

# ASHFORD AC

## Coaches Update July 2010

The Julie Rose Track and Fields Games 28th August 2010-update

Details are now on the AAC web site. Please encourage athletes to enter either on line or fill out a paper form asap. Posters to promote the event are on notice boards at the JRS. Completed entries can be handed in at the admin desk on club nights as well. Please spread the word about the event.

### **Givaudan 10k 2010 Sunday 10th October 2010 Start: 10.00am from the Julie Rose Stadium**

The Givaudan 10k website has been updated with about the 2010 race. On-line entries are now open for entries. <http://ashfordac.org.uk/index.php/givaudan-10k-2010/> The event is organised by AAC and is our biggest fund raising event of the year.

Le Rossignols on maternity leave

Due to impending arrival of their first child Claire will be taking a break from coaching shortly. Pete will continue to coach when circumstances permit. Best wishes from all of us.

Even more AAC athletes ranked in the Power of 10

<http://www.thepowerof10.info/>

There are now over 80 AAC athletes appearing on the Power of 10 rankings. This is an increase from June 2010 when over 70 Ashford AC athletes were ranked. It is no surprise that Lisa Dobriskey is now ranked number 1 in the UK 1500m.

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### **Renewing your coaching licence and CRB check.**

Any person coaching at AAC club must have a CRB check and a valid licence. Please make sure yours is up to date. As a coach it is your responsibility to renew your licence – the expiry date is printed on your licence and you may not receive any reminders. To renew your coaching licence all you need to do is apply for a new CRB check.

The process is simple:

1. Telephone CRB 0870 9090844 You will be asked for information including
2. Your name, address, time at address, date of birth and other individual information. You will be asked for your position applied for- please state Coach, Official or specify e.g. Team manager, parent helper.
3. UK Athletics Registered Body No 22525500000
4. Level of disclosure – ENHANCED
5. Payment information – tell them your status is as a VOLUNTEER and there will be no charge.
6. You will be sent a part-completed form; check information, correct any errors, and complete remainder USING BLACK INK, USE CAPITAL LETTERS and follow accompanying instructions.
7. Bring relevant the form and relevant documents (your three methods of identification) to AAC Verifiers: Mary Davison or Dave Fox.
8. Send completed form to: Athletics Welfare, PO Box 332, Sale, M33 6XL. A copy of disclosure form will be sent to UKA and to you.

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## Athletes Recruitment and making School Club links

### AAC Vouchers

The giving out of vouchers offering free training sessions appears to be working as over 40 people turned up at the July AAC induction evening. We will be monitoring the numbers who join AAC as a result of the vouchers. Additional vouchers were given out at a recent Street Athletics event.

Athletics 365- new athletics development programme to be piloted in Ashford in September.

This is an 8 week introduction to athletics initiative and is fully funded through a successful application for Sport Unlimited funding by the Kent Athletics Network. (AAC is a member of the Network.) The aim is to increase participation by those who are deemed 'semi-sporty' and to strengthen links between local clubs and schools and to encourage young people who attend to join AAC. The funding will be used to pay for venue hire, coaching costs, promotional material, athlete incentive and resources.

FYI Athletics 365 is a multi-event young people club development system which embeds the fundamental skills of athletics (and other sports). It is a system England Athletics will be looking at rolling-out across all athletics clubs over the next 18 months (pilot phase over the next 6 months).

The syllabus of Athletics 365 has been broken down into 9 incremental sections in a matrix; each section has a colour and appropriate guides for coaches and young people to use. The matrix is similar to other sports development pathways such as the martial arts 'belt system.' The key change from existing tools is that the focus switches from 'Outcome' (how fast someone runs or how far someone jumps or throw) to 'Process' (which looks at the technical skills of the young athlete). In addition to technical skills this syllabus also looks at physical preparation; lifestyle and support; and psycho behavioural.

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## Club Development Projects

### AAC Support for Student Athletes

The club has committed £500 towards student travel expenses to Southern Mens and Southern Womens League in order to encourage students studying away from Kent to travel to these matches. The club will refund reasonable expenses for either petrol costs or a normal train fare. Expenses needed to be agreed in advance with the team manager. If you want to know more ask Matt Hogben.

### Throws Development Initiative

A second successful specialist throws coaching session was held in July. It was also promoted via England Athletics as a coach development workshop. The project is led by Dave Fox who has obtained funding from the Kent Athletes Network/England Athletics. To date Dave has contacted several schools, handed out vouchers inviting talented throws for free coaching sessions and attended various schools sports events. A third session is planned for 25th August 6.30 at JRS.

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## EXECUTIVE UPDATE

## Executive meeting July 2010 Summary

- Update on membership and paying of subs-Most athletes have now paid and been registered with England Athletics. We still have a few people who have not yet paid and Kate is pursuing the matter.
- Update report on League matches and various logistics issues such as travel arrangements was received.
- Agreed to support for Student Athletes- see above
- Liason meeting arranged with JRS manager
- Progress reports on 10k, Julie Rose Track and Field Games and Throws development project were received.
- In light of the AAC masters/vets team qualifying for the SVAC Track and Field Team Finals on 5th Sept at the JRS it was agreed to supply each member of the masters team with an event T-shirt.

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## LEAGUE UPDATES AND COMPETITION POLICY

### Kent Young Athletes League

After three out of the four matches the boys team are in 3rd place and the girls team are in 2nd place

Last match will be on Sun 8th August and held at Norman Park, Bromley and not Sutton Valence as previously advertised.

### UK Young Athletes League

AAC finished fourth (out of nine) in the final league table and scored an amazing 634 points in the last match to win by nearly 200 points! Athlete development objectives were achieved with athletes having the opportunity to take part in a range of events and as was the competition target of a mid table finish.

### National Junior League

Team won last match and have finished third overall (out of 8 teams) exceeding their competition target of a mid table finish. 34 u17/u20 athletes took part in this league during the four matches and means approximately 65% of eligible athletes took part in at least one match. Justifiable reasons for not taking part included taking part in national/international events, injury, exams and it not appropriate competition such as higher hurdles and heavier throws implementments.

### Southern Womens League

Team are 4th in senior division one after three matches and well on target for a mid league table finish. Next Match 7th August

### Southern Mens League

Team are in 6th place after 5 matches and well on target for top 10 finish aim. Last match is 31st July

### Southern Vets League

The team has qualified for the SVAC Track and Field Team Finals on 5th Sept at the the JRS. Great achievement.

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## Autum/Winter Coaching Programme

I have finally had a bit of time to start preparing the Autumn/Winter Coaching programme ( to start in October) and will be contacting you in the next few weeks to check your availability on tuesdays and thursdays.

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Best wishes

Stella