

ASHFORD AC COACHING UPDATE JANUARY 2011

Winter Coaching Programme Updates

- Ronan Donohue (L1) has joined the endurance coaching team and is assisting Graham and Lee.
- Patrick Duncan is working towards his Athletics Leaders Award and is assisting with the endurance group on Tuesday nights.
- Pam Lowe (L2) has joined the u13 coaching team and is no longer available to take the tuesday night sprint development group.
- Pat Hanyts (L2) will now be coaching on Thursdays only.
- Lauren Neave (L1) specialises in Throws coaching and will be assisting on Thursday evenings.
- Janine Brown has obtained her Assistant Coach award and is assisting the u13 group.
- Barry Watson (L2) will be taking some time out from coaching due to a foot operation. We wish you a speedy recovery Barry.

As we currently don't have a sprints/jumps development coach available on Tuesdays, Pam and I are in the process of transferring athletes to other groups. We need another coach to take over this key role. If you are interested let me know.

Equipment and Facilities

<http://www.body2win.org/>

Dave Hughes, GB athlete (400m hurdles) has set up an online shop specialising in track and field including but not limited to..

- foam rollers/massage sticks
- weight lifting shoes/accessories
- recovery aids
- sports nutrition
- Oakley sunglasses and clothing
- compression socks and clothing

David uses this website to help fund his athletics career in pursuit of the London 2012 Olympics to build on this years outing at the Commonwealth Games.

Risk Assessments

Existing assessments are being reviewed and the following new ones are being prepared and awaiting approval: Alligators group, Use of the indoor throws cage and some additional road running routes.

Alligator Equipment

Last year we were awarded a £500 grant to buy equipment suitable for the Alligator group to use. Most of this equipment has been ordered and should arrive in the next few weeks.

EQUIPMENT RANT: PLEASE PUT AAC EQUIPMENT BACK IN THE MAIN AAC POD!

The AAC storage pod is the one nearest the long jump pit. Apart from a few selected large items (e.g. the weights bench which is stored in another pod)

all AAC equipment is kept in the main pod. It has been agreed with ALT staff that some of their "step" benches have been left at JRS rather than all going to other ALT managed facilities. So these are also available for AAC use.

Over the last few months I have spent several hours putting equipment back, tracking down missing items (including a few wild goose chases) and dealing with complaints about missing equipment. If I have to continue to spend my time tracking down misplaced equipment and tidying up etc then I won't have time to take forward various club development projects including applying for funding. So far this year I have secured over £8K just for AAC club and coach development projects, have help us get a share of £50K (see below) and am in the process of applying for more funds. I would prefer to spend my time as a volunteer helping AAC develop and progress rather than being an equipment monitor.

Remember

- Some items are in great demand (mini hurdles, 2/3 kg med balls) so we need to share and be flexible.
- Over the last 18 months we have substantially added to the range of equipment-bought items, had items donated and used the supermarket vouchers.
- No new equipment will be bought during the rest of this financial year unless we get any grants or donations so please look after what we have got.
- If you are taking equipment off site ask first.
- If something breaks or is unsafe please tell myself or Dave Fox asap. If we are not around and something is dangerous take it out of use straight away and let us know later.
- If the AAC marking is fading then please remark it. I have a marker pen in my Kit bag so just ask to borrow it.

Annual Indoor Equipment Audit

I will be doing an audit of the AAC indoor equipment in February.

Exec Summary December 2010/January 2011

10k race report from 10k project group-received and noted. Some decisions regarding 2011 event need to be made and will be an item at a future Exec.

Summer 2011 fixture list-we have details of some fixtures but not yet in a position to produce a complete list as some venues have not yet been confirmed. It was noted that several of the leagues now require teams to supply a number of suitably qualified officials.

Report from photo finish equipment working group-Exec agreed with working group recommendation that Timetronics system is the best option, as there was a £6k-£8k price difference, and VAT increase had to be considered. Next step is to get a partnership agreement finalised between AAC and ALT regarding the equipment. The equipment has been purchased and Mary Davison is arranging a training days for all those interested in learning how to operate the equipment.

Membership- No major issues. A few non payers still exist. To be reviewed at Feb Exec.

Run in England Beginners group update-Progress to be reviewed at February 2011 Exec

Team Transport.-We will be getting quotes shortly from three local coach companies when all dates and venues are confirmed. Savings in transport costs mean a bus will be provided for the Kent Young Athletes Leagues meetings in Bromley. A revised team travel and accommodation policy has been agreed. The AAC team managers guide will be updated to reflect this revision.

Meeting with ALT-January meeting took place. Matter raised included non payment of admission fees to JRS by AAC members
Photo finish press release, Photo finish storage, Photo finish training and launch evening, Lighting review in the throws area, risk assessments, damage to metal trunking in indoor throws area, Quarantine area for faulty throws equipment so it can be take out of use immediately and arrangements for refreshments at home meetings. I am waiting full details of the meeting outcome and will pass this on when I get it.

AGM 2011- it was agreed that the Exec would not be recommending an increase in subscriptions for 2011/2.

Southern Athletics League 2011. A Southern Athletics League (SAL) has been set up for 2011. This for clubs in the [SEAA](#) region who wish to compete in joint male & female teams. Exec agreed that AAC will join the new league. Therefore we have withdrawn from Southern Mens/Womens League. SAL consists of five fixtures. It will mean substantial savings in our transport costs and reduced the demands the coaching and officials workforce.

See <http://www.southernathletics.org.uk/> Team Managers are Lucy Holmes and Pete Le Rossignol.

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Club Development Activities

AAC party- Went very well. Thank you to everyone who contributed.

Athletics 365- Additional funding may be available for phase two projects. See below.

Run in England (RIE)/AAC Beginners Group-This is scheduled to start at end of January and are working with Sarah Hinton (RIE County Activator in Kent) on various aspects of the project including marketing and promotion and identifying a suitable Running Fitness Leader. Project will contribute towards AAC aim of developing our road running section.

Officiating Updates

- After attending a L2 Course we now have some people on their way to gaining a L2 award.
- Congratulations to Mary Davison who is now a L3 Official and is rewarded with a place on the national list of officials for major events. So expect to see her on TV!
- Photofinish Officials wanted. As it looks very likely that there will be photo finish equipment at the JRS, Mary has set up a photofinish working group and has a list of people interested in training as Photofinish Officials. If you are interested please ask Mary for more details.

Get into Coaching and Officiating Project-Aim is to set up and develop a mentoring project to support people volunteering in the club environment to work towards an NGB coaching/officials qualification. Funding is all in place but implementation is delayed due to other matters arising requiring my time.

Throws Development Project Phase Two

We have secured even more funding to have a follow up project building on last summers successful pilot project. Dave Fox is once again leading on the project. Further information will be circulated in the future. If you want to know more ask Dave.

Kent Athletics Network (KAN)

This is a partnership of currently 5 athletics clubs (and 10+ other organisations) who have recently secured just over £50K to be spent on athletics club development projects. A steering group has been set up. I chair the steering groups and Dave Fox is the AAC rep on the steering group. Part of this funding pays for a part time network co-ordinator to develop and implement the projects and apply for additional funding. (This is Mark Dayson who is employed full time by Marathon Sports Foundation Limited to do the co-ordinator and other roles.) The rest of this funding is used for projects identified and endorsed by the steering group.

Projects for 2011 include:

- Athletics 365 projects
- Run in England projects
- Club Promotional documents for KAN clubs
- AAC Throws Development Project
- AAC Get into Coaching Project
- Club Development and Club Mark Projects (Projects will be identified in discussion with clubs.)
- Coach and Athlete Development Days
- Web based Resources (including updating the KCAA web site)
- Coach education workshops various
- Network Coach Bursaries (see below)

COACH DEVELOPMENT OPPORTUNITIES

[22nd Jan 2011. Biomechanics for Endurance Runners Workshop. JRs 10-1pm.](#)

I am organising this so let me know if you want more details

[26 FEB Kent Coach and Athlete Development Day Sevenoaks School 10-3pm](#)

Themes Aqua Conditioning and Psychology

Numerous courses for coaches are provided by Kent Sport and remember that AAC will pay the cost of attending these workshops. For details See www.kentsport.org

The excellent range of coach development opportunities on offer is part of the Olympics 2012 legacy. Beyond 2012 the money for sport will I suspect be reduced. So make the most of these opportunities. Use it or loose it!

Kent Athletics Bursaries for Coaches

Bursaries will be awarded to coaches allied to Kent Athletics Network clubs towards the cost of the Coach Award only. This course is for anyone who has completed the Coaching Assistant Award and feels ready to take the next step to managing their own coaching groups. Currently qualified UKA Coaches looking to broaden their technical skills can also choose to attend as part of their continued education. I am keen to support those with L1 and 2 awards under the old system who wish to obtain this award. For me to support any requests for 100% funding towards the cost (cost of the course is £325) you need to have coached/assisted at least 30 AAC club night sessions. The reason is that in the past we have paid for people to do courses and they have not continued coaching on AAC club nights for a reasonable time after completing the course. Please let me know by the end of January if you are interested.

Reflections on 2010 League Competitions

I have reviewed the 2010 league season and here are my findings and thoughts.

- We have a good number of athletes competing occasionally.
- The next step is to increase the number of times some athletes compete in leagues on a regular basis especially the under 15 boys.
- We have very few members who train but don't compete. Great job by the Team Managers.
- Various recruitment activities are proving successful.
- At senior level we will look at a more strategic approach to gaining promotion to national leagues as selection for promotion matches is based on the quality of performances. We also need to take account of the new Southern Athletics League.
- Young athletes need more coaching support at competitions. The role of team managers is to administer the team, not coach the athletes and officiate as well. Also not all the TMs are coaches.
- Good response by TMs to providing match reports.
- I achieved my target (as head coach) of attending 50% of league competitions!
- National Junior League-The quantity and quality of athletes in this age group is increasing and after finishing third in 2010 aiming at the promotion match in 2011 is a realistic aim and supported by athletes and team managers.
- The development function of u13/u15/u17 competitions is working well and will continue.

I am updating the AAC competition aims and guidelines. This process has been delayed due to the creation of the Southern Athletics League. These will be discussed with coaches and team managers. There will also be a pre season meeting arranged for team managers.

Developing the AAC Coaching Pool

One of my on going tasks has been to look at developing the AAC coaching structure.

Having looked at a range of options I have concluded that the best way forward is to continue to develop a coaching pool rather than having a formal structure. Such structures are traditionally associated with having a paid staff (with formal contracts and agreed hours) etc rather than unpaid volunteers like us.

A Coaching Pool, by its very nature is flexible in the sense that people interested in coaching can contribute to the level their time allows. The published Winter and Summer Coaching programmes illustrate the merits of such an approach and is best suited to meeting the needs of athletes and coaches. Benefits of developing the coaching pool including:

- a) It enables us to harness the great deal of knowledge and experience that exists amongst people involved with coaching.
- b) The aim is for the Pool to be flexible and inclusive by allowing coaches to participate at whatever level they desire, whether that be the type of athletes they work with or the amount of time they are willing to commit or the events they wish to coach.
- c) The Pool gives the opportunity for coaches to develop and progress their coaching interest further, if they wish. (This is already reflected in the range of coach development opportunities AAC supports.)
- d) Club sessions can be arranged around coach availability and we can 'call' upon members of a wider Pool with the particular skills, knowledge or enthusiasm on an agreed as and when basis.
- e) Because it is a pool, the coaching load can be spread between larger numbers of people, hopefully removing possible barriers that may be putting off potential coaches. For example if someone is available to coach say twice a month or only wishes to say coach a particular age group there is enough flexibility to make the best use of this valuable resource and enable all coaches to contribute their time and expertise in a way that suits them.

Ashford AC Quiz night

We are looking for a volunteer to organise quiz nights at the club. It is hoped that the quiz nights will take place several times a year. Please speak to Mike Mein if you are interested in organising the event on 0208 850 3273 or mikemein@talktalk.net.

Best wishes

Stella