



SUFFOLK COUNTY ATHLETIC ASSOCIATION

Minutes of meeting held on Thursday 21st April at British Legion, Hadleigh.

Coaches Present: Clive Pinion, Hadleigh Hares
Annabel Bennett , Ipswich Harriers
Malcolm Fenton, Ipswich Harriers
Sarah Grimsey, Hadleigh Hares
Jackie Kirk, Hadleigh Hares
Gale Pryor, Hadleigh Hares
Paul Turner, Ipswich Jaffa

Apologies: Ricky Peacher, Carol Noakes, Mike Oakley, Amanda Colley,
Graeme Crissell, Terry Back, Tania Spurling, James Cudmore,
Pam Constable, Leslie Basham, Brian Airlie.

Education:

It was agreed that if more courses were available locally they would be well attended. Clubs should work together and approach England Athletics with plans, ideas and numbers for courses in the view that they would support these.

To link with Suffolk Essex Athletics Network Coach Education course waiting list, to liaise with England Athletics & set up additional courses where there is additional demand.

Coach Visits to Clubs:

Coaches are required throughout Suffolk who are willing to be observed and to attend sessions at other Clubs to help support new and upcoming Coaches. The idea of the sessions is to be 'Coach Centred' in order to offer the right support at the right level.

Mentoring Coaches:

Malcolm Fenton explained the Mentoring system with coaches, a discussion was held as to whether Head Coaches should mentor their own coaches or if an external Mentor should be found. With either of these a structure would need to be made to follow. Mentoring can be done up and down the levels. Please pass on your thoughts on this matter.

Athlete – Event Specific Age:

Young athletes are 75% general and 25% specific, this then changes when they mature. There was a general consensus that young athletes should generalise.

Malcolm informed the meeting that Rob Earl offers a brilliant session on young people and their activities in every day life and how this affects their bodies. Clive will approach Rob Earl to talk about holding a seminar on young people and their growth and adolescent habits.

365 In Your Club

Clive would like feedback as to whether this is going to happen in your Club. The Committee and other clubs spoken to are very enthusiastic about this and looking forward to seeing it in action.

Annabel suggested that the system should start at the fundamental stage as this would tie in nicely with their system already.

Any Other Business:

Malcolm introduced a DVD folder with a variety of DVD's of all events, if anyone was interested in them.

Clive Pinnion is happy to help in any way he can in his new role, please feel free to contact him.

Malcolm is keen to help with Strength and Conditioning sessions as he has a lot of experience in this area, and will visit Hadleigh Hares – Clive to organise.