



Suffolk Essex
Athletics Network

Suffolk Essex Athletics Network AGM

Present: Richard Nash (Chair), Claire Rolewicz (Chair), Terry McEntee (Suffolk Sport), James Cudmore (England Athletics), Ricky Peacher (Framlingham Flyers), Dave Smith (Colchester & Tendring AC), Lance Williams (Colchester Harriers) Diane Cross (West Suffolk AC), Ray Radley (West Suffolk AC), Margaret Leek (Ipswich Harriers), Craig Bloomfield (Ipswich Harriers), Matt Barnes-Smith (Ipswich Harriers), Jonathan Wilding (Felixstowe Road Runners), Jonathan Price (Sudbury Joggers), Joe Mower (Suffolk AA), Howard Nicholls (Colne SSP), Christine Muttitt (Bungay Black Dog Running Club), Terry Back (Ipswich Jaffa), Danny Thorrington (Ipswich and South Suffolk SSP) and Tania Spurling (Network Activator).

Apologies: Mike Oakley, Ian Jackson, Sue Longhurst, Mike Hallows, Kathryn Berry, Clive Pinnion.

Network Update:

- 171 coach development opportunities accessed
- 68 individual coaches involved in activities in year one
- 16 coach development sessions organized
- Network coaches and volunteers helped lead activities at 7 community/ schools events
- Over 780 individuals new to athletics have participated in beginner sessions/recruitment activities
- Over 20 new level one / assistant coaches
- 60 young people took part in quadkids pilot event hosted by Hadleigh Hares
- 2 clubs supported to achieve Sport England Grants – One more currently being assessed. Clubs within the network have attracted £15,000 external funding
- Hadleigh Hares, Bungay Black Dog Running Club and West Suffolk AC have achieved clubmark accreditation in year 1; Felixstowe Road Runners are also nearing completion.

EA Update: Athletics 365 and sustainability

Athletics 365:

James Cudmore introduced Athletics 365. Brief overview: Athletics 365 is a multi-event, young people development programme, which introduces athletes to the fundamental skills of athletics. It is aimed predominantly at 8-15 year olds, but the resources can easily be adapted for use with younger athletes and focuses on developing the technical skills ('how' to run, jump and throw) required to perform at full potential. In addition to technical skills, Athletics 365 also looks at an athlete's physical, mental and emotional development, as well as their lifestyle and social development.

The Athletics 365 programme is broken down into nine progressive stages. Each stage provides athletes with new and progressively more difficult challenges appropriate to their stage of development. The stages can be seen as similar to progression in other sports, such as the martial arts 'belt system.'

A workshop for all network coaches will be held on Wednesday 19th January (venue tbc.) where attendee's will receive 365 resource packs and be able to discuss the programme in more detail. In the meantime, further information can be found on the England Athletics Website: www.englandathletics.org

Sustainability

James Cudmore raised sustainability as a matter to begin to address as the network has now completed its first year. The network will need to demonstrate that sustainability has been considered when applying for year 2 funding.

Group Discussions

Two groups discussed plans for year two; brief notes are included below:

Club Development:

Volunteering: Continue with the volunteering work / volunteer co-ordinators in all clubs. Link with external partners such as 2012 volunteering legacy. Introduce club welcome packs and inductions.

Disability: Look to organise a disability awareness session in year 2 for nominated people from all clubs.

Competition: Promote Quadkids and encourage clubs to offer Quadkids with informal arrangements with other clubs such as happened this year. It was felt that schools were doing quite a lot of Sportshall and not felt that structured Sportshall competition be a priority for the Network. Danny Thorrington encouraged clubs, where possible, to try to have some presence at schools competitions including competitions within the Discovery project. There was a

discussion about intra club competition and it was good to see that this already features in several network clubs – may be beneficial to share ideas across network.

Communication: There was a unanimous view that current communication through Tania via Email was very good and they would not want to see this change. On the proposal to have a website it was felt that its real value would be having resources which they could access but NOT to replace current communication.

Club Structures: Some clubs already have 'head' coach / coaching secretaries - with respect to how this may fit with a coach co-ordination role - Year 2 may look to clearly establish the coaching structure within each network club.

Coach Development

- More coach development opportunities to be offered in the club environment (at existing training sessions) to engage with more coaches eliminate difficulties in travel / availability of coaches at weekends.
- Targeted work / support for Level 1's to progress them to Athletics Coach / Children's Coach
- Work with coach coordinator / head coach to ascertain coach needs within each club to influence coach development activities delivered.
- More competition opportunities for track and field during the winter. For example, event specific competitions such as throws fest, jumps fest, etc.
- No decision taken on the best way to take the coaching group forward but it could include regular discussions scheduled as part of future wider network group meetings.
- There seemed to be satisfaction at the amount of activity currently being offered (both by the Network and through LCDP/NCDP, conferences, masterclasses, etc.) and the challenge therefore is trying to reach beyond the group of people who are currently accessing these opportunities.

Election of Officers:

Newly elected officers for 2010/2011:

Joint Chair: Dave Smith (Colchester and Tendring AC) and Lance Williams (Colchester Harriers)

Treasurer: Richard Nash (Stowmarket Striders)

Finances (1st October 2009 - 25th October 2010):

Income: 41,896.85

Expenditure: 29,209.10

Income Surplus/ (Deficit): 12,687.75

Forecast spend (November 2010- Jan 1st 2011): £8764

Club contributions:

A brief discussion around club contributions took place. It was felt that club contributions help to show commitment to the network and contribute towards making some activities sustainable for the future. An invoice will be sent out to all network clubs. The new club audit will also be circulated to all network clubs to update details, monitor progress and identify any particular areas which the network can help address.

Meeting ended at 9.15pm.