

# The Newsletter of the South Yorkshire Athletics Network



VOLUME 1 : ISSUE 4

NEWSLETTER DATE: JANUARY 2012

## Year 2 Funding Secured

### Inside this issue:

|                                 |   |
|---------------------------------|---|
| Year 2 Funding Secured          | 1 |
| Steve Gaines                    | 1 |
| Regional Awards                 | 2 |
| Coach Development opportunities | 2 |
| Run England update              | 2 |
| SYAN Coaches                    | 3 |
| Network Contacts                | 4 |

### Coach Education Courses Coming up in Yorkshire:

Coaching Assistant  
04/02/2012 & 05/02/2012  
Utley,  
Keighley

Leadership in Running  
Fitness  
05/02/2012  
Newfield School,  
Sheffield

Coaching Assistant  
11/02/2012 & 12/02/2012  
Harrogate High School,  
Harrogate

Athletics Leader  
04/03/2012  
Newfield School,  
Sheffield

Leadership in Running  
Fitness  
04/30/2012  
Allenton,  
Derbyshire

After six months of planning, consulting and developing ideas for the networks year 2 plan, the network submitted a completed plan to the network panel on the 26th of September.

The network management group met with the network panel on the 26th of September, where a presentation was delivered showcasing the impact the network has had in year one, and areas the finance has been spent within, as well as providing links between

the year 1 plan and the year 2 plan.

After a successful presentation, the network panel asked members of the management group questions to gain a further understanding of the network. And its year 2 plan and year 2 vision.

On the 27th of September the network was awarded £26,800 for their year 2 delivery, with some recommendations from the panel to enhance the impact of year 2. The network met on the evening of the 12th October 2011

and began planning their delivery of projects within the year 2 plan.

Year 2 began in October 2011, starting with locally ran coach development workshops.

A big well done, and thank you to all the clubs involved within the planning process of the network and the engagement of clubs throughout their year one and the lead up to year two.

## Steve Gaines volunteering recognised at awards

On Wednesday 12th of October, the Yorkshire & Humberside Regional Awards took place at Went bridge House Hotel, Pontefract.

Steve Gaines, the South Yorkshire Athletics Network chair received the runner up prize in the services to athletics category, much to Steve's surprise. It was stated that; Steve has made an extraordinary contribution to athletics in South Yorkshire, through his work

with Rotherham Harriers & AC, SYAN, SYCAA and he regional council, in addition to being top administrator & race organiser. Steve puts an enormous amount of hours supporting sport in SY with successful partnerships with CSP, RE, coach development programme and more engaged clubs. Steve is the driving force in progressing SYAN from formation to vision for the future and remains to do so.



## SYAN Runner up in Regional Awards

50 volunteers and guests gathered at Went bridge House Hotel in Pontefract on Wednesday 12th of October for the Yorkshire & Humber regional awards evening.

The evening began with a brief presentation around the success the region has had in attracting investment of over £400,000 (over the 3 years of fund-

ing) through the 6 Athletics Networks (North Yorkshire, Humber, South Yorkshire, Calderdale, Leeds and Bradford).

The first award of the evening was Athletics Network of the Year, with 6 networks going head to head for the award, each at different stages of their 3 year implementation.

South Yorkshire came second, which shows the

high quality of implementation throughout the networks year one, and is a testament to how the clubs, coaches and volunteers involved have worked hard and driven the network successfully forward.

A big well done to all of the South Yorkshire Athletics Network!

## Coach Development Opportunities

The South Yorkshire Athletics network have begun their second year of implementation, and securing their second year of funding.

One of the key parts in the year 2 plan is providing coach development opportunities, leading on from their year one provision.

Over the next 12 months the network will look to pro-

vide a number of different workshops and forums to support coaches learning and development.

The upcoming workshops are:

**Injury Prevention  
Endurance Specific 18th  
January 2012, 6.30-  
8.30pm at EIS, Sheffield .**

**Plyometrics: 26th  
January 2012, 6.30-  
9.30pm at EIS Sheffield.**

**Injury Prevention: 26th  
April 2012, 6.30-9.30pm  
at Manvers Lake  
Boathouse.**

**Session Planning: 15th  
June 2012, 6pm-9pm at  
Herringthorpe Track.**

Workshops are £5 for SYAN coaches, and only £10 for non SYAN Coaches.

## Run England Groups Growing in SY

Run England now has 19 active groups across the South Yorkshire area. On Friday 18th November 2011 saw SY reach 341 members which put us in 10<sup>th</sup> place against the rest of the country. Group leaders are doing some fantastic work with lots of

good news stories of health improvements and people even having a try at their first race! In total we have trained up 52 people via the Leadership In Running Fitness Course since April, which gives us the potential to set up many more groups. Workplace

groups have been the main focus of this month and are proving popular with staff of all running abilities. The next LIRF course to be held in Sheffield will be on Sunday 5<sup>th</sup> February – details will soon be available on the Run England website [www.runengland.org](http://www.runengland.org)

## SYAN Coaches support Disability Event

On Saturday 24<sup>th</sup> of September 2011 15 Actionnaires clubs from the North of England attended an action packed day of athletics at the EIS, Sheffield. This event was open to visually impaired children between the ages 4-16 registered within the 15 clubs.

8 South Yorkshire Athletics network coaches and 6 local young leaders supported the day, by running taster sessions across numerous different athletics disciplines. For the majority of coaches and

leaders, they had no previous experience of working with visually impaired children. On Friday 23<sup>rd</sup> of September, Action for Blind People ran a visual awareness course to up skill the coaches and young leaders ahead of the action packed day.

The Boots Opticians Actionnaires Athletics Event was run by charity Action for Blind People, and supported by the South Yorkshire Athletics Network. Lesley Inganni, development manager at Action for Blind

People, said: "This is the fifth year that the event has taken place. You never know, some of these children could be our

Paralympians of the future."

Both coaches and young leaders thoroughly enjoyed the day with high praise and feedback from both athletes and parents.

## Sportmakers

South Yorkshire Sport are leading on a programme called Sport Makers [www.sportmakers.co.uk](http://www.sportmakers.co.uk) and are looking to recruit adult volunteers (aged 16+) who will volunteer to create new sporting opportunities for others as part of the Olympic & Paralympic legacy.

Sport Makers will be invited to a free inspirational workshop and will then be given a range of information on tools, resources and deployment opportunities where they can volunteer.

**Sport Makers are, quite simply, people who make sport happen.**

Some might organise sport informally for themselves and their friends, colleagues or neighbours, for example by:

- Organising a friendly athletics session to help work colleagues get to know each other
- Encouraging five friends to do a local run in the park once a week, celebrating with

breakfast afterwards and keeping them motivated.

Others won't take part themselves, but will do all those things that make sport possible, such as:

- Organising a fundraising fun-run for their village with the help of other Sport Makers
- Welcoming new athletes on a club night, encouraging them to keep coming back.

Becoming a Sport Maker will give people the knowledge, information and connections to get better at making sport happen.

**It is totally flexible.** Choose which sports you want to be involved with and who they want to make sport happen for – friends, colleagues, neighbours or your local community.

**It's extremely rewarding.** Sport Makers will meet other people interested in sport; find new ways of getting involved that suit them and gain access to resources that will help them or-

ganise their own activities if that's what they'd prefer. Sport Makers will also develop new skills that could be useful in other areas of their life. Employers love to see outside activities on a CV so it could even help with employment.

**Be part of the official London 2012 Olympic and Paralympic legacy.** Inspired by the Games and their values, 40,000 Sport Makers will help to create new opportunities for lots more people to play sport.

**Get free stuff.** As well as receiving official Adidas kit, once they start to make sport happen there'll be chances to win some exciting rewards.

Or to put it another way, they will become the sort of sporting hero that makes a difference to the lives of other people – and have a good time doing it.

All you need to do to become a Sport Maker is register at [www.sportmakers.co.uk](http://www.sportmakers.co.uk) and select South Yorkshire and complete a profile.

## WHO ARE WE?



### For more information contact:

Ashley Little  
South Yorkshire Athletics Network  
Development Officer  
South Yorkshire Sport  
C/o English Institute of Sport  
Coleridge Road

Phone: 0114 223 5671  
Mobile: 07795 305 794  
Fax: 0114 223 5676  
E-mail: ashley.little@sysport.co.uk



**South Yorkshire**  
*Athletics Network*

---

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

---

### SYAN WEBSITE

**www.syanet.co.uk**

---

## 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.