

Report to Hampshire AA March 2012

I have pleasure in compiling this short report which specifically focuses on my area of work, namely supporting a specified number of coaches and working to support clubs in the Hampshire, Isle of Wight, Channel Islands and South Surrey area. This involves giving support to the two Athletics Networks in the area.

England Athletics supported the Hampshire and IOW with £25,000. The funding covers the next few months up to July 2012. The total support has been £105,000 over the three years of funding.

April 2011 - Plans for the development of the Hampshire Wheelchair Racing Group are going well with the news that Accentuate Funding has been given for the purchase of 3 racing wheelchairs, helmets and gloves and 5 Flying Coach visits. Interested coaches are currently selecting coaching courses to bring them up to the Level required. Funding (£517.52) has been secured through the Hampshire Coaching Bursary Scheme to support 4 coaches. Two Hampshire clubs have been supported with their Clubmark applications and were awarded Clubmark on Thursday 14th April. Both files were considered to be of a very high standard. Presentations will be arranged locally for both clubs. Mark Scarborough (Havant AC) and Phil Budd (City of Portsmouth AC) were the driving forces behind the applications. Evelyn Farrell is the Junior Coordinator at Fleet and Crookham AC. She is striving to rebuild the Junior section of the club, and has made the most of the programmes on offer from England Athletics, including the Local Coach Development Programme and the Flying Coach Scheme. Evelyn's personal development took a leap forward when she passed the Athletics Coach Course on 16th April. She now plans to support other coaches within the club with their development, putting into practice the mentoring skills she developed on the Local Coach Development Programme. Chris has set up a number of Flying Coach visits including Javelin in Jersey over Easter.

May 2011 - Evelyn Farrell (Fleet and Crookham AC) requested Flying Coach visits for Hurdles, Javelin and Long Jump. The two Hurdles visits (3rd and 17th May) were undertaken by Michael Coker, who showed the 4 club coaches a range of drills and exercises whilst working with two consecutive groups of young athletes under 11s and a combined under 13s/15s as the groups rotated around different events and coaches for the evening. The Javelin visit was undertaken by Bron Carter on 10th May and the final visit, by David Churcher for Long Jump took place on 24th May. Camberley AC had also requested a Flying Coach visit for Long Jump, and with David's time restricted, Chris decided to make it a joint venture with the two clubs. The focus was on building up speed quickly on the run up and going for height rather than distance on the take off. Four coaches, 16 athletes and 2 parents benefitted from the excellent session. The Flying Coach visit to Hardley on 5th May took place at Applemore Recreation Centre in the New Forest and was the first of 3 planned visits. Three qualified Leaders, working towards their Coach in Running Fitness qualification, benefitted from a visit by Martin McCarthy. Martin had a pre-meeting with the coaches and then structured a session for 25 runners of varying standards. Camberley AC requested a Flying Coach visit for with

Graham Jessop in attendance. Chris has contacted the forty five coaches on her LCDP Programme over the past year to evaluate their developmental needs for the future. She also contacted every coach who attended sessions last year offering a few new places on the programme.

June 2011 - Planning the Local Coach Development Programme has been the main focus for the past month for Chris. She has received feedback from 31 coaches on their needs and has met with 6 coaches for in depth discussions. She has now prepared a draft programme and is now booking facilities and lining up NCDP coaches to deliver sessions. She will finalise the content of the event specific sessions later this month based on the advice of the National Coach Mentors and is making good progress on arranging Wednesday workshops again on generic topics. Bron Carter has undertaken Flying Coach a visit to Havant AC to support the coaches and their athletes. Martin McCarthy concluded his two final visits (of three) to Hardley Runners. Three coaches from the club are being assessed for their CIRF qualification on 2 July. Martin has agreed to mentor Chris Harris with her future coaching. The Hampshire CAAD held at Portsmouth was a successful, if slightly wet, day. Chris sourced additional coaches for the day. Erik Little and Leroy Elliott coached and assessed Jumps and Sprints whilst Liz and Bron coached Throws with Chris helping to identify talented athletes. There were four groups split into two sub groups making 8 sessions in total. Liz will be inviting selected athletes to attend Talented Athlete Days over the winter, or to join local clubs by arrangement. Wheelchair users who meet the criteria, will be invited to the launch of the Hampshire Wheelchair Racing Group on 21st August in Winchester. Chris invited the EA TV team to the Isle of Wight on 29th June to film the NatWest Island Games. They filmed officials, coaches, athletes, spectators, and most notably Ray Scovell the Athletics Cordinator and Wendy Haxell, the Meeting Manager. Nicola is now planning to edit a video to put on the EA website from all the material. Ray Scovell recruited over 20 new officials to officiate at the NatWest Island Games. They were out in force over the week-long event. Andy Frost dropped into the Flying Coach visit in Portsmouth on 23rd June. Mick Jones undertook the visit to assist coaches and athletes at Portsmouth and Havant AC. Andy took 6 practice throws in preparation for the NatWest Island Games, where he won for the 8th time.

July 2011 - Chris attended the Volunteer Sub-group Meeting on 1st July as the South Team's representative. The outcomes were: Launch of a volunteer recruitment campaign on 27th July 2011 - (one year to go). This campaign will aim to provide clubs and Athletics Networks across the country with the tools to help them Recruit, Retain and Reward volunteers, leading to better club Results. To help clubs achieve maximum results in the recruitment of volunteers, England Athletics will be promoting a range of activities.

- *Are You Ready* Campaign launch - 27th July 2011 (one year to go)
- Large promotional event at the National Coaching Conferences - 1st Oct 2011 (300 days to go)
- Media push - Monday 9th Jan 2012 (200 days to go)
- *Try Athletics* Day on a club evening – 16-24th April 2012 (100 days to go)
- *Legacy Athletics Force Day* - club recruitment and celebration of volunteers day - Saturday 25th August 2012
- Regular online promotions (especially around 250, 150 and 50 days to go)

More information can be found at www.englandathletics.org/volunteer

Steve Chapman undertook a Flying Coach Visit to Havant in July. The Local Coach Development programme provisionally contains 14 Wednesday Evening Workshops and 3 weekend event specific sessions. In addition Chris is working closely with Amy on Throws Development and is hosting a consultation evening for Throws coaches on Wednesday 10th August. An extensive audit of the needs of coaches was undertaken before putting the provisional programme together.

August 2011 - Chris attended a planning group meeting for the launch of the Hampshire Wheelchair Racing Group and the launch itself on 21st August. Chris successfully recruited the four coaches and 2 leaders for the group and Liz Purbrick has arranged Flying Coaches to assist them with their continued development. Job King undertook the first Flying Coach visit. Wheelchair athletes arrived at the launch and Melanie Nicholls gave a question and answer session to launch the new group. It is hoped that athletes identified at the Hampshire CAAD event will make it to the next session. The Group will offer training for any wheelchair athlete or potential athlete across Hampshire and a continued development opportunity for coaches. The Hampshire Network has a continued focus on sustainability and have prepared a preliminary information pack for potential sponsors, which was discussed at the Network Meeting.

September 2011 - Chris arranged a Flying Coach visit for Pole Vault for Andover AC for the Sprints Coach, James Coney and his group of 6 athletes. Tarzem Shoker undertook the visit and the group found the visit extremely helpful and hope to join Tarzem's group occasionally for some indoor training this winter to keep up the momentum. Chris accompanied Nicola Evans to interview Roger Black for the Hall of Fame evening and forthcoming video on the importance of Athletics volunteering. Sport Hampshire supported the Hampshire Athletics Network with a session on funding sources for five clubs on 28th October Havant AC, Southampton AC, Portsmouth AC, Basingstoke and Mid Hants AC and host club, Winchester and District AC. Chris gave a presentation on the Are You Ready? campaign and Michael Coker updated the clubs on the progress towards sustainability for the Hampshire AA and the Network. Chris presented SEAA Long Service Awards to John Miller, Ernie Chambers and Tony Bateman at a ceremony in Winchester on 16th September hosted by the Mayor of Winchester. Chris set up a Workshop on Planning and on Confidence in Your Coaching for the coaches on the Local Coach Development Programme on 18th September. Amy Frith delivered the Planning Workshop and Amanda Wilding presented the Confidence in your Coaching session. The event attracted 12 coaches for the morning session and 10 for the afternoon session. During the lunch, the coaches got to know each other and borrowed coaching books and resources. The event was held a Basingstoke Hockey Pavillion by the track, which proved to be an excellent venue for the event.

October 2011 - Chris and Amy combined resources to hold a Throws Workshop on Saturday 8th October. This attracted 12 Throws Coaches who listened to planning advice from Mark Wiseman and conditioning workout with medicine balls with Bron Carter. Eight coaches Chris coordinated a South East Network Event which focussed on sharing good practice. Representatives attended from the seven Networks and the information exchange was incredibly positive. Chris and Amy collaborated on a series of Workshops for High Jump, Sprints and Pole Vault at TVAC on 29th October. Nine coaches attended from Chris' patch and the feedback was excellent for the coaches Steve Chapman (HJ), Tarzem Shoker (PV) and John Davis (Sprints).

November 2011 - Chris met with the Coaching Committee at Havant AC on 1st November. The club has two coaches on the Local Coach Development Programme now who have attended three sessions Planning, Confidence in your Coaching and Motivating Your Athletes. Aldershot and District AC have embarked on Clubmark accreditation and Chris met with Beth Andrews, who is leading the process on behalf of the club. The Isle of Wight AC have had an excellent year and Chris spoke at their awards evening on Friday 4th November, about the need to constantly recruit new coaches, officials and volunteers and the resources available at England Athletics. Chris has been working with Amy on an advice leaflet for 6th formers (athletes) who are thinking of going to university. This is linked with the research results in the Bridging the Gap document that highlighted the drop out of athletes at this age. Haslemere and Border AC is an interesting club in that it pays fees to three counties due to being on the border of Surrey, Hampshire and Sussex. Chris met with Paul Fleming to take him through the Clubmark criteria, in view of the fact they are recruiting and training up coaches to start a new Junior section in the spring. Seventeen

coaches attended a Local Coach Development Programme Workshop on Youth Endurance at Guildford. Jenny Harris, the National Coach Mentor for Youth Endurance gave an excellent presentation on the current guidelines for Youth Endurance training and the physiological rationale. The presentation was well received by all the coaches. Chris started planning a Local Coach Development Workshop in the summer with the Sports Science department at Southampton Solent University and it took place on Saturday 26th November with 12 coaches. The sessions included Physiology and Biomechanics delivered by the lecturers on the Sports Science courses. It was followed by a session on Plyometrics delivered by Erik Little with one of his athletes demonstrating the activities. Rob Thickpenny took the coaches through a theory session on Physical Preparation including a demonstration of weight bearing exercises. The coaches coached a wide range of events and age groups and were all part of the LCDP. Guernsey Island AAC are working on a new development plan, negotiating with the Guernsey Sports Commission on the funding for a full time Athletics Development Officer and looking to restructure their junior section using Athletics 365. Chris spent 2 days in Guernsey meeting with the club president, Alun Williams, in discussions with coaches and advising on the plan. It's a very vibrant club with some excellent athletes, very keen coaches and a fantastic stadium.

December 2011 - On Tuesday 6th December, Bronwin Carter carried out her second Flying Coach visit to Aldershot working with a group of 20 coaches and athletes. Fourteen coaches attended Throws Sessions at Eton on 11th December. The event was organised by Chris and Amy and the day split up into one and a half hour sessions on building the technical model in each discipline. Bron Carter (Javelin), Malcolm Fenton (Hammer) and Mark Wiseman (Shot and Discus) led the sessions. The Hampshire and IOW Sports Partnership are planning a focus on Women and Coaching in June, covering all sports. Chris has passed on the contact details for the Southampton Running Sisters, who have been going strong for over 20 years and offer weekly coached sessions in addition to their annual beginners course for female runners. Meanwhile, the Isle of Wight Parkrun now has over 600 registered runners, with over 100 turning out for a pre-Christmas Santa Run. Organiser, Ray Scovell is constantly on the lookout for prospective club athletes. Chris met with Bron Carter to discuss the next Throws development session and also interviewed Bron for the EA website, in view of her dedication to both Throws and Disability development.

January 2012 - Chris worked with colleagues to ensure that the South East Awards evening went well on Thursday 5th January by taking photographs of the winners including Ray Scovell and Hayley Lovett. Sport Hampshire and IOW are holding a Women and Girls Month in June, focussing on opportunities for participation and coaching. Chris hopes that a LIRF and an Coaching Assistant Course can be arranged. Clubs in the New Forest area got together to try an Oregon circuit on 22nd January, after learning about the benefits of the session at the England Athletics Coaching Conference last October. Hardley Runners benefitted from an introduction to Plyometrics session on 29th January. Coach, Christine Harris is hoping that the introduction of Plyometrics will help their speed development. Chris met with Chris Blow, the Chair of Basingstoke AC to brief him on new developments with Clubmark, such as the Disability Health Check. Their new track will have an official opening on 7th April. Eight coaches have signed up for a series on Mentoring Workshops to learn the skills necessary for mentoring other coaches within their clubs.

February 2012 - 8 LCDP coaches (mainly Endurance) took part in a What is Mentoring session with Erik Little on 1st February. The follow up session, 2 weeks later, had to be postponed when a lorry overturned and blocked the road and is now in April.

Chris has been assisting City of Portsmouth AC with their coaching structure. She arranged a workshop with David Hemery to encourage the "buy in" of all the coaches. The club chair, Phil Budd, was very pleased with the turn out of 20 coaches, and to meet someone who inspired him to take up the sport. A series of LCDP workshops took place at Portsmouth on 4th February. Coach numbers were small on the bitterly cold day but enthusiasm was very high, especially for the 3 Throws Workshops which attracted between 4-6 coaches each. Chris is assisting Andover with their re-accreditation for Clubmark. Cherry Alexander and Roger Symons visited Winchester at the request of local clubs to hold a consultation on their plans for a re-structure Youth Development League. Seven club representatives attended. Chris met with Roz McKenzie to discuss Quadkids in Hampshire. There is the potential to develop a Virtual League for young athletes. Ten coaches attended an LCDP Workshop on Youth Endurance Guidelines on 29/2 held in Winchester. The University of Winchester is consulting sports with regards to their long term plans to add a new sportshall to their facilities. Chris and Peter Sutcliffe met with Alex Trumble to put the case for having a surface suitable for indoor athletics training.

March 2012 - Local Coach Development sessions have been taking place in Andover this month for Hammer, Javelin, Shot and Discus, Hurdles and Jumps on 10th March and an Injury Prevention Workshop on 14th March. A Nutrition Workshop is scheduled for 28th March. Southampton AC, Fleet and Crookham AC and New Forest Runners are close to submitting files for Clubmark accreditation. Funding is available for Disability Projects in local clubs and the first Children's Coach Course takes place at the end March in Winchester, for coaches wishing to specialise in coaching 8-12 year olds.

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