

ASHFORD AC COACHES UPDATE MAY 2011

LEAGUE UPDATE-A BRILLIANT START

AAC won their first ever Southern Athletics League meeting on the 30th April at the JRS. On the 1st May Our National Junior League finished in second place behind Dartford Harriers. Next up were the UK Young Athletes League who travel to Hastings on the 8th May. The team of 57 athletes secured first place ahead of Lewis and Crawley. Bus travel to the matches was provided by Eckfords Travel, who are kindly supporting Ashford AC this season. (See the logo on the side of the bus.)

English Schools Athletics Association Championships 2011- Athlete Registration VERY IMPORTANT.

I have received the following message from Kent Schools Athletics Association (www.ksaa.org.uk)

Athletes in line for selection for the KSAA team to Gateshead in July are required to register their details online this year. The site is www.ESAA.net Can you spread the word amongst your athletes for them to do this. It is suggested the top 4-5 in each event do this."

COACH DEVELOPMENT OPPORTUNITIES UPDATE

Bursaries are available from the Kent Athletics Network to Ashford AC coaches wishing to obtain the England Athletics Coach level award and/or the Leadership in Running Fitness award. Deadline for submitting names is end of May. Ronan Donohue has already been nominated. If anyone else is interested please let me know quickly.

We have also been awarded a grant to support volunteer coaches and officials who wish to undertake development activities such as courses, conferences, buy books relevant to coaching and technical advise on using video analysis when coaching for example. If you wish to undertake a development activity let me have details asap.

EXECUTIVE MEETING 9th MAY 2011 We had a packed agenda.

Executive Committee members for 2011/12

Chairman: Matthew Hogben
Hon General Sec: David Fox
Membership Sec: Kate Dickenson
Head Coach: Stella Bandu
Treasurer: Julie Stuart-Smith
Team Manager Rep: Paul Wheeler
Team Manager Rep: Mary Holmes
Athlete Welfare: Mary Davison
Ordinary Member: Peter Le Rossignol

GI VAUDAN 10k

Presentation from Nice Work, who are specialists in road running event management, (www.nice-work.org.uk) outlined their proposal for organising, marketing and expanding the 10k race on behalf of Ashford AC.

Updates/Matters Arising/Decisions:

- FANS Card Holder training night payment fees policy is now on display at the Admin Desk

- Polo shirts have been provided to Team Managers, who requested them.
- Membership renewals-these are coming in very quickly and Kate is registering athletes with England Athletics.
- Club Training hours have been amended. See below
- League updates (see above)
- Kent Athletics Network update-Ideas for year three development activities have been requested.
- AAC Coaching Bursary awarded to Ronan Donohue towards his Coach Level Award.
- Coaches are asked to make sure that young athletes do not train for too long. It is been noted that some youngsters are at the JRS for several hours and try to train when they are clearly too tired.
- Agreed to support the new u11/u13 competition (organised by On Track Athletics and Kent Athletics Network) on 14th June @ Thanet Athletics Track. AAC will provide free bus transport. Fiona Sime, Jacqui Snare and Pam Lowe will be the AAC team managers. (See below for details)
- Meetings being held with ALT to consider ways of working together on "Athletics in Ashford" development opportunities.

Amended AAC club training times of:

Tuesday 5.45-7pm for ages 11-13

Tuesday 6.30-8.30pm all others

Thursdays 5.30-6.30 for Ashford Alligators (every other week-see web site for dates)

Thursday 6.30-8.30pm aged 11+

Training Fees

All athletes must pay the appropriate training fee at the AAC admin desk on arrival. Anyone training outside the AAC training times set out above should pay the appropriate fee to the JRS.

FACILITIES AND EQUIPMENT UPDATE

As part of the AAC equipment insurance policy a list of AAC equipment has been supplied. If you have borrowed any items please let me know asap so they can be checked against the inventory and why you have borrowed the item. For example as a team manager/coach you may be taking a couple of relay batons to league matches. Also athletes borrowing AAC equipment and taking it away from the JRS will now need to complete a form requesting to borrow equipment so we know what is where and why it needs to be borrowed. I have copies of the form.

FREE ACCESS FOR NATIONAL SPORTS PEOPLE (F.A.N.S) CARD HOLDERS POLICY GUIDELINE

This review has been completed and agreed. The full policy is on display at the Admin desk. (Any queries please ask Kate) The extract below is applicable to First Claim paid up members of AAC.

1. If an athlete is a current FANS card holder, who meets the national standard criteria and a First Claim paid up member of AAC, they only pay £1.50 per club training session. This represents a 50% discount.

2. If an athlete is a current FANS card holder, who does not meet the national standard criteria and a First Claim paid up member of AAC they only pay £2.00 per club training session. A discount of one third.

Notes:

For more information about FANS see www.kentsport.org.

A current FANS Card must be shown to the AAC Membership Secretary and a

copy taken.

Annual subs and England Athletics affiliation fee must be paid to be eligible for reduced training night fees.

CLUB DEVELOPMENT PROJECTS

NEW U11/U13 COMPETITION OPPORTUNITY: AAC will be entering teams in the competition described below.

"On Track Athletics and the Kent Athletics Network are pleased to announce a new exciting club competition for the 2011 season. The competition is for young athletes in the U11 (School Year 5) and U13 (School Years 6 & 7) age groups. The format of the competitions will be team and multi-event based for both age groups. Each competition will have electronic timing in place.

The proposed competition dates and venues are outlined below:

Match 1 – Tuesday 14th June @ Thanet Athletics Track, Ramsgate - 6pm Start

Match 2 – Wednesday 14th September @ The Julie Rose Stadium, Ashford - 6pm Start"

RECRUITING NEW MEMBERS

Various members of AAC are/will be attending various school sports days and handing out free taster sessions vouchers to participants and their teachers. Claire Le Rossignol has kindly designed and printed some more vouchers and Kate monitors how many vouchers are used as we code them.

REQUESTS FROM ME

1) This time of year can get very stressful with lots going on. Please be polite to Team Managers. Remember they are doing their best and volunteer their time like we all do (If there is a Team Manager related issue please have a quiet word with Mary Holmes, who is the Team Manager rep on the Exec.) If you have a query about the Athlete Welfare then Mary Davison is your first point of contact. If it is a coaching related issue then let me know.

Sharing and passing on information: Please pass on information that is of relevance to others. For example you may have been sent the information as the last contact person and no longer do this role. If you are still receiving information that is not relevant to you please pass on the information to an AAC Exec member asap and also contact the sender and ask them to send future correspondence to Ashford Athletic Club c/o Julie Rose Stadium Willesborough Rd Ashford TN24 9QX. Simple!

Supermarket vouchers- Final Call

Please hand in any vouchers you have at the admin.desk. We are approx.1000 vouchers short of our target. The last day you can earn Sainsbury's vouchers is 31 May 2011.

Best Wishes

Stella

