

# ATHLETICS DEVELOPMENT UPDATE

## AAA East Midlands Region April 2005



*Welcome to the East Midlands Development newsletter. This newsletter aims to keep you informed about athletics development throughout the region.*

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### Focus on Nottinghamshire

Thanks to Chris Mallender, County Athletics Development Officer who has provided the following report:

Elizabethan School from Retford became the first winners of the Bassettlaw Y7/8 sportshall athletics competition held at Retford LC on Wednesday 23 Feb. This is an extension of the successful Y3/4 and Y5/6 Sportshall athletics competitions that take place throughout Nottinghamshire. Primary schools from all 8 districts in the county take part in the year Y3/4 & 5/6 Sportshall competitions and we are aiming to put a natural progression in place by introducing similar competitions in secondary schools. The programme has been revised to include individual and middle distance events, as well as revising the field events that are included to give the competition more of a traditional track and field aspect. At present 6 out of 8 districts are receiving coaching and have competitions planned in, with the remaining 2 hopefully coming on board next year.

Athletes from Notts AAA Development Squad represented Nottinghamshire schools in an indoor inter-counties match on 09 February at the National Indoor Arena in Birmingham. It is the first time that Development Squad athletes have been used to select an inter-counties team, and all but 3 athletes were squad members. The team from Notts had several excellent individual performances (however we are still awaiting the official results to be distributed), and overall had one 2<sup>nd</sup>, one 3<sup>rd</sup> and two fourth places. This was quite an achievement as some athletes missed events due to timetable changes taking place on the night and incorrect information being given to the team manager prior to the event. Notts AAA Development Squad coaching co-ordinator Nikki Mottishaw and Head coach Mike Cooke were extremely pleased with the individual performances on the night and secretary of Notts Schools Athletics Association John Knight commented that the selection process and performances had been much more successful than in previous years. Congratulations to all those athletes who took part and to all the coaches and everyone involved with the Development Squad!

And finally Notts AC in partnership with Nottingham City Council and AAA have successfully appointed a full time Community Sports Coach Scheme athletics coach. James Hayden, who is a member of Notts AC started his role in February and will be working throughout the City on various school, club and community athletics schemes that are taking place.

The date of the next Coaching and Development Committee Meeting is Wednesday 4<sup>th</sup> May 2005 at 7.30 at Berry Hill Park.

### Counties Update

#### DERBYSHIRE

The Athletics Development Plan for Derbyshire is now in place and many thanks go to the three John's: John Palmer, John Selby Sly and John Raw as well as the members of the Development Group, the County Association and everyone who attended and contributed at the various consultation

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meetings. The plan allowed the development of a 20hr/week County Athletics Development Officer which will be hosted by Derbyshire Sport at Lea Green but employed by AAA of England on a one year contract. This post was formally advertised and interviewed for and I am pleased to report that John Selby Sly has accepted the position. John officially starts on Monday 23<sup>rd</sup> May, however he is still doing the role for 10 hrs/week in the meantime and can be contacted on 07930 348456. The priority in Derbyshire now is the delivery of the County Plan. John will be leading this process with the support of the Development Sub Group.

The date of the next Development Sub Group Meeting is Monday 23<sup>rd</sup> May 2005, 7.30 at Matlock Town Hall.

### LEICESTERSHIRE

Thanks to some hard work from Wayne over the past couple of months the new Leicestershire Plan for April 05 – March 06 has been completed. The priority now is to implement the plan across the county with support from the Development Group.

The date of the next Development Group Meeting is Monday 9<sup>th</sup> May 2005, 7.15 at Netball Seminar Room, Loughborough University.

Paul Miles has been appointed as a Community Athletics Coach (CSC) for Leicestershire for 14 hrs/week. Paul's work will support the delivery of elements of the County Plan.

### LINCOLNSHIRE

Julia White started in post as Lincolnshire Athletics Development Officer on Monday 21<sup>st</sup> March and will be doing 25 hrs/week. Julia will pick up from Mary left off in terms of supporting the development and delivery of the Lincolnshire Athletics Development Plan. She has been spending her first few weeks familiarising herself with the County Athletics Plan and meeting clubs and SDO's

Julia can be contacted on: 07796 805562  
Email: [jwhite@aaaofe.wanadoo.co.uk](mailto:jwhite@aaaofe.wanadoo.co.uk)

The date of the next Development Group Meeting is Wednesday 11<sup>th</sup> May 2005 at 7.00 at Carres Grammer School.

### NORTHAMPTONSHIRE

Interviews were held in early January and two new officers started in post with Nsport on Monday 21<sup>st</sup> February.

Jade Gresham – Participation Officer 07739435031

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Natalie Smith – Club/Coach Officer. 07834006315  
Jade and Natalie are full time and cover swimming and netball as well as athletics.

The Northamptonshire Athletics Plan for April 05 – March 06 is now in place and thanks go to the Development Group – especially Ted Barton and Charlie McConnel who supported the process. Again the priority now is to implement the plan and Jade and Natalie will be supporting this through the Development Group.

The date of the next Development Group Meeting is Monday 16<sup>th</sup> May 2005, 7.30 at Corby AC Club House.

### UKA Club Awards

**Congratulations** to all the East Midland Award winners of the 2004 UK Athletics Club Awards and many thanks to those of you who took the time to nominate and recognise the contribution made by these people.

CATEGORY	WINNER
Track & Field Club	Notts AC
Off Road Club	Notts AC
Junior Club	Amber Valley AC
Club Innovation	Notts AC
Club Officer	Joyce Stevens – Sutton Harriers
Club Volunteer	Dennis Eden – Notts AC
Emerging Talent (Volunteer)	Ian Turlington
Strategic Leader	Mike Cooke – Retford AC
Services to Officiating	Ron Still – Corby AC
Performance Coach	Cameron Sealy – Notts AC
Development Coach	Stephen Finney – Buxton AC
Emerging Coach	Karen Payne – Corby AC
Athletic Partnership	Kettering Town Harriers, Kettering Community Leisure Ltd, Kettering Borough Council.

### Shine Awards Update

Don't forget to upload your performance data to the central database. This helps UK Athletics to identify the best performances, provide ranking lists, identify platinum award winners and cases of Talent ID. You can do this by: Going into the administrator section, click on tools and then upload data.

Shine CD's and rewards can be purchased from our resource centre (telephone 0208-410-4440) or online at [www.norwichunionshineawards.com](http://www.norwichunionshineawards.com)

Don't forget that Schools can purchase the shine:awards CD using e-learning credits. Further information is available on [www.curriculumonline.gov.uk](http://www.curriculumonline.gov.uk)

Visit the shine:awards website. It's a useful tool that is easy to navigate and allows you to learn something new about the awards. Regular competitions and promotional offers are also available on the web.

[www.norwichunionshineawards.com](http://www.norwichunionshineawards.com)

### **Leicestershire Primary Schools 2005 County Cross Country Championships**

Leading primary school cross country runners contested their County Championships at Beaumont Park. Representing the 9 areas that make up the Leicestershire Primary Schools Athletics Association these young athletes put on a super spec tacle of determined running over challenging courses.

In the 24 year history of the event South Leics had only ever won one team trophy but they made up for this by taking all three boys team trophies on offer at this year Championships. However Rutland retained the Year 5 and Year 6 girls titles they won last year which, coupled with a series of other good team performances, led to them completing a hat-trick of overall team successes. South Leics finished second overall ahead of Mid Leics.

Five new names were added to the Championships roll of honour. Amy Griffiths (M), who missed out on the league title by a solitary point, took the Year 4 crown and led her Mid Leics team -mates to a team success. In the corresponding boys race Sam Underwood (SL) had the satisfaction of leading home an impressive South Leics squad as well as picking up his first County gold medal ahead William Rawlinson (C) and Sam Hollis (ML).

Year 5 Megan Fairbrother (M) landed her first County crown to add to her two league titles ahead of team – mate April Beeby. Nevertheless Rutland, with the lowest score of the day,50 (achieved by great packing – 4,5,7,10,11,13), easily won the team award.

Matthew Howard (R ) won his second County gold medal from Henry Meegan (L). Third placed bnathon Monk was first counter for a superb South Leics squad which finished its 6 runners in the first 16!

With Rosie Edge (B) unable to compete for her third successive title through illness last year's runner – up, Georgie Brookes (R ), just held off Freya Vincent (M) in the Year 6 girls race. For the third successive year, Georgie took her Rutland team to another dominant team triumph finishing

70 points ahead of second team South Leics on this occasion.

League winner, Jack Hall, won the Year 6 event ahead of school, and team, mate Patrick Mills. Last year's County Champion, Jordan Armstrong (H), finished third. In a very tight team competition South Leics just squeezed past Loughborough by four points.

George Smolinski  
Development Officer

L.P.S.A.A.

Home - 0116 2770260 School - 0116 2772082

Please note County Primary Athletics Championships – Saturday July 9th. Saffron Lane

### **Hewitt Cup 2005 - Round 1 – 19.4.2005**

Twenty competitors toed the line in the first round of the Leicester Walking Club's Hewitt Cup over a 2km. course at Humberstone Park. On a perfect evening thirteen walkers beat their previous best times in this long standing series organized in conjunction with the Leicestershire Primary Schools Athletics Association.

In the girls race, last year's champion, Lauren Gimson (Leysland) was a clear winner ahead of Jasmine Nicholls (Blaby Stokes) with Hannah Carr (Humphrey Perkins) in third place.

Coming back from injury, Hugo Graham (Leicester Grammar) took his first Hewitt Cup victory. Paul Barton (Ibstock Community College) just held off Charles Gill (Blaby Stokes) to take second place after a race long tussle.

In this competition the individual standings are based on a handicapping system which encourages all competitors to improve their best times over the 3 race series.

A trio from Blaby Stokes lead the girls league with Hannah Graham, Keira Madine and Lucy Stuthers in the 1-2-3 slots at this early stage of the competition.

Three times Hewitt Cup Boys Champion, Christopher Vesty (Humphrey Perkins), registered another personal best with a well paced walk but still found six athletes ahead of him on handicap! Dane Smith (Countesthorpe College) is the current leader with Andrew Barton (Ibstock Community College) and Fergus Jeffs (Blaby Stokes) in the minor placings.

#### Dates for the diary

Hewitt Cup #2 - Tuesday May 17th.

Hewitt Cup #3 - Tuesday June 21st.

Walking Club H.Q., Haynes Rd. – meet 6.05

Or Humberstone Park – meet 6.15

George Smolinski - L.P.S.A.A. Sports Development Officer

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## Coach Education Courses

The following courses are currently planned for the East Midlands Region. Application forms can be downloaded from [www.ukathletics.net](http://www.ukathletics.net) or call the uk:athletics Regional Education and Training Administrator, Spencer Barden on 01509 236651 or 07884 447147 for an application form and more information. If you would like a course in your area and feel there is enough local interest (about 15 people) plus a suitable venue then please contact me or Spencer to discuss further.

### Level One (Assistant Coach) Award - £50

Minimum Age: 16

This course enables you to assist in coaching athletics. You will be led through the fundamentals of how to coach by licensed UK Athletics tutors and will receive:

- UK Athletics Level One Manual
- Insurance cover (to the level of your qualification)

12 June 05	Carres Grammer School, Sleaford.
25 June 05	Ashfield Stadium, Nottinghamshire.
17 July 05	Loughborough University
10 Sept 05	Kettering, Northamptonshire.
11 Sept 05	TBC – Derbyshire
25 Sept 05	Princess Royal Stadium, Boston.
16 Oct 05	Loughborough University
12 Nov 05	University College, Northampton.
3 Dec 05	Harvey Hadden, Nottingham.
4 Feb 06	Loughborough University
26 Feb 06	Moorways Stadium, Derby.
18 March 06	Berry Hill Park, Mansfield.

### Level Two Coaching Award - £120

Minimum Age: 18

The UK Athletics Level 2 Coaching Award consists of a two day core module, a one day event group module and an assessment. The Level 2 award will qualify you to work unsupervised in a selected group of events (e.g. Jumps) whilst enhancing your coaching skills. For the third day of the Level 2 course you will be asked to select ONE of the following modules:

- Speed\*
- Jumps\*
- Endurance\*
- Throws\*
- Children in Athletics
- Fitness in Running and Walking

\*On successful completion of the Level 2 course you can opt to extend your qualification further by taking any of the modules listed (this will allow you to coach in more than one event group). The modules will cost £30. Children in Athletics

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and Fitness in Running and Walking are stand alone 1 day courses, see further on for more info.

### Level 2 Core Module

11/12 June 05	Kettering, Northamptonshire.
18/19 June 05	Saffron Lane Stadium, Leicester.
16/17 July 05	Princes Royal Stadium, Boston.
10/11 Sept 05	Ashfield Stadium, Nottinghamshire.
22/23 Oct 05	Loughborough University.
25/26 March 06	Loughborough University

### Level 2 Event Modules and Assessment

18 June 05	Endurance	Solihull
10 Sept 05	Speed & Jumps	Birmingham
10 Sept 05	Endurance & Throws	Nottingham
28 Jan 06	Endurance & Speed	Birmingham
29 Jan 06	Jumps & Throws	Loughborough

### Leaders Award – Children in Athletics (CIA) - £50

Minimum Age: 14

The Children in Athletics course can be taken as a stand alone module but is ideally taken alongside a level one course. The CIA is ideal for people leading activities with children aged 8 – 13 years old. Or when combined with a Level 1 course for coaching children.

CIA Qualified to **lead** 8 – 13 year olds using childrens soft athletics equipment.

CIA+ Qualified to **coach** 8 – 13 year olds using soft athletics equipment and assist in all groups of events.

12 June 05	Derbyshire
9 July 05	Clifton Campus, Nottingham Trent Univ
13 Sept 05	Harvey Hadden Stadium, Nottm.
28 Oct 05	Chilwell Olympia, Nottingham.

### Fitness in Running and Walking Course - £50

Minimum Age: 16

This award is tailored to suit the individual involved in a wide variety of activities centred around fitness, running and walking. The course encompasses leadership skills, session planning, fitness factors and components, training principles and energy system. Courses are delivered through practical and classroom sessions. The course can be taken in the following combinations:

FiRW Qualified to **lead** fitness, running and walking activities.

FiRW+ Qualified to **coach** fitness, running and walking activities and assist in all groups of events. (If you wish to reinforce your coaching skills you may wish to attend a UK Athletics Level 1 Course.

More courses are currently being planned and updated on the ukathletics.net website. If you have a need for a course in the winter of 2004/5 please let Spencer know.

### Level 3 & 4 Courses

Spencer Barden has been working with the West Midlands RETA to plan for phases One and Two of the Level 3 and 4 courses to take place in the Midlands as follows:

22 Oct 05	Level 4 Phase 1	Solihull Boys Sc.	£80
22/23 Oct 05	Level 3 Phase 1	Solihull Boys Sch	£80
1/2 Apr 06	Level 3 Phase 2	Lboro Univ	£80
1/2 Apr 06	Level 4 Phase 2	Lboro Univ	£80

### Strength and Conditioning Course

29/30 Oct 05	Alexander Stadium, Birmingham	£100
March 06	Loughborough University	£100

### Mentoring

Oct 05	Solihull, West Midlands	£80
March 06	Leics/Notts/Derby Area	£80

### Tutor Training

Are you interested in becoming a tutor for UK Athletics Coach Education Courses? Are you a Level 2 coach with an interest or background in teaching, tutoring or delivering to others? If so please contact Spencer Barden for an informal discussion and an application form. If there is enough interest then it is planned to arrange a tutor training session locally.

### Coaching licence and Renewal

The licensing system started in April 2001 with these three specific objectives in mind:

- 1) to encourage and support a culture of lifelong learning and continuous individual development of coaches throughout the UK.
- 2) To establish and maintain a network of support to coaches seeking to develop their coaching qualifications and help UK Athletics plus their partners in the Home Countries, Territories and Regions to communicate efficiently and effectively with coaches

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- 3) To provide UK Athletics and our partners with an accurate database with which to strategically plan coach education and coaching provision throughout the UK.

Those principles remain firm today; and of course, the coach licence is also designed to assist coaches in their coaching and their own personal development. It provides a summary of the coach's qualifications, assists in the renewal process, records progress to the next level of award and provides information about the extensive insurance cover provided by UK Athletics for every UK Athletics qualified coach. Finally, the licence establishes a firm commitment by every coach to work within the guidelines of the athletics welfare policy and procedures.

The coach licence renewal process is now well under way, with coaches in the process of informing UK Athletics and the Home Countries about the many varied activities that they are taking part in. Many of the clubs have taken a very proactive role in helping their coaches to continue their development by organising seminars and workshops with deliverers from both in and outside of the club. All coaches have received a copy of the Coaching Newsletter, which is full of information about the renewal of the coaching licence and opportunities for ongoing coaching development.

If you have any queries about the process of renewal please contact Spencer Barden on 01509 236651, or the Individual Services Team at: [coacheducation@ukathletics.org.uk](mailto:coacheducation@ukathletics.org.uk)

### Athletics Welfare and Child Protection

UK Athletics are currently working with the Child Protection in Sport Unit (CPSU) and the Home Country Sports Councils to ensure that the sport meets a set of standards for welfare and child protection. The first part of this involved finalisation of the Welfare Policy and Procedures and an implementation plan for Welfare. UK Athletics and the Home Country Athletics Organisations have a responsibility to ensure that young and vulnerable people can take part in athletics in a safe and suitable environment. Part of this safeguarding process involves ensuring that every person in the sport who has access to young or vulnerable people has had a criminal records check.

### CRB checking of coaches

All coaches have been sent information about how to get a CRB check done and we hope to phase the process of getting all of these checks done over the next 12 months.

Checks for East Midlands Coaches will be done between September and December 2005.

Information has been sent to clubs to help them to support their coaches through the process. They have been asked to nominate someone (e.g. Club Welfare Officer or Chairman) who is willing to take on the role of verifying the identification of the coaches in their club and completing the section relating to this on the CRB form. Clubs have also been sent a copy of the Athletics Welfare Policy and Procedures and some guidelines about how they can start to apply these locally. A copy of the Policy and Procedures can be downloaded from the website.

### Home Study Packs

Child Protection and Health and Safety Home study packs are now available to order. Order forms were sent to every coach and can be downloaded from the UK Athletics website

## SHORTS

### Scholarships for Coaches

Midlands Athletics Coaching and Development and North of England Athletics Association will support coaches progressing from Level 2 to Level 3. For details of grants available and required criteria please contact:

#### Midlands (Notts, Leics, Northants)

Conrad Phillips  
Chairman MACD Staff Coach Council  
122 Ashfurlong Crescent  
Sutton Coldfield  
Birmingham.  
B75 6EW.

#### North of England (Derbys, Lincs)

7a Wellington Road East  
Dewsbury.  
WF13 1HF.  
0870 9914545

### London 2012 Bid

Make Britain Proud – back the bid for the London 2012 Olympic and Paralympic Games – visit [www.london2012.com](http://www.london2012.com) to register your support or text LONDON to 82012.

### UKA Role for Ex Champ Nuttall

Former Commonwealth Games 5000m Bronze medallist and English National Cross Country Champion John Nuttall has been appointed by UK Athletics to a key role guiding some of the country's leading endurance runners.

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As the new Performance Coach/Manager (Endurance) for the East Midlands, John will be based at Loughborough University. His role will be to provide programme management for designated world-class performance and potential endurance athletes at the East Midlands Performance Centre.

### Nottinghamshire PE and Sport Conference – ENERGISING COMMUNITIES THROUGH SPORT.

Monday 20<sup>th</sup> June  
Nottingham Trent University – Clifton Campus

More details can be found on the Nottinghamshire website: [www.intosport.org.uk](http://www.intosport.org.uk) For information or an application form please call 0115 9773464

### Funding guide for sport in the East Midlands

A new funding guide has been produced to provide a source of information for projects and individuals aiming to secure funding in the East Midlands. The guide also contains a funding support section, listing organisations that may be able to offer help. To view the guide look at:

[http://www.sportengland.org/eastmidlands\\_index/eastmidlands\\_get\\_funding/yr\\_east\\_midlands-fg.htm](http://www.sportengland.org/eastmidlands_index/eastmidlands_get_funding/yr_east_midlands-fg.htm)

If you have any comments or know of other potential funding streams to include in the guide please <mailto:robert.knott@sportengland.org>

### RDC Annual Leave and New Name!

For those of you who may not know I am getting married in June. I will be on leave from Thursday 9<sup>th</sup> June and return on Monday 4<sup>th</sup> July. My new married name will be Helen Pearce.

## AND FINALLY,

This newsletter is issued on a quarterly basis and the next issue will be distributed in August 2005. If you have any suggestions, news or interesting items for inclusion or examples of good practice you would like to share, please let me know by the end of July. You can either send an email or write to me at:

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