

ASHFORD AC
COACHES UPDATE APRIL 2011

SUMMER SEASON ALL SYSTEMS GO!

Team Managers 2011-UPDATE

Kent Young Athletes League-Fiona Sime and Pam Lowe

UK Young Athletes League-Tina Tappenden and Lorna Marsh

National Junior League- Mary Holmes (women) and John Chambers (Men)

Southern Athletics League-Lucy Holmes (women) Pete Le Rossignol (Men)

Kent Veterans league - Paul Wheeler

Mary Holmes will be the main Exec Committee representative for Team Managers. Therefore queries regarding teams and leagues should initially be directed to Mary and not me! Mary will discuss matters with me and other members of the Exec if needed. Here are her contact details:

home phone 01622890578

mobile 07793836998

e-mail austinhholm@aol.com.

Travel arrangements to league matches: Eckfords Travel is kindly supporting the AAC teams by providing us with discounted travel. The bus pick up location is Julie Rose Stadium for all except for Southern Athletics League, which will pick up at New Chimneys. If you wish to travel on the team bus please let the team manager know in advance.

Please encourage the athletes you coach to compete for AAC this summer and communicate with team managers in advance regarding athlete availability and event preferences. I will as last year be monitoring levels of participation.

Our participation and performance targets for 2011 are:

Kent Young Athletes League

All U13s take part in at least 2 KYAL matches.

All U15s take part in at least 3 KYAL matches.

This is regarded as a development league

UK Young Athletes League

Encourage all U13s to take part in 2 UKYAL matches.

All U15s take part in to least 3 UKYAL matches.

All U17s take part in at least 3 UKYAL matches.

Finish in top three in the league table.

This is regarded as a development league.

National Junior League

Our aims (Unless there are good justifiable reasons not to e.g. athlete not ready to use U20 throws implements) for 2011 are:

All U20 athletes to take part in least 3 NJL matches.

Encourage all U17 athletes to take part in at least 2 NJL matches.

Finish in the top two of the Medway Division and be selected for the promotion match.

This is slightly more than a development competition, because U17/20 athletes are already allowed to compete as seniors. This is a great league to start fine tuning skills, tactics and techniques.

Southern Athletics League

As this is a new competition we are feeling our way on this and aim for top five finish.

Our aims (Unless there are good justifiable reasons) for 2011 are:

All U20 Athletes to attend at least 3 SAL matches.

All u17 women to attend at least 2 SAL matches.
Encourage all 2nd year U17 men to attend at least 2 SAL matches.
Senior athletes should make themselves available for all matches.

Kent Veterans league
Aim to make the Southern Counties veterans T & F final

AAC Executive update April 2011

Summer season Prep: -Various matters regarding transport, home fixtures and web site updates.

Membership: Renewals are now due and should be done by the end of April. To date 70 of our 280+ competing members have renewed so a great start by Kate and Jenny on the membership desk.

10k race 2011: We are in discussions with local event management company called Nice Work regarding them helping AAC organise the race this year. Details to follow.

AAC summer training times will be: 17.45 to 20.30 on Tuesday and Thursdays. Coaching programme will be distributed shortly.

AGM: Final prep for the AGM on 11th April 2011

Meetings with Ashford Leisure Trust: These liaison meetings continue on a regular basis.

HEALTH AND SAFETY REMINDER

Lane Discipline

1. All warming up must be done in the designated areas and not in groups occupying all the lanes.
2. Lanes 1 & 2 are not to be used for training except race walking.
Lanes 3 & 4 are to be used for general group training.
Lanes 5 & 6 are to be used for sprinting/hurdling.
Lanes 7 & 8 are to be used for warm up/cool down, jog/walk recovery and for use by the general public
3. Care should be taken when crossing the track to avoid collisions. Athletes particularly youngsters, should be aware that when "track" is shouted out, this is a verbal warning that faster runners are approaching and they should move one lane to the right to avoid collision.
No persons will be allowed to cross the central (inner field) area when throwing is taking place.

Best wishes

Stella