

The Newsletter of the South Yorkshire Athletics Network



VOLUME 1, ISSUE 1

NEWSLETTER DATE

South Yorkshire Athletics Network to host Coach Development Day

Inside this issue:

| | |
|---|---|
| Coach Development | 1 |
| SYAN Development | 1 |
| Rotherham X-C | 2 |
| Doncaster AC Host Disability Star Track | 2 |
| Flying Coach Sessions | 2 |
| Disability Mentor | 5 |
| Network Contacts | 4 |

Coach Education Courses Coming up in Yorkshire:

| |
|--|
| Coaching Assistant 29/30-01-11 Leeds Metropolitan University |
| Athletics Leader 30-01-11 York St John University |
| Athletics Leader 13-03-11 Hull University |
| Coaching Assistant 19/20-03-11 Costello Stadium |
| Coaching Assistant 26/27-03-11 Don Valley Stadium |
| Athletics Coach 26/27-03-11 Costello Stadium |
| Leadership in Running Fitness 30-04-11 |

The South Yorkshire Athletics Network will be hosting a free Coach Development Day on Saturday 22nd January 2011 at Newfield School, Sheffield.

This will involve a coach education workshop (to clarify any problems or confusion with the new structure), a personal development planning workshop, which will focus on identifying own

personal coaching goals over the next 12 months and a generic strength and conditioning workshop.

Ashley Little, South Yorkshire Athletics Network Development Officer stated "The South Yorkshire Coach Development Day, is being held to provide SY club coaches with the opportunity to get together, share

and learn new information. The day will also identify SY club coaches' needs and requirements for future coach development workshops".

This is the first time that the South Yorkshire McCain Athletics Network. Has held this event and it is expected that those attending will include network representatives and club coaches throughout the South Yorkshire region.



For more information or to book a place on the day contact Ashley Little, South Yorkshire Athletics network Development Officer on:

Email:

ashley.little@sysport.co.uk

Phone:

0114 223 5671

SYAN Development Officer in Post

South Yorkshire Athletics Network have successfully appointed Ashley Little to the role of SYAN Development Officer.

Ashley has been involved with Athletics as an athlete, coach and project coordinator; she started athletics at the age of 8, covering all athletic disciplines and competing at the English

Schools in high jump and long jump as well as combined events. She is now a UKA Level 2 coach, currently coaching at Leeds City AC.

Ashley previously worked for Leeds City Council as a casual athletics coach for 6 years, and has been involved with Star Track schemes, Community Clubs

and Street Athletics project. Ashley was involved with writing the successful Leeds Athletics Network plan, and gaining the Network funding. The SYAN, Sysport and England Athletics welcomes Ashley.

Fantastic Success For Rotherham Schools Cross Country Championships

Three years ago Rotherham Harriers & AC created a partnership with the SSPs to get a full borough wide championship event established.

This year was the 3rd annual event, in which the strength of the partnership between the SSPs and Rotherham Harriers & AC was evident. Rotherham Harriers & AC organise and set up the course, the finish area and are responsible for producing the results.



The event attracts almost 1000 schools athletes from throughout Rotherham. Club invites are distributed after the event to athletes who would like to become involved within a club.

10 non - club athletes attended an induction session at Rotherham Harriers & AC on Thursday 28th October after the successful club exit route pathways at the championships.

Over the last 3 years , the championships have brought in some talented athletes who have really strengthened Rotherham Harriers young athletes teams.

Special mention to must go to Wath School, who won 7 of the 10 team awards.

After the continued success at the 3rd event, it has provided a good practice model, in which Doncaster AC will be using the following year, strengthening club sharing within the South Yorkshire McCain Athletics Network.

Doncaster AC host Disability Star Track Day

"THE DAY WAS A HUGE SUCCESS WITH 50 ATHLETES AGED 8-18 ATTENDING"

On Thursday 30th September 2010, Doncaster AC held a disability star track day in partnership with the Doncaster Athletics Development Group.

The Doncaster AC disability coaching team fully organised the event held at the

Keep moat Stadium Athletics track with support from local post 16 students.

The day was a huge success with 50 athletes aged 8-18 attending, all experiencing the provision and opportunities offered by Doncaster AC.

Doncaster AC are leading the way for disability athletics on behalf on the South Yorkshire McCain Athletics Network. Providing support for coach mentoring opportunities and an induction pack template.

With the success of this first event,

Doncaster AC are looking to host an indoor able bodied and disability star track in November, being held at Doncaster Deaf College.

Following the lead of Doncaster AC, Rotherham Harriers & AC are working in partnership with Rotherham Borough Metropolitan Council to organise and deliver 12 disability taster sessions.

For more information on any of the above, please see the contact information on the last page.

Winter Flying Coach Sessions on the Way!

The South Yorkshire Athletics Network Coach Development sub group consists of the coaching coordinators from each club within the network.

After much investigating, the coaching coordinators have finalised the 6 disciplines they want the flying coach visits to focus on over the next 6 months.

The 6 disciplines chosen are; Steeplechase, Middle Distance, Hurdles,

Triple Jump, High Jump and Throws.

The sub group are looking to hold both the Steeplechase and Middle Distance sessions prior to Christmas, and hold the other four flying coach sessions after the new year.

By holding these flying coach sessions, the South Yorkshire Athletics Network will be driving coach development forward for the future.



Louis is a Triple Euro Record Breaker

Louis Speight, (20) from Doncaster AC competed in Switzerland recently and annihilated 3 European records, and almost broke a World Record!

In the T33 class he;

1. broke the 100m European Record, with a time of 19.09 secs, 2.23 seconds inside the previous record.
2. Broke the 200m European Record with a time of 33.77 seconds, a staggering 5.43 seconds inside the former

record. His time was only 400th of a second outside the World record time of 33.73 seconds, which has stood since 2005.

3. Broke the 400m European record with a time of 1.05:98, 10.54 seconds inside the former record.

In Louis's current form, he is ranked number 1 in the world for all 3 events, and if he remains injury free, and continues to progress, he should be selected to represent

Team GB in next years World Championships I New Zealand. As well as an outstanding prospect for a Olympic medal at the London 2012 games.



Wombwell Partnership Forges Ahead

Wombwell Sporting AC have created a successful partnership with their local school, Wombwell high School.

Wombwell Sporting AC train on Monday and Wednesday nights at their track. However, with winter upon us, the club looked to hire an indoor venue, enabling the younger athletes to train out of the elements.

The club approached local schools to access their sports hall on a Mon-

day evening. The club were shocked at the prices some schools were charging, especially with athletics being a volunteer run sport.

Imagine the clubs surprise when Wombwell High School offered the use of their sports hall for FREE! Janette Tomlins, Wombwell Sporting AC representative, said " I couldn't believe some of the prices that were quoted to us, especially when Wombwell High School have offered their facilities for free. The Club are very grateful and are extremely

happy with the partnership that has developed between the club and the school. We hope to have more young athletes training through winter by using an indoor facility."

"FREE HIRE OF SPORTSHALL"

Diana is Disability Mentor

To drive the disability provision and inclusion by the network clubs forward, the South Yorkshire Athletics Network group felt a Disability mentor was essential.

On Thursday 28th of October 2010, Ashley Little, South Yorkshire Athletics Network Development Officer, approached Diana Stanger of Doncaster AC to be the South Yorkshire Disability mentor—and she said yes.

Diana has a lot of experience with

coaching disabled athletes, and is the lead coach of disability sessions at Doncaster AC, and the Network are grateful of her acceptance to be the county mentor.

Diana's role will involve supporting the other network clubs to ensure inclusivity in line with club mark, as well as supporting club coaches increase their confidence in coaching disabled athletes.

A big welcome and thank you to

Diana, who will be undertaking this role as well as her existing coaching, and all as a volunteer!

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§ionTitle=South+Yorkshire+Athletics+Network>

SYAN WEBSITE COMING SOON:
www.syanet.co.uk

Network Athletics Clubs

City Of Sheffield AC

www.sheffieldathletics.co.uk

Doncaster AC

www.doncasterathleticclub.com

Hallamshire Harriers

www.hallamshireharriers.co.uk

Wombwell Sporting AC

www.wombwellsportingac.co.uk

Rotherham Harriers

www.rotherhamharriers.org

Barnsley AC

www.barnsleyac.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, and the area England Athletics Club Coach Support Officer.

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.