

# Norfolk Athletics Network

Newsletter No 18



## REMINDER - Open Coach Development Workshop Saturday 3<sup>rd</sup> December, 10.30-2.15 Easton College

Outline

### 10.30 Arrival/Registration

**10.45 Technical Session** - Emphasising the importance of developing a sound technical model to enhance performance, this session will include warm-up, mobility, technical drills and core skill acquisition through technique training at all levels. Led by Rob Kinge - UKA level 4 coach)

**11.45-12.30 Conditioning** - This session will look at the applied exercise physiology behind training for performance, with a normal training session with the regular group taking place. To be delivered by Tim Newenham – UKA level 4 coach)

### 12.30-1.15 Lunch/Networking

**1.15-2.15pm Nutrition Workshop** An interactive nutrition workshop delivered by Mary Skelcher – with advice on how nutrition can boost energy, influence injury, recovery and race-day performance based on a thorough understanding of the body's digestive and energy production systems, supported by scientific research.

**There are still some places left on this workshop, To book your place contact Kate Davies 07795 968036 or email [networkcoordinator@hotmail.co.uk](mailto:networkcoordinator@hotmail.co.uk)**

*Athletes are welcome to attend with their coach.*

## REMINDER – Endurance Coach Development Workshop Sunday 4th December, 10am-1pm, Bury St Edmunds

### Training Guidelines for Young Athletes

This presentation will present accurate and up-to-date information for coaches regarding energy system training terminology and its basic application for endurance running. A look at appropriate training loads for young athletes and a practical session looking at drill and skills for young athletes. Delivered by England Athletics National Coach Mentor for Youth Development (Endurance), Jenny Harris and Tim & Pauline Ash.

**For more information or to register contact James Cudmore 07720 147247 [judmore@englandathletics.org](mailto:judmore@englandathletics.org)**

## Future Coach Development Workshops

### Endurance – Coaching Female Athletes, Sat 21<sup>st</sup> January, 12-4.30pm, Cambridge

Focused entirely around those issues important to female athletes, the session will look at volumes/intensities/progressions through puberty and how these compare to males; there will also be a discussion on the female athlete triad.

### Sprints – Relay Workshop, Sat 28<sup>th</sup> January, 11am-2.30pm, UEA Sportspark Norwich

This is a fantastic opportunity to improve/share your knowledge in the sprint relay event. For this workshop the network, in conjunction with the UEA AC, has managed to secure the services of Roger Walters. Roger is a UKA level 4 coach and has coached on the following national teams - 4 x World Junior, 4 x European Junior, 1 x World Paralympics, 1 x European U23 Championships, 3 x Senior European Cup, 1 x Senior World Championships, 1x European Senior Championship, 1 x Olympic Games. **If you are interested in attending this workshop or for further information please contact Kate Davies 07795 968036 or email [networkcoordinator@hotmail.co.uk](mailto:networkcoordinator@hotmail.co.uk)**

*Athletes are welcome to attend with their coach.*

## Coach Education Week 2012, UEA Sportspark

**Assistant Coach - Course Dates:** 12.Apr.12 to 13.Apr.12

**Location:** Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ **Cost:** £175 **Course Code:** SC0472  
**England Athletics affiliated club member cost:** £130

**Athletics Coach - Course Dates:** 14.Apr.12 to 15.Apr.12, 22<sup>nd</sup> May and 16<sup>th</sup> September

**Location:** Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ **Cost:** £365 **Course Code:** SC0473  
**England Athletics affiliated club member cost:** £325

To book your place or for further information go to

<http://www.englandathletics.org/courses.asp?section=33&sectionTitle=Courses+and+Bookings>

Coaching bursaries of £30 towards the Coaching Assistant qualification and £125 to the Athletics Coach

qualification are available from the Network. For further information contact Kate Davies 07795 968036 or email

[networkcoordinator@hotmail.co.uk](mailto:networkcoordinator@hotmail.co.uk)

### COACHING ASSISTANT

#### Who should go on this course?

Anyone aged 18 or over, who is interested in taking the first step into a coaching pathway and wants to understand the fundamental technical principles of coaching.

#### How many days will it take?

Two days (normally delivered over the course of one weekend) with no assessment.

#### What will I learn?

The technical coaching knowledge to underpin running, jumping and throwing activities. You'll then learn how to apply these principles into a number of fun and exciting practical examples.

#### Topics covered include:

Understanding fundamental movement skills.  
Managing challenging behaviour.  
Delivering warm up and cool downs.  
Coaching through fun, safe and enjoyable games.  
Delivering speed work and endurance based activities.  
Understanding the mechanics of jumping and throwing.  
The principles of session planning.

#### What will I be able to do?

By attending the Coaching Assistant course, you'll have the knowledge and skills to deliver effective and engaging club sessions using task cards and session plans. Coaching Assistants will be insured to assist in the delivery of all aspects of a session whilst being supervised by a qualified Coach at the same venue.

### ATHLETICS COACH

#### Who should go on this course?

Anyone who has completed the Coaching Assistant Award and feels ready to take the next step to managing their own coaching groups. Currently qualified UKA Coaches looking to broaden their technical skills can also choose to attend as part of their continued education.

#### How many days will it take?

The course and assessment period is four days in total. Two days delivered as a weekend, a third day several weeks later and then a formal assessment on a final day.

#### What will I learn?

How to apply the fundamental principles of running, jumping and throwing and applying this knowledge over a series of sessions to help technically develop groups of athletes. You will learn how to coach running, jumping and throwing activities and observe correct technical aspects.

#### Topics covered include:

Athlete Development.  
Skill learning and structuring training.  
Co-ordination and balance.  
Running with rhythm.  
Questioning and listening skills.  
Physical preparation – strength training and plyometrics.  
Understanding energy systems.  
Practical sessions covering all event groups.

#### What will I be able to do?

Plan a progressive training programme for athletes, coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision, working with Coaching Assistants and Athletics Leaders to support you in delivering the sessions.

## Sportshall

**\*NEW\* Norfolk Sportshall Website** [www.norfolksportshall.org.uk/](http://www.norfolksportshall.org.uk/)

### Individual Entry

Sat 14<sup>th</sup> January – Norfolk County Championships, Sportspark UEA (Entry forms can be found on the new website or the Norfolk AAA website <http://www.norfolkaaa.co.uk/>)

3<sup>rd</sup> March – Norwich and District Open Championship, Taverham High School (Entry forms due to be available on CONAC website <http://www.conac.org.uk/> in Dec)

### Regional Competition

Sat 21<sup>st</sup> January – U11 Fun in Athletics Festival, UEA

Sat 4<sup>th</sup> Feb – U13/U15 East Regional Final, UEA

## **Ryston Runners Cross Country Series...**

Sunday 18th December 2011	6.5 Km
Sunday 15th January 2012	5 Km
Sunday 12th February 2012	9 Km
Sunday 18th March 2012	6.5 Km

## **Heavy Throws**

### **Improve your understanding of Hammer, Shot and Discus**

These sessions are suitable for ALL throws coaches who are keen to share their ideas and learn more about heavy throws disciplines. There will also be opportunities for your athletes to attend certain sessions, dependent on the content.

<b>Date</b>	<b>Theme</b>	<b>Location</b>
Sun 15 <sup>th</sup> Jan 2012	'How To' Coach Skills	Chelmsford Sports & Athletics Centre
Sun 11 <sup>th</sup> Mar 2012	'What To' Coach Skills	<b>Time</b> 10am-4pm

**How to Book** – For more information please contact James Cudmore on [jcudmore@englandathletics.org](mailto:jcudmore@englandathletics.org) or 07720 147247.

**Cost** – Fully funded by England Athletics and therefore FREE for UKA licensed coaches.



**Run England is the official  
England Athletics recreational  
running project which aims to get  
the whole nation running.**

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



#### **Does your club currently cater for beginner runners?**

#### **If not there are some great reasons to start your own Run England group...**

- There has never been more financial support available to help your club establish a beginners group – there is funding to qualify leaders, produce promotional material, pay instructor fees and venue hire.
- Support to new leaders includes – marketing the group via the website, access to information and advice to help with sessions, they are licensed and insured, and news stories from groups can be published.
- Opportunities to clubs include – increased club membership, free membership to RE, identification of potential new volunteers and committee members.

#### **If your club does already have a beginners running group, here's some reasons why it would be good to bring it under the Run England banner...**

- Opportunities for clubs include promoting existing beginner sessions, help to set up and promote new sessions, help to qualify more leaders, free online membership with access to special offers and discounts and also information to get more from your running.

**This really is a fantastic opportunity and if any clubs and interested please contact Kate Davies 07795 968036 [networkcoordinator@hotmail.co.uk](mailto:networkcoordinator@hotmail.co.uk)**

## **LIRF: LEADERSHIP IN RUNNING FITNESS**

### **Who should go on this course?**

If you have an interest in running for fitness and you'd like to lead a group, then this is the course for you.

### **How many days will it take?**

One day, with no assessment.

### **What will I learn?**

The course will focus on the safe organisation of achievable and progressive running activity and how to lead a group of runners of varying ability.

#### **Topics covered include:**

- The barriers that stop people from taking up running, and how a leader can make a difference for them.
- How to plan sessions and deliver a safe and fun warm up and a cool down.
- Demonstration and supervision of effective stretching.

- The different types of activity that can make running varied and enjoyable.
- Helping runners to set and achieve SMARTER goals.

### **What will I be able to do?**

The course is designed to prepare you to provide a safe and enjoyable running experience for young people over 12 years of age and adults of any ability, size or shape. You may lead a group for your club and register with Run England to deliver to new runners. Your qualification will provide you with Insurance to lead a group within the limits of the course content.

This course has been provisionally booked for **31<sup>st</sup> March 2012**, to be held at Lynnsport, King's Lynn. Funding is available from the Network (course cost approx £90). Please contact Kate Davies 07795 968036 [networkcoordinator@hotmail.co.uk](mailto:networkcoordinator@hotmail.co.uk) if you are interested in attending.

An invitation from...



Each month Tri-Anglia holds very interesting talks the latest of which is to be held on 20<sup>th</sup> December by Newton Shoes and their highly acclaimed coaches regarding the benefits on natural running.

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

Further information can be found at <http://www.tri-anglia.co.uk/forum/index.php?topic=2679.0>

Location: The Curve, The Forum, Norwich

Cost is a voucher for members, £5 for non-members, payable on the door.

### County Championship Events

**Cross Country – 8<sup>th</sup> January** at Barnham Common, Thetford

**Sportshall – 14<sup>th</sup> January** at UEA Sportspark, Norwich

**Indoor Athletics (Keith Ward Open Meet) – 29<sup>th</sup> January** at Lynnsport, King's  
Lynn

Entry forms and further details for each of these events can be found at

[http://www.norfolkaaa.co.uk/asp\\_pages/forms.asp](http://www.norfolkaaa.co.uk/asp_pages/forms.asp)

**Date of next meeting – Wednesday 30<sup>th</sup> November 7.30pm**