

# The Newsletter of the South Yorkshire Athletics Network



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## SY Coaches Day 1

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### Coach Education Courses Coming up near South Yorkshire:

Leadership in Running Fitness  
15/04/2012  
Immingham

Coaching Assistant  
28/04/2012 & 29/04/2012  
Newfield School,  
Sheffield

Leadership in Running Fitness  
29/04/2012  
Huddersfield

Athletics Coach  
12/05/2012 & 13/05/2012  
Loughborough University

Coaching Assistant  
19/05/2012 & 20/05/2012  
Mansfield,  
Nottinghamshire

16 Coaches in South Yorkshire attended the first coaches' day for 2012 organised by the South Yorkshire Athletics Network.

The day was held at Dorothy Hyman Sports Centre, where a partnership has been formed between the network and the centre to provide the venue for £30-£50 for a full day.

The day began at 9.30am with an introduction to fundamentals delivered by Stephen Wolstenholme. After the fundamentals session, there was a brief break for lunch, and the afternoon saw Stephen deliver the first of 3 Athletics 365 workshops for the network.

The first session allowed coaches to learn:

- The principles of

fundamentals

- The important of fundamentals for athletes development
- How they can incorporate fundamentals into a session
- Practical example of fundamental drills / Activities

The A365 Planning - workshop covered:

- Understanding of the A365 Programme
- Understanding of A365 and links to Fundamentals
- Implementation of A365. Information of what coaches/clubs should have in place before starting to deliver A365
- Examples of how it worked in Stephens Clubs/areas – what went well/challenges

- The resources available to coaches/club in the planning process (e.g. term time planner etc./ coaching structure)
- Tasks for coaches to do before next planning session in March

All coaches have been set tasks to do, to bring back to the workshop on 24<sup>th</sup> of March, which is the second SY Coaches Day.

One coach said:

**“The speaker was excellent and provided plenty of practical exercises throughout the sessions.”**

Another said:

**“The session was very good and provided me with an insight into how to use the 365 programme.”**

## WOMBWELL 5 MILES SUNDAY 19<sup>TH</sup> FEBRUARY

219 runners, 4 Team Manvers men, completed this road race on a sunny but with a chilly wind day.

Parking is good but lots of local runners warm up by jogging to the track. You could register on line but had to collect numbers on the day which meant

queuing up and there were queues for the few portaloos on site. The start is on the go kart track and after a lap and a half it's out on the road up Snape Hill and through Darfield to the Longbow and back down through the "Italian estate" to Low Valley and back for

half a lap or so of the track to the finish. Water and t-shirts at the end – not bad for a tenner.

## Leading the Way in South Yorkshire

March 2012 saw Run England group leaders from across South Yorkshire come together and attend the first leader's workshop in the region. Hosted by the South Yorkshire Athletics Network at the Sheffield EIS and presented by Run England Area Coordinator Craig Blain and Local Activator Emma Slater Clayton, the workshop provided all leaders a great opportunity to share good practice and bounce ideas of how to further develop their group and individual runners as well as having the Run England team there to update on future developments to the programme and to answer any specific questions or requests the leaders had.

Run England group Strideout said, "Thanks for inviting us along to the leaders evening, the Strideout Team found the workshop very useful, especially getting a chance to speak to other group leaders"

The two hour workshop covered a wide range of topics and infor-

mation including an overview of the Run England programme as well as sharing some research into understanding the typical Run England customer, but most importantly the workshop helped the leaders develop through sharing experiences and examples from their groups to develop a best practice model.

Craig Blain Run England Area Coordinator said, "This workshop is hoped to be the first of many in South Yorkshire to help support the group leaders and in turn the Run England members. It is of paramount importance that we are able to provide the tools the leaders require and these workshops are a brilliant opportunity to develop things with leaders who are going to use them"

Ashley Little - South Yorkshire Athletics Network Coordinator also took the opportunity to come along and distribute some useful resources to the group leaders including a leader's high

vis running bib and some running diaries for members to use in tracking their progress with the group. Ashley Said "This workshop was the first in the area, and allowed for the leaders to gain some useful resources which were provided for by the network in their year 2 plan. SYAN would like to provide support to Run England leaders & groups as well as the clubs it currently supports to build an athletics infrastructure within the county"

On a sadder note, the workshop was the last piece of work for Local Activator Emma Slater Clayton who has secured a full time role working with Activity Sheffield as part of Sheffield City Council. Emma said, "I have thoroughly enjoyed my time working on the Run England programme in South Yorkshire and wish all the leaders every success in the continued success of their groups and the programme, after all I am a Run England leader myself".

## An Evening with Bud Baldaro

On Wednesday 7<sup>th</sup> of March 2012, 6.30-8pm at EIS, Sheffield, the South Yorkshire Athletics Network ran An Evening with... Bud Baldaro. The evening was a great success with 24 people in attendance, all taking away something with them.

Bud delivered an informal presentation on Training programmes for performance at 10k and half marathon with reference to interval training and tapering for races. Followed by a question and answer session with coaches from the SY road running community.

Bud Baldaro is an England Athletics National Coach Mentor for Endurance. Bud is one of the country's top middle and long distance running coaches with more than 20 year's experience in coaching athletes at all levels. A former national marathon coach, Bud now works as a national coach mentor for England Athletics and is athletics coach to the University of Birmingham team. Bud has coached Olympians, Commonwealth medalists, World & European champions and several UK record breakers.

His depth of knowledge and ability to motivate is second to none.

One attendee said: "It was an excellent evening; I thoroughly enjoyed it and found it hugely beneficial".

Another said: "It was a really enjoyable evening".

## 15 Newly Qualified Officials

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After high demand, on the 11<sup>th</sup> of March 2012 the South Yorkshire Athletics Network arranged a Level 2 Technical Officials' Course at Dorothy Hyman Sports Centre, Cudworth alongside SYCAA Officials Secretary Terry Bailey.

gates registering to attend the Timekeeping, Track Judging or Field Judging courses. Each course consisted of Health & Safety and Generic Modules in the morning with the delegates then splitting up to undertake their Discipline Specific Module in the afternoon.

from South Yorkshire (12), West Yorkshire (1), Humberside (1) and Derbyshire (1).

In addition, 2 further existing technical officials from South Yorkshire attended the Health & Safety Module only, to add to their qualification.

This event was well attended with 15 dele-

The delegates came

## Dates for Diaries...

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- **Athletics 365 Coaches Forum**  
16th April 2012 EIS Sheffield  
6.30-8pm
- **Injury Prevention Workshop**  
26th April 2012 Manvers Boathouse  
6.30-9.30pm
- **Athletics 365 Implementation Workshop**  
17th May Dorothy Hyman Stadium  
6.30-9.30pm
- **Visual Awareness Course**  
29th May EIS, Sheffield  
6pm-8.30pm
- **Session Planning Workshop**  
15th June Herringthorpe Stadium  
6pm-9pm

## WHO ARE WE?



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**South Yorkshire**  
*Athletics Network*

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<http://www.englandathletics.org/page.asp?section=911&sectionTitle=South+Yorkshire+Athletics+Network>

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### SYAN WEBSITE

**www.syanet.co.uk**

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## Network Athletics Clubs

### Barnsley AC

www.barnsleyac.co.uk

### City Of Sheffield AC

www.sheffieldathletics.co.uk

### Doncaster AC

www.doncasterathleticclub.com

### Hallamshire Harriers

www.hallamshireharriers.co.uk

### Kimberworth Striders

www.kimberworthstriders.co.uk

### Penistone Footpath Runners

www.pfrac.co.uk

### Rotherham Harriers

www.rotherhamharriers.org

### Sheffield Running Club

www.xoolon.com/sheffield-running-club

### Team Manvers

www.teammanvers.co.uk

### Tickhill Running & AC

www.tickhillrunningclub.org

### Wombwell Sporting AC

www.wombwellsportingac.co.uk

The South Yorkshire Athletics Network will link together the key clubs, school sports partnerships, schools games organisers, the County Sport Partnership, the area England Athletics Club Coach Support Officer and the area Run England Coordinator.

The aims of the network are to raise the capability of clubs through the provision and delivery of coach and volunteer education and development. Enabling the clubs to deliver better quality coaching and competition for existing athletes and attract and retain new members.

The network is in its second year of implementation and are focussing on: coach development, recruitment of volunteers, increasing participation of young people and adults, supporting school competition, and disability athletics.