

# The Newsletter of the South Yorkshire Athletics Network



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On Tuesday 3<sup>rd</sup> of May Team Manvers Triathlon Club, a member of the South Yorkshire McCain Athletics Network, launched their new running section of the club. With a lot of publicity and promotion prior to the 3<sup>rd</sup> and many locals signing up their interest, it looked to be meeting a need within the community.

pending on their ability, and all were introduced to a small hill running session. With at first, some moaning, and some taking up the challenge, all completed the session, and found something new about themselves.

The running group are part of the South Yorkshire McCain Athletics Networks running sub group, with some coaches to attend the LIRF course being organised by the network on the 26<sup>th</sup> of June 2011 at Newfield School, Sheffield.

All runners are enjoying the group, and prefer the structured training sessions, instead of their past running on the road alone. So, let's hope the club can continue group-ing at its rapid pace.

For more information on the running group please contact [sean68rodgers@sky.com](mailto:sean68rodgers@sky.com) for details.

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The running section trains on a Tuesday and Thursday at Manvers Lake Boat House, taking advantage of the £1million facilities building. After just one week of the group starting there were 30 + runners attending the training sessions. This week saw the runners go around the 3 mile or 1.25 mile loop, de-



## ..... Coach Education Courses Coming up in Yorkshire:

Leadership in Running Fitness  
17/09/2011  
Huddersfield

Coaching Assistant  
24/09/11-25/09/11  
Leeds Metropolitan University

Leadership in Running Fitness  
01/10/11  
Hull

North Coaching Conference  
01/10/11  
Leeds Metropolitan University

Children's Coach  
01/10/11-02/10/11  
Leeds Metropolitan University

## Children with Coordination Difficulties Course

The South Yorkshire McCain Athletics Network hosted the coach development course on Wednesday 29<sup>th</sup> June 2011 at EIS, Sheffield. The workshop ran from 6.30pm - 9.30pm and was delivered by Jo Roberts, Advanced physiotherapist from the Ryegate Children's Centre. It aimed at giving coaches an insight into the motor difficulties of mainstream school children with Coordination Disorders, Autism, Asperger's Syndrome and ADHD.

The workshop began with some theoretical background behind the above conditions and then went into some practical aspects followed by an open discussion on how to make coaching sessions inclusive to this group of children.

The course proved really successful, and had glowing reports from all participants. Chris Ellis said "Time flew, the course was incredibly interesting, engaging and the tutor had an obvious depth

of knowledge and experience".

Carol Varns from Hallamshire Harriers said "the session was very useful in providing awareness of the types of behaviour and understanding why these types of behaviour occur, and how I can help and encourage athletes with these difficulties".

By providing this course, the SYAN are moving forward to enabling the county is fully Inclusive .

## Full LIRF Course

The South Yorkshire McCain Athletics Network organized the Leadership in Running Fitness Course along with Debbie Beresford, which took place on Sunday 26th June at Newfield School.

The South Yorkshire McCain Athletics Network decided to organize a localized course during the launch of their Running Sub group. It was apparent that new Run England groups and local running clubs and was in need of a LIRF course for new coaches and existing coaches.

An incredible 23 attended the workshop, which was held at Newfield School, Sheffield, which the network managed to get free of charge. One attendee was Craig Blain, the new Run England North Area Coordinator. Craig commented "The course was really good and I was able to provide the newly qualified LIRF leaders with information on where to go next, and how they can gain local support from the Sheffield Activator".

The course enables the attendees to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who

want to progress. It focused on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

Due to the success of this course, the Run England Activator, Emma Slater Clayton and the South Yorkshire McCain Athletics Network are looking to organise another course later on in the year.

## Coach Volunteering Initiative

Hallamshire Harriers, a member of the South Yorkshire McCain Athletics Network have been working with SAYLS for the second academic year: providing an opportunity for young volunteers to get involved in the delivery of coaching at the Club's athletics sessions.

Last academic year was a bit experimental for both parties, but lessons have been learnt this year and, although still early days in establishing a full strategy, they have a much more structured approach to the sessions than they previously did.

Currently, Hallamshire Harriers enjoy the benefit of 3 young leaders from Y11-Y13 school years: Aroosa, Dipo and Lewis; plus Dan, a student at Sheffield Hallam University who is now in his second year with the club, and has taken on the role of mentoring the others.

The students assist coaches through the sessions, from warm up to delivery, and, as their experience increases, take more pro-active roles in the sessions. Although UKA rules mean they cannot be left unsupervised, it is often possible for the lead coach to

stand back and just offer advice.

The club have found that the students interact really well, particularly with the younger athletes, and now regard them as an integral part of the evenings.

The three students were introduced to the SY coach development programme, starting with the Fundamentals of Movement course which took place on 30<sup>th</sup> of March 2011.

## Disadvantaged Athletics Project

Doncaster AC on behalf of the South Yorkshire McCain Athletics Network has delivered a series of athletics sessions to disadvantaged young people within Doncaster. 14 young people have been attending the four sessions which have been delivered, and are set to attend the remaining two in the nearby future.

The young people who have attended are a group who are disengaged

from school and considered difficult and challenging. A small number have learning disabilities and a small number are in the care system. They are all White British, male, aged from 14/16.

The group of young people attend an organisation in Doncaster called Open Cast, who works exclusively with this particular group of service users. The feedback from the service

has been really complimentary and has shown a real impact in the young peoples lives. At least four of the group has expressed an interest in continuing with their athletics and they are being encouraged in that direction.

Thanks to Doncaster AC for their delivery in the project.

## Sportivate Application Accepted

The South Yorkshire McCain Athletics Network have been successful in their application to South Yorkshire Sport to deliver a Sportivate project in the programmes first year of implementation.

The network submitted their application in April, applying to run 4 blocks of activity, one in each borough of the county. The total funding award is for £3784 for the delivery of four, 6 week blocks of activity, with a retention target of 10 per block.

The South Yorkshire McCain athletics network conducted an audit of the needs and wants of the local clubs, coaches, athletes & the networks schools competition sub group.

From this information, it was apparent that schools are able to cater for sprinting and endurance

events and can clearly signpost talented athletes into local athletics clubs. However it is the jumping and throwing disciplines that schools struggle to cater for. Due to health and safety precautions within schools, there is limited provision for students to experience jumping and throwing and therefore, the potentially talented athletes are unable to be signposted into local clubs. Athletics clubs within the area have access to the right facilities, and coaches who are fully trained in the specific disciplines; however they are struggling to find talent within schools.

The network then submitted an application form to specifically focus on Jumps and Throws, but will also cover sprinting and endurance, to enable inclusivity for all.

In May the network found out that they had been successful in their application process with South

Yorkshire Sport, and that they would find out in July whether the project was approved by Sport England.

The blocks of activity will begin implementation the week commencing the 26<sup>th</sup> of September for a 6 week period. The sessions will be held at Herringthorpe Stadium on Mondays 4.30-6pm, Dorothy Hyman Stadium on Tuesdays 4.30 – 6pm, Keep moat Athletics Track Thursdays 4-5.30pm and the EIS Sheffield block will start on the 7<sup>th</sup> of October and run on Fridays 5.30-7pm .

For more information on the projects please contact Ashley Little,

**Sportivate**



## A day out in Bruges by Team Manvers

Have you ever wondered what it would be like to do a triathlon in a beautiful city like York, Cambridge or Venice... Well the Bruges City triathlon in Belgium offers just that. The 1000m swim in the canals gives you a rare perspective on the city and its ancient buildings. When you climb out of the water there is a 200m run to T1 which is in an old school building. The 45 km bike ride takes you through the countryside around the city and is as flat as a pancake... The sun is out but there is a lot of wind which makes for some challenging cycling (full wheels are forbidden).

On the plus side, all the roads are completely closed so you can tuck into your aero position and enjoy the burning sensation in your legs.

Back in the city and back in the old school for a swift T2 transition and off you go for the 10.5 km run through the medieval city centre. As you are running through the cobblestone streets and passing old churches you soon forget where you are and it is only as you are heading to the finish line on the market square that the grandeur of this place sinks in. Cheered on by literally thousands of

people you cross the finish line with a smile... When you have finished you can head straight to the triathlon village where there is a buffet of fresh food and drinks. You can even get a fresh pint of beer but after two and a half hours of intense physical exercise I just couldn't stomach it. What a great event... by Joachim Proot



## 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](http://www.syanet.co.uk)**

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## Network Athletics Clubs

### Barnsley AC

[www.barnsleyac.co.uk](http://www.barnsleyac.co.uk)

### City Of Sheffield AC

[www.sheffieldathletics.co.uk](http://www.sheffieldathletics.co.uk)

### Doncaster AC

[www.doncasterathleticclub.com](http://www.doncasterathleticclub.com)

### Hallamshire Harriers

[www.hallamshireharriers.co.uk](http://www.hallamshireharriers.co.uk)

### Kimberworth Striders

[www.kimberworthstriders.co.uk](http://www.kimberworthstriders.co.uk)

### Penistone Footpath Runners

[www.pfrac.co.uk](http://www.pfrac.co.uk)

### Rotherham Harriers

[www.rotherhamharriers.org](http://www.rotherhamharriers.org)

### Sheffield Running Club

[www.xoolon.com/sheffield-running-club](http://www.xoolon.com/sheffield-running-club)

### Team Manvers

[www.teammanvers.co.uk](http://www.teammanvers.co.uk)

### Tickhill Running & AC

[www.tickhillrunningclub.org](http://www.tickhillrunningclub.org)

### Wombwell Sporting AC

[www.wombwellsportingac.co.uk](http://www.wombwellsportingac.co.uk)

The South Yorkshire Athletics Network will link together the key clubs, school sports partnerships, schools competition managers, the County Sport Partnership, the FDSO area lead, 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 first 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.