



# **Cheshire and Merseyside Athletics Network**

## **Newsletter**

### **Issue 1- November 2010**

### **Your first Cheshire and Merseyside Athletics Network Newsletter**

This newsletter aims to keep both the Cheshire and Merseyside Athletic Networks in touch with each other. This will be a monthly newsletter which contains news, information and details of the workings of the networks and shout about all the good work which is taking place!

So, if you or your club has anything to shout about, contact your Athletics Network Coordinator at the details below and get your good news promoted across two counties!

### **Cheshire Athletics Network**

The Cheshire Athletics Network became official back in May 2010 with the support of their Club and Coach Support Officer, Sarah Friday. The network comprises of 8 clubs with a mixture of track and field and road running.

The networks Year 1 objectives are:

- Develop network club structures
- Increase performance and participation in Hammer and Discus
- Develop coaches knowledge in areas such as strength and conditioning
- Increase performance and participation in Polevault
- Increase performance and participation in Endurance
- Volunteer utilization
- Network with schools
- Marketing and promotion of clubs in network

### **Merseyside Athletics Network**

Before the network became an official McCain network, it existed as the Merseyside Athletics Forum which was formed over six years ago. It soon became a well established county athletics development group working alongside the Merseyside Athletics Association, the County Sport Partnership, six Local Authorities and fifteen School Sports Partnerships.

The network now has some key objectives for Year 1 which include;

- increasing the number of coaches
- supporting with the promotion of local athletic events
- raising the profile of the network clubs
- devise a mentoring support system for all coaches within the network
- deliver coach workshops and seminars
- increase the number of Clubmark clubs
- recruit and retain marshals and officials
- deliver coach and athlete development squads

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

**Vicky Huyton**

**Cheshire and Merseyside Athletics Network Coordinator**

**[vicky.huyton@cwsportspartnership.org](mailto:vicky.huyton@cwsportspartnership.org)**

**07738 402931**





## **Success at the first Cheshire Coach and Athlete Development Day 2010**

On the 9th October 2010, Cheshire Athletics Network hosted another successful event; a Coach and Athlete Development Day. The idea for the day was thought up by Bob Lynch of Macclesfield Harriers, who, with many years of coaching experience, wanted to use the day for coaches and athletes to develop not just their specific events, but also to open their minds to non-traditional athletics events such as aqua-jogging, pilates and gymnastics. Bob explained %b was quite different to normal training sessions, but then this is what was planned. Hopefully people took away some ideas and techniques that will benefit them in their chosen events.+

The first part of the day involved coaches and athletes splitting off into their event groups which were Hammer, Discus, Endurance and Polevault. Each event had a lead coach (Rod Grant-smith- Polevault, Ronnie and Mike Bomba- Hammer and Discus and Pauline Lynch- Endurance) who worked in groups with both coaches and athletes. Pauline, the Endurance Coach for event stated, %the whole idea of the endurance session was to allow a large group of athletes of different ages and abilities to spark off one another and to sample a series of training sessions that were deliberately designed to take people out of their comfort zone. It is essential to be able to train above your normal race pace for at least half your normal distance, if you want to run faster for longer. Certainly on the day everybody entered fully into the spirit of the sessions+.

The second part of the day then saw coaches and athletes taking part in Aqua Jogging, Gymnastics and Pilates. These activities, lead by instructors from Macclesfield Leisure Centre, gave all involved different ideas of training for strength and conditioning and injury rehabilitation. One coach who attended the day said %doved the aqua aerobics, it was an excellent day for both coach and athlete.+

This was the second event held by the Cheshire Athletics Network with 43 coaches and athletes from the following clubs attending South Cheshire, West Cheshire, Spectrum Striders, Macclesfield AC, Crewe and Nantwich AC, Warrington AC, Dash AC and even Liverpool and Pembroke AC. Bob Lynch event organiser said %his first development day put on by the Cheshire Athletics network was a real success. It clearly demonstrated that a number of clubs, coaches and athletes can come together to share experiences and benefit from collective training. Yes it was hard and challenging but I look forward to being able to participate in the next day in the series.+



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

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## UKA Women's Coaching Advisory Committee

The UKA Women in Coaching Advisory Committee was formed in 2010 and met for the first time in June. The group is tasked primarily with contributing to the development of a strategy for women in coaching initiatives; to make recommendations with regards to women specific programming; to provide a voice for female coaches and to form another key strand of UK-led Year of the Coach activity in 2010. The long term key objectives of the Committee is to help create opportunities for female coaches to raise standard, number and profile of female coaches working with athletes at every level.

For more information regarding the Women's Coaching Advisory Committee, please contact Vicky Huyton on 07738 402931.



### Assistant Coach Course

The Merseyside Athletics Network is pleased to announce that we are holding the new **ASSISTANT COACH** course on **11<sup>th</sup> and 12<sup>th</sup> December 2010** at Wavertree Track, Liverpool. This course has been especially organised by the Merseyside Athletics Network and therefore we are offering it with a **40% discount!!!** You only have to pay £78 instead of the usual £130!!

Course Code	NC0199
Course Name	Coaching Assistant
Day(s) and Date(s)	Saturday 11th and Sunday 12th December 2010
Start Time	9.00am
End Time	5.00pm
Venue Address	Wavertree Athletics Track

If you would like to attend this course, please contact Vicky Huyton, you will then be sent the application form along with the booking process.

### Coach and Athlete Development Day- 27<sup>th</sup> November 2010

This is the second in a series of development days hosted by the Cheshire Athletics Network. Focusing on the events of Polevault, Hammer, Discus and Track Endurance, this development day aims to give the coach and athlete the tools to take their training programmes to the next level!

There will also be workshops concerning Biomechanics, delivered by the UKA Biomechanist and a workshop around Sports Psychology delivered by Bangor University.

This time it takes place at the home of West Cheshire AC- Ellesmere Port.

To book your place, contact your Athletics Network Coordinator, Vicky Huyton.

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

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@cwsportspartnership.org

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**FREE!!**

# OFFICIALS COURSE

**Free places are only available through the Cheshire and Merseyside Athletics Network**



**Merseyside**  
Athletics Network



**Cheshire**  
Athletics Network

Athletics  
Networks

**FREE PLACES ARE LIMITED and are available for a short time only!!**

**Choose your course and then contact your Athletics Network Coordinator for more details!**

For more information on officiating, please visit: [www.englandathletics.org](http://www.englandathletics.org)

**For more information please contact:**

**Vicky Huyton**  
**(Cheshire and Merseyside Athletics Network Coordinator)**  
**07738 402931**  
**[vicky.huyton@cwsportspartnership.org.uk](mailto:vicky.huyton@cwsportspartnership.org.uk)**

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## North Area Officials Courses 2010/2011

LEVEL 2 - Includes Generic module plus one from the list below (please specify discipline on application)			
<b>Sunday 21<sup>st</sup> November 2010</b>	<b>Gateshead Stadium - Tyneside</b>  Generic 10am to 12pm Track Judges 1pm to 3pm Timekeeping 1pm to 3pm Field Judges 1pm to 3pm Starter/marksman 1pm to 3pm (all disciplines include generic)  <b>*NEW* Photofinish 10am to 12pm</b> <i>(For current Level 2 Officials only)</i>	North East  Codes - NO0056TR - NO0056TK - NO0056FD - NO0056SM  - NO0056PF	£15 per person
<b>Saturday 22<sup>nd</sup> January 2011</b>	<b>Keppmoat Stadium – Doncaster</b>  Generic 10am to 12noon Track Judges 1pm to 3pm Field Judges 1pm to 3pm Timekeeping 1pm to 3pm (all disciplines include generic)	Yorkshire/Hum  Codes - NO0079TR - NO0079FD - NO0079TK	£15 per person
<b>Sunday 20<sup>th</sup> February 2011</b>	<b>Wavertree Stadium – Liverpool</b>  Generic 10am to 12noon Track Judges 1pm to 3pm Timekeeping 1pm to 3pm Field Judges 1pm to 3pm (all disciplines include generic)	North West  Codes - NO0075TR - NO0075TK - NO0075FD	£15 per person
<b>Saturday 5<sup>th</sup> March 2011</b>	<b>Sportcity - Manchester</b>  Generic 10am to 12noon Track Judges 1pm to 3pm Timekeeping 1pm to 3pm Field Judges 1pm to 3pm Starter/Marksman 1pm to 3pm (all disciplines include generic)	North West  Codes - NO0078TR - NO0078TK - NO0078FD - NO0078SM	£15 per person
<b>Saturday 26<sup>th</sup> March 2011</b>	<b>Macclesfield Track- Cheshire</b>  Generic 10am to 12noon Track Judges 1pm to 3pm Timekeeping 1pm to 3pm Field Judges 1pm to 3pm (all disciplines include generic)	North West  Codes - NO0077TR - NO0077TK - NO0077FD	£15 per person
TBC	<b>West/North Yorkshire</b>	Yorkshire/Hum	£15 per person
<b>Health &amp; Safety</b>			
DATE TBC 2011	Wavertree Stadium . time tbc	Merseyside	£10

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**Vicky Huyton**

**Cheshire and Merseyside Athletics Network Coordinator**

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## Events in November and December 2010

4 <sup>th</sup> November 2010	<b>Athletics Network Strategy Day</b>	Brighthouse	2-8pm
13 <sup>th</sup> November 2010	<b>EA Club Conference</b>	Leeds	All day
13 <sup>th</sup> November 2010	<b>Warrington Sports Awards</b>	Warrington	Evening
17 <sup>th</sup> November 2010	<b>Cheshire Athletics Network Meeting</b>	Northwich	7-9:30pm
24 <sup>th</sup> November 2010	<b>Merseyside Athletics Launch Night</b>	Wavertree	6:30-8:30pm
27 <sup>th</sup> November 2010	<b>Coach and Athlete Development Day</b>	Ellesmere Port	10-3:30pm
28 <sup>th</sup> November 2010	<b>EA National Coaching Conference</b>	Sportscity	All day
1 <sup>st</sup> December 2010	<b>Merseyside Network Year 2 Planning</b>	Liverpool	6:30pm
8 <sup>th</sup> December 2010	<b>Javelin Flying Coach Visit</b>	Litherland	6:30pm
11 <sup>th</sup> December 2010	<b>Assistant Coach Course</b>	Wavertree	2 Days

To book on any of these dates, please contact Vicky Huyton, Cheshire Athletics Network Coordinator.

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