



Cheshire and Merseyside Athletics Network

Newsletter

Issue 7- May/ June 2011

SUCCESSFUL BID FOR BOTH MERSERYSIDE AND CHESHIRE NETWORKS!

After a successful first year for both networks, the Cheshire and Merseyside Athletics Networks have now been successful in their year two submission. Applications were made a few weeks ago and after a panel meeting with England Athletics on the 12th May 2011, it can be announced that both networks can now go forth into delivery for a second year.

Now that both plans have been approved, the coordinator will spend the next couple of weeks promoting the plans and raising awareness of the project areas:

Cheshire Project Areas:

1. Generic Coach Development
2. Specific Coach Development
3. Increase the number of higher qualified coaches within the county
4. Club Sharing and network promotion
5. Development of endurance events
6. Review and improve the utilisation of county based indoor facilities.



Merseyside Project Areas:

1. Improve Coach Development and participation in all throws events.
2. Create a pathway and guidelines for volunteers and parents.
3. Improve Coach Development and participation in disability athletics.
4. Increase the number of higher qualified coaches.
5. Marketing and Promotion of the network
6. Increase performance and participation in Endurance events.



If anyone would like more details of the project areas and would like the Network Coordinator to visit their club to discuss, please contact Vicky Huyton at vicky.huyton@sportcheshire.org.uk.

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



Coaching & Leadership Courses



ATHLETICS LEADER



LEADERSHIP IN RUNNING FITNESS



COACHING ASSISTANT



ATHLETICS COACH



The Crosby Ironman Duathlon

Date: 17th July Registration From 8.30am

| RACES | | | | | | |
|-------|------------------------------|---------|---------|---------|--|-----|
| 1 | 10.00am Senior (17+ yrs) | (2500m) | (5000m) | (2500m) | | £15 |
| 2 | 11.30pm Youth (12-16 yrs) | (2012m) | (4000m) | | | £10 |
| 3 | 1.00pm Junior (8-11 yrs) | (2012m) | (2012m) | | | £10 |
| 4 | 2.30pm Family Race* | (2012m) | (2012m) | | | £15 |

*Family is 2 adults and up to 2 children, £5 per additional person.

This year Crosby Lakeside Adventure Centre will hold the first Crosby Ironmen Duathlon. There will be four races commencing between 10am and 2:30pm and prizes for all categories and even family spot prizes!

For more information please visit:

<http://www.crosbylakeside.co.uk/ironmen-duathlon.html>

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



Workshops for Female Coaches

Following the success of the Physical Preparation workshops in 2010, England Athletics are pleased to offer further workshops across the country, this year they are open to all female coaches. The workshops are part of the UKA and England Athletics project to promote and develop female coaches.

The tutors at each event are all females who are experts in this field. They include:

- ◆ **Alex Reid** has vast experience of Strength and Conditioning coaching and has worked within professional football for over 10 years. Alex served as Head Strength and Conditioning Coach at Tottenham Hotspur FC and Fulham FC, where she worked with players from the Premier League squads. One of her specialisms is functional injury rehabilitation.
- ◆ **Julie Twaddle**, Strength and Conditioning Coach with the English Institute of Sport. Julie works across a range of sports in her work with the EIS including Women's Football, Disability Swimming, Wheelchair Rugby and Rowing.
- ◆ **Liz Sinton**, Strength and Conditioning Coach with the English Institute of Sport. She works in sports including Swimming, Modern Pentathlon, Netball, Hockey and Sailing and her work has included working with World and Olympic medallists from Sailing, Swimming and Modern Pentathlon.

The workshops will be focused on coaching the key movement patterns for athletic performance. They will particularly address the strength training exercises of squatting, lunging and dead lifting and their relationship to force development and transfer for athletes. The sessions will develop exercise progression allowing coaches to design programmes for both entry and elite level athletes and will lay the foundation for understanding power development and related activities such as Olympic lifting.

The emphasis is on building confidence through clarity and attention to detail ensuring a solid foundation for developing athletes.

Spaces are limited and will be on a first come first served basis. For more information contact Alison Potts: apotts@englandathletics.org

11 June 2011
Birmingham University
10.00am-2.00pm

12 June 2011
Northumbria University
1.00-5.00pm

12 June 2011
Lee Valley HiPAC
1.00-5.00pm

12 June 2011
Derby Athletics Club
10.00am-2.00pm

9 July 2011
St Mary's University
10.00am-2.00pm

9 July 2011
Bath University
1.00-5.00pm

10 July 2011
Sussex University
10.00am-2.00pm

23 July 2011
Sportcity, Manchester
1.00-5.00pm

24 July 2011
Leeds Met University
1.00-5.00pm



www.englandathletics.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



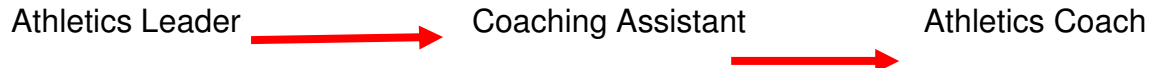
Feature of the month

Coaching Courses

What are the new England Athletics Coaching Courses?

There are many pathways you can take on the new coaching course structure, here are the two main ones, chose between coaching at a track and field club and a road running club:

TRACK&FIELD



ROAD RUNNING



How much do these courses cost?

| Standard Cost Price (Non EA affiliated Members) | |
|---|---|
| Leadership in Running Fitness £90 | Coaching Assistant £175 |
| Athletics Leader £130 | Athletics/Running/Children's Coach £365 |
| EA Affiliated Members Price | |
| Leadership in Running Fitness £90 | Coaching Assistant £130 |
| Athletics Leader £95 | Athletics/Running/Children's Coach £325 |

For more information about England Athletics Coaching Awards, please visit:

<http://www.englandathletics.org/page.asp?section=449§ionTitle=Coaching>

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