gain strength and improve their specific fitness for their hammer and/ or discus throw.



3. Develop coaches knowledge and ability to deliver fundamental skills such as strength and conditioning movement skills

The ‘Coach and Athlete Development Days’ which were held over the winter, gave coaches (and athletes) a chance to take part in seminars and workshops around general coaching areas in order to increase knowledge about fundamental issues such as injury prevention and rehabilitation, strength and conditioning and cross-training. Below is the list of the workshops which were held at each of the events and the impact they have had:

Macclesfield CAADD 19th October 2010- During this coach and athlete development day, three workshops were held in the afternoon on the following topics: ‘How to apply gymnastics to athletic events (such as polevault and Endurance)’, ‘Aqua Jogging for injury rehab’ and ‘Pilates for injury prevention’. 43 coaches and athletes attended these workshops. One coach from Spectrum Striders Running Club stated the aqua jogging “was a very good alternative to compliment running.”



West Cheshire CAADD 27th November 2010- another two workshops were delivered at this development day, 'Basics of Sports Psychology' and 'Basics of strength and conditioning without weights'. 33 coaches and athletes attended these events. The psychology workshop in particular had a huge impact into the ways coaches will approach their athletes in future and realised that much of what they coach an athlete is very much dependant upon the mind set of the individual.

Crewe and Nantwich CAADD 20th March 2011- four workshops were delivered on this day. These various workshops have allowed coaches and athletes to take part and learn new techniques and skills to be used within their own training sessions. 33 coaches and athletes attended.



4. **Increase participation and performance in polevault**

Coach and Athlete Development Days played a big part in polevault development across Cheshire. Due to not having an indoor polevault facility, during the winter, there was a big focus on Strength and conditioning of the vaulters with gymnastic and strength sessions taking place within Sports halls and gyms. When the weather was good enough, technical aspects of vaulting took place Outdoors. These were the following three events.

Macclesfield CAADD 9th October 2010= 10 coaches and athletes

West Cheshire CAADD 27th November 2010= 9 coaches and athletes

Crewe and Nantwich 20th March 2011= 5 coaches and athletes



Cheshire Polevault Squad- these squads have been lead by Rod Grant Smith who is a polevault coach at Macclesfield Harriers has been the lead coach in taking coaches and athletes to sportcity to take part in a series of Cheshire Polevault Squad sessions. This has taken place outside of the county (and in Manchester) due to a lack of indoor polevault facilities within Cheshire. There were 5 indoor sessions, Nov, Dec, Jan, Feb, April. The record of those athletes retaining an active interest in and/or participation across all the sessions is as follows:

13 athletes attended at least 3 of the 5 sessions of which:

6 athletes attended at 3 sessions

3 athletes attended at 4 sessions



3 athletes attended all 5 sessions

Coaching support was gratefully accepted from Wendy Valentine from Crewe at all sessions.

Chris Wells, level 1, from Warrington, supported 3 sessions.

Matt Cullen, regional coach, supported 2 sessions.

And 3 other coaches supported at least 1 session.

We have had approximately 3 or 4 complete novices progress to a basic competitive level and 8 relatively inexperienced athletes either improve their skills, confidence or maintain performance through what would otherwise have been a bleak winter period for PV training.

Crewe and Nantwich Club provided 3 regular attendees

Macclesfield Club provided 3 regular attendees

St Helens Club provided 3 regular attendees

Warrington Club provided 1 regular attendee.

West Cheshire Club provided 1 regular attendee.

1 non-affiliated regular attendee.

(regular = 3 or more sessions attended).



Cheshire Polevault Bank of equipment- due to the success of the Cheshire Polevault squads and the Coach and Athlete Development Days, athletes are now vaulting higher. The issue of this then becomes that clubs do not have poles which are big enough. It was agreed that between the track and field clubs who do have polevault facilities, that there would be a production of a 'Cheshire Polevault bank'. All polevault coaches across the clubs have exchanged contact information and all are aware of which equipment each club has, making this a perfect way of club sharing. As well as this, the network has purchased 50% of two new poles (one for West Cheshire AC and one for Crewe and Nantwich AC) and also a plyometric step for Macclesfield Harriers. Once again, it has been agreed that all equipment has and will be shared.



5. Increase participation and performance in endurance



Parlauf- On Wednesday 22nd September 2010. The Parlauf event was hosted by Vale Royal AC at the Knight Grange Sports Complex in Winsford and involved 40 members of various network clubs. The aim of the event was not only to officially launch the network but to have fun and show members of the clubs involved aware of how they could benefit from the partnership work of the network. Members of the clubs turned up to take part in a handicapped event, which involved being paired up with another person dependant upon their individual one mile time. Each team had to complete as many laps as they could as a pair in 20 minutes with one athlete running and being able to change runner at the start of every lap. Event organiser Alan Parsons of Vale Royal AC said *“The challenge of mixing dedicated track athletes with passionate road runners created an electric atmosphere where, after careful handicapping, almost every team had a chance to run beyond their expectation and despite the wet conditions thoroughly enjoy the racing and the dinner afterwards. Even days afterwards the Watchers (those watching each team as they completed the toil of laps and handed the batons over) revelled in the atmospheric rivalry and passion that the event produced. It will be the first of many such events I am sure.”*

Coach and Athlete Development Days- during all four of these development days, there have been endurance sessions lead by various coaches from across the network. The sessions have been based around track endurance and new ideas including drills and conditioning have been provided to all who have taken part. There have been a great mix of clubs including; South Cheshire, Dash AC, Macclesfield Harriers, West Cheshire AC, Spectrum Striders, Crewe and Nantwich AC.

Off Road Development Day- April 2nd saw the inaugural ‘Off –Road Development Day’ at Teggs Nose Visitor Centre, organised by Cheshire Athletics Network. Over 30 runners attended to develop their off-road skills, downhill techniques, navigation and kit choice were all covered with practical coaching sessions delivered by Tony Hulme of Running Bear and Nick Harris, FRA coach from Rossendale. There were representatives from: Goyt Valley Striders, Halton And Frodsham, Helsby, South Cheshire Harriers, Spectrum Striders, Warrington Road Runners, West Cheshire and Macclesfield Harriers. After these energetic and interactive sessions the group split into 2 groups for a 90min run around Macclesfield



Forest / Rainow before they all headed back to Macclesfield Harriers club house for a hot lunch. Feedback has been very positive and further sessions building upon the experience are already being planned! Gill, who is a member of Warrington Road Runners who attended the day stated that the day has now encouraged her “*to enter races suitable for ability*”, previously to this, Gill has never wanted to enter competitive races.

Leadership in Running Fitness Course- due to partnership work with Sport Cheshire, the network was able to provide clubs a chance to complete the LIRF course at 50% cheaper than normal. The course was purchased as a closed course with the agreement that the network would provide half of the places and Sport Cheshire the other half. This partnership work has proven successful as the course as been filled and once taken place in June 2011, there will be more qualified leaders within the network clubs which will impact on the amount of new members a club can recruit.

6. Volunteer Utilization

Volunteer utilization has been key to the running of the network and it is important to keep this going in order to maintain sustainability. Clubs involved with the network have realised the importance of taken responsibility for various aspects of the development plan.

Parlauf- as well as Alan Parsons from Vale Royal volunteering to organise this event, there was also 40 other volunteers that supported the event with regards to setting up and officiating.

Coach and Athlete Development Days- over the four events, each club who have hosted an event have taken the responsibility in organising. Bob and Pauline Lynch from Macclesfield, Eddie Gore from West Cheshire and Wendy Valentine from Crewe and Nantwich AC have all given up a lot of time to book venues, coaches and recruit coaches and athletes to attend the days.

There have also been a number of volunteer lead coaches including Chris Roose and Rod Grant-Smith for Polevault and Pauline and Bob Lynch for Endurance.

Off-Road Development Day- Andy Garnett of Spectrum Striders and Phil Barnes of Macclesfield volunteered to organise the event which took place in April 2011.

Recruiting new officials- during the first year of the network, there was a big push to recruit new officials as England Athletics had organised a Level 2 Officials course at Macclesfield. The network



agreed to subsidise officials from network clubs in attending the course which resulted in 9 more qualified officials across the county.

Network Committee Roles- over 12 months of the network, there have been 8 committee meetings with an average of 8 volunteers attending (14 in total). The committee represent their respective clubs and ensure that all information discussed in meetings will be passed back to their clubs. (below in another section to the development plan, there is a diagram as to how the committee is structured).

University volunteers- the Coach and Athletes development days have been a fantastic outlet for students to get involved. The 'Basics of Sports Psychology' workshop delivered in November 2010 at West Cheshire was delivered by a Masters student from Bangor University.

The use of these volunteers has and will allow the network to become more sustainable in the future years. Due to the success of the events one big achievement has been clubs getting to know each other and are now confident in organising and delivering various events.



7. Networking with schools

This project area was seen as a low priority within the year one plan so much of the networks effort went into planning coach development opportunities. Links were initially made with the school sports partnership and in particular the PDM and Competition Manager, however, due to government changes,.... Many of the network clubs have expressed that at the beginning of the network year, they could not actually cope with many more younger members and therefore did not want to advertise their club too much within schools. As a result of this, Athletics 365 was introduced into clubs to allow them to improve the infrastructure of their younger athlete groups. There has also been development around the club structure targets in order to 'prepare' clubs for future influxes of members.

8. Marketing and promotion

Banner- the network purchased a network banner which appeared at all network events and has been shared around clubs in order to promote and raise the profile of clubs and the network.

Flyers- each event has had a flyer produced and distributed in order to give the network or event an identity and for it to be easily identified when posted up in club houses etc.

Newsletters- these newsletters which are written by the coordinator, contain information from clubs



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(across Cheshire and Merseyside) and are sent to all clubs, Local Authorities, CSPs and CCSOs / EA and hundreds of coaches to support the promotion of local events across both counties. There has been much positive feedback about these letters and it brings the news directly to the coach rather than them spending time looking through websites etc.

Website- since September 2010 there have been over ten items on the England Athletics website as well as items in the Sport Cheshire Website,

Co-ordinator Uniform- it is essential that the network is seen as a professional body, therefore, its paid member of staff has been provided with a uniform which can be easily identified when she attends clubs and other various meetings.

T shirts- the network purchased t-shirts with the network logo on the front so that athlete and Coaches who wear them can retrospectively promote the network.



9. Network Activity Coordinator

Working with England Athletics CCSOs and Sport Cheshire the role of Cheshire and Merseyside Athletics Network Coordinator was advertised and representatives of both networks met to review candidates, conduct interviews and to gain a job acceptance for a full time person (Vicky Huyton) who started the post in September 2010. This role has proven to be very successful and it has been of great benefit that the role was made full time and shared across both networks.

The role is hosted by Sport Cheshire and line managed as such by both Merseyside and Cheshire networks. The coordinator has developed a system to ensure that her time is evenly distributed across both roles.

Other achievements

County AA- in the early months of the Cheshire Athletics Network, there was scepticism about its agenda from the Cheshire County Athletics Association. Due to an improvement of communication between the two organisations, the county AA now embrace the network and have agreed to have joint meetings between the two. This now means that there are more volunteers at hand and also increases the networks credibility within the county due to the 'acceptance' from the long standing association.

Sprints- due to the success of the Coach and Athlete development days and the involvement, it was seen that sprints, long jump and triple jump should be added onto the list of events. The network coordinator Vicky Huyton has been leading the sprints sessions whilst Matt Hulyer has been leading the Long and Triple Jump.



Athletics Networks

KPIs

Project Area	TARGET FOR YEAR 1			ACHIEVED IN YEAR 1		
	TOTAL	CLUB	COACH	TOTAL	CLUB	COACH
Developing Club Structure	525-625	500-600	25-40	732	700	32
Increase participation and performance in Hammer and Discus	66-86	60-80	6-10	418	380	38
Develop coaches knowledge and ability to deliver fundamental skills	550-650	500-600	50	1199	1090	109
Polevault	30	25	5	144	120	24
Endurance	325	300	25	2175	2100	75
Volunteer Utilization	30	20	10	3765	3690	75
Networking with schools	50	50	0	0	0	0
Marketing and Promotion	30	20	10	8,433	8,080	353
Network Coordinator	50	50	50	8,433	8,080	353



Athletics Networks



Please give us a brief overview of what the network will be focusing on in year two and why?

The year 2 plan aims to build on the experience gained in the first year, developing and strengthening the network to include more Cheshire clubs and address issues that are of common concern. It includes providing further opportunities and facilities to develop coaches (and athletes) through workshops, seminars and road shows on wide-ranging subjects around generic coaching issues (such as injury prevention to nutrition and core stability) and specific event development on events that have been shown to be needed, proven to be popular and are likely to be well attended. It also includes the provision of providing specialist event support in our geographically distributed area, especially indoor facilities and specialist coaches.

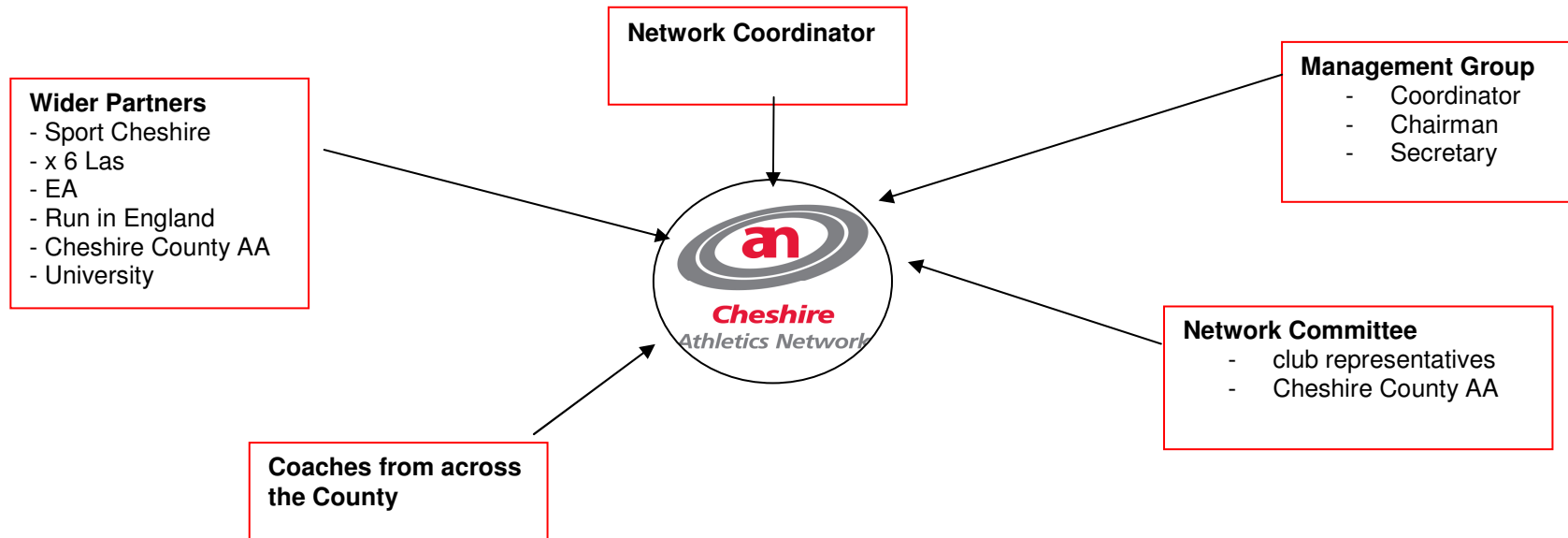
Key to the delivery there will be opportunities for clubs to share knowledge, good practices and skill capabilities, ensuring they are well placed to optimise opportunities arising from any 2012 legacy across the network and concentrating common club demands to provide viable and effective solutions for the County and the Clubs.

There will also be a specific project that will aim to provide direct support to endurance needs to cater for and attract engagement with the high proportion of road running clubs in the Network area, whilst another project is aimed at assisting all clubs increase the numbers of higher qualified coaches in the County.



Athletics Networks

Please give us a brief overview of the structure of your network (i.e. do you have management group, sub-groups, forums?)



SECTION THREE: YEAR TWO DEVELOPMENT PLAN

Project		Delivery	Outcome	Lead	Targets			Cost		
i.e. What?		i.e. How?	i.e. Impact on club environment?	i.e. who?	1 How many will benefit from project (Total)? 2 How many will benefit within the club environment? 3 How many coaches will benefit from project?			1 EA Network request? 2 Partner funding? 3 Totals?		
					1	2	3	1	2	3
1	Generic Coach Development Delivering a Winter Coaching programme focussing on generic coaching issues and building upon those discussed within the first year.	<ul style="list-style-type: none"> Complete an Club Audit of what workshops are needed for this project area. Produce a calendar of workshops around the general coaching issues which effect all event groups. X 8 'generic' coaching workshops'- Injury prevention, nutrition, tapering, goal-setting, strengthening and conditioning, nutrition for growing athletes, competition preparation and Race Day requirements, core stability, Rehabilitation. Use the Facilitys audit to identify alternative localtion in order to ensure that events are spread across the county. Link in with the LCDP programme and increase coaches on the programme to develop mentoring opportunities within the network. Link in with Sport Cheshire Coach web for coaches to access development opportunities. Where possible integrate with Run England plans Promotion and increase useage of Cheshire 	<ul style="list-style-type: none"> Develop and increase coaches knowledge around coaching issues not discussed within EA coaching courses. Increase in athlete performance due to better knowledge around injury prevention, nutrition etc. 	CCSO, Flying Coach, Coordinat or, CSP, clubs, Cheshire Coach Developm ent Manager	660	600	60	1000	1,200 (in kind contrib ution, venue hire, tutor deliver y and incom e from coach es paying for course s)	2200



Athletics Networks

		Coach Web.								
2	<p>Specific Coach Development Continue with the improvement of coach education and athlete performance in event specific areas, prioritising Polevault, hammer and discus building on the first years development.</p>	<ul style="list-style-type: none"> Complete a Club Audit of what workshops are needed Produce a calendar of workshops around specific events (prioritising in polevault, hammer and discus) X 6 Flying coach visits specifically around throws and polevault. X 3 event specific workshops (Flying Coach Visits) around sprints and jumps including disability events. Monitor the progression of the coaches involved via the LCDP programme and power of ten. Monitor the progression of athletes involved via the Power of 10. 	<ul style="list-style-type: none"> Develop the three 'weaker' events within the county (identified in year 1). Increase participation within the 3 events Increase 	CCSO, Flying Coach, Coordinator, CSP, clubs, Manchester Metropolitan University (Crewe)	330	300	30	1100	500 (in kind contribution and income from coaches paying for workshops)	1600
3	Increase the number of higher qualified coaches within the county	<ul style="list-style-type: none"> Link in with EA to host Assistant Coaching Courses and Coach courses. Support the cost of Coaching courses for network coaches Search for alternative funding to support the cost of courses for coaches. 	Increase the number of coaches within the county that support the increase in club memberships, use of the Athletics 365 programme and increase athlete performance within the county.	Coordinator, EA, local facility providers	330	300	30	2,000	0	2,000
4	<p>Club Sharing and Network Promotion In preparation for 2012 and legacy. Clubs and network to get prepared for influx of new members due to the 2012</p>	<ul style="list-style-type: none"> Produce and deliver a 'Network Marketing Strategy' to raise the profile of local athletic events and clubs and give the network an identity. Host a Year 2/3 progress meeting for all clubs in county. X 3 Roadshows around various clubs to support development of club governance with regards to volunteer recruitment, finance and event planning. Clubs to produce case studies of good practice to be presented at workshops / roadshows, newsletters etc. To continue to work closely with wider partners such as Cheshire County AA, Sport Cheshire, Local Authorities to support roadshows Assisting network clubs to gain and share volunteers, officials and team managers. Produce 'Coach Development Pack' containing 	<ul style="list-style-type: none"> Network to produced sustainable identity through promotion. Raise profile of clubs Raise profile of network 	CSP, university, county AA,	1100	1000	1000	1,500	500 (volunteer hours)	2500



Athletics Networks

		<p>network marketing materials such as t-shirts, pens etc.</p> <ul style="list-style-type: none"> Recruiting new volunteers to support the delivery of the network Use of athletics competitions for promotion. 								
5	Development of endurance events by improving participation and performance, including road and multi-terrain	<ul style="list-style-type: none"> Create a Road Running Club forum to discuss specific issues around the sport. This forum will act as a working group to organise various workshops and events. X 2 workshops for race organisers- tips, licence applications, event signage, safety SAGs, Police, Medical, race day communication, on-line entry, down-loadable results, traffic management, marshals and race referees. X 3 "Off-Road Development" workshops to increase participation and performance within off road, trial and fell running. X 3 Endurance Flying Coach workshops based around track endurance events. Identify support required for specialised events such as Race walking and steeple chase. Link in with Run England Project 	<ul style="list-style-type: none"> Increase the number of road running clubs involved with the network. Increase participation within endurance. Increase performance within endurance (particularly off road, terrain and fell). Increase the number of experienced volunteers involved in running events. Increase participation within race walking and steeple chase within the county. 	Fell Runners Association, Flying Coach, Coordinator, clubs,	440	400	40	1100	150 (income from payments of workshops)	1250
6	Review and improve the utilisation of county based indoor facilities	<ul style="list-style-type: none"> Working group to be formed with representatives from all clubs to identify potential indoor training facilities, where possible consideration given for an indoor polevault facility. Complete an audit of facilities within the county (using www.activeplaces.com) Group to work towards sustainability plan (utilising Sport England tool kits eg, Win:Win) including identification of funding sources for future operations of training facility. Host Local Coach Development Programme (LCDP) workshops 	<ul style="list-style-type: none"> Support the development of coaches and athletes throughout the winter months where outdoor training is not practical. Have an indoor base for coach development within the county. Increase athlete performance as increase in training opportunities. Host more coach development / flying coach workshops. 	Working group, coordinator, LA, CSP	550	500	50	620	10,000 (aiming for funding from other sources)	10,620
7	Continuation of the Network Coordinator Post							14,782		14,782



SECTION FOUR: SUSTAINABILITY

1. How do you plan to sustain the activities of the athletics network after the third year funding? Please note this section is very important

The last twelve months has proven that the clubs within the network want to work together and therefore, will continue with club sharing and committee meetings even after year 3. It is important however that within year 2, the networks works hard to finalise certain procedures which are put into place to ensure that all clubs and its members understand exactly what the network is and the benefits that can be gained from being involved.

Volunteer utilisation will be a massive part of network sustainability and through the life of the year 1 plan, it has been proven that the network could not exist without volunteers. Using the Coach and Athlete Development Days and the committee meetings together as an example, it is estimated that the network has saved over £2,700. (worked out through using the National Minimum Wage and the Flying Coach cost of £50 per two hours) by using volunteers rather than paid staff.

Here is how the network will sustain specific activities after year 3:

- Coach and Athlete Development Days- charging for events, use of volunteer club coaches to deliver events, volunteers from various clubs organising the events with use of an “event planner checklist”.
- Sustainable indoor training facility- during year 2, a working group will be formed to specifically look at indoor training venues and the sustainability of this.
- Up to date Cheshire Athletics Handbook- this contains contact details of all clubs within Cheshire and is distributed to all clubs and added to the Cheshire AA website. This document provides all members contact details for various club members, coaches etc.
- Network committee- it has been expressed on many occasions that after the year 3 of the network, meetings would still take place between all clubs. This is at no cost and can be held at various clubs clubhouses.

Relationships with wider partners- the network meetings have invited various partners to the table, including local authorities and the county sport partnership.



SECTION FIVE: FINANCIAL BREAKDOWN YEAR TWO

Cost Breakdown			
Item	Total Cost	Partnership £	Amount Requested
Total Cost from section 3 Athletic Network Plan (above)	33,100	11,000	22,100
Other costs not reflected in Network Plan (i.e. hosting costs, admin cost, employment on-costs)			
Totals	33,100	11,000	22,100

England Athletics pays year two financial requirement minus any under spend, please confirm the following:

Under spend	
a) Year 1 money awarded	£27,900
b) Year 1 spend:	£27,900
c) Difference: (a-b)	0
d) Year 2 request: (d)	£22,100
e) Year 2 request minus difference (d-c)	£22,100

1. England Athletics are unlikely to award more than £75,000-£100,000 over three year period.



Athletics Networks

Partnership funding contributions Year 2. (Please add more rows is required)		
CLUB Contributors:	Amount:	Confirmed or unconfirmed?
1.	£	
2.	£	
3.	£	
4.	£	
5.	£	
6.	£	
OTHER Contributors:	Amount:	Confirmed or unconfirmed?
1.	£	
2.	£	
3.	£	
4.	£	
5.	£	
6.	£	
TOTAL		



SECTION SIX: CHECK AND CONDITIONS OF GRANTS

PLEASE CHECK THAT ALL INFORMATION HAS BEEN COMPLETED ACCURATELY.

I confirm that all above information is true and accurate and that any funding received will only be spent on items requested as part of this application

SIGNED

DATE

Network award conditions:

1. Only clubs who affiliate all competing athletes to England Athletics can be a member of a McCain Athletics Network;
2. A commitment to recruit and develop coaches in the network;
3. A commitment to support the improvement of the quality of clubs through the recruitment and development of volunteers and officials;
4. A commitment to work in partnership where clubs meet regularly and share best practice;
5. Clubs' volunteers must 'own' and 'drive' the network (i.e. clubs representatives and not paid staff or wider partners must lead the network);
6. A commitment to work with wider partners;
7. That all clubs (with juniors section) must achieve clubmark by April 2012.

