

Coach Development – Track and Field – Sprints, Hurdles, Long Jump, Triple Jump and High Jump

Sat 18th February, 9.45am-2pm, Lynnsport, King's Lynn

Details for this workshop have now been finalised –

9.45am Registration
 10am-11am Strength based session lead by Patrick Swift (Elite Strength and Conditioning)
 11am-12.15pm Session 1 (Hurdles or Long/Triple jump)

Hurdles	Long/Triple Jump
Warm up and drills Mobility and hurdle-specific mobility Hurdle drills including specific isolation drills	Warm Up and jumps related drills An introduction to plyometrics

12.15-12.45pm Lunch
 12.45-1.45pm Session 2

Sprints	High Jump
Warm up and drills Mobility and specific mobility development Drills and specific isolation drills	Details to follow

2pm Close

If you are interested in attending this workshop or for further information please contact Kate Davies 07795 968036 or email networkcoordinator@hotmail.co.uk
 Athletes are welcome to attend with their coach.

Sprint Relay Workshop (28th Jan) – Led by Roger Walters
 7 coaches and 2 athletics leaders, along with a group of 21 athletes attended this informative and interesting workshop - which is very promising in terms of the coaches and athletes being able to feed the information and the practices back to their clubs.

Coach Education Week 2012, UEA Sportspark

Assistant Coach

Course Dates: Thursday 12th and Friday 13th April 2012
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: Saturday 14th and Sunday 15th April, Sunday 20th May and Sunday 16th September 2012.
Location: Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ
Cost: £365
Course Code: SC0473
England Athletics affiliated club member cost: £325

Please note if you would like to attend one of these courses you need to book onto them directly with England Athletics.

The Network has received a few bursary applications from individuals who have yet to book onto the course.

To book your place or for further information go to <http://www.englandathletics.org/courses.asp?section=33§ionTitle=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

Endurance/Marathon Planning Series 2012

SUNDAY 26TH FEBRUARY

Time - 9.30am-12noon**

Venue - Easton College, Easton, Norwich,
NR9 5DX

Hosted by - Tri-Anglia.

TUESDAY 3RD APRIL

Time - 6.45pm- 8.45pm

Venue - Marina Centre, Marine Parade,
Great Yarmouth, NR30 2ER

Hosted by - Great Yarmouth Road
Runners.



These sessions have been well received, with a total of 60 runners and coaches from 8 Network clubs participating in the series to date.

There are just a few spaces left for the workshop on Sunday 26th February so please contact Kate (networkcoordinator@hotmail.co.uk 07795 968036) if you wish to book a place.

The session on 26th February will include a marathon specific nutrition workshop in addition to a practical training session.

LIRF: LEADERSHIP IN RUNNING FITNESS

This course has been confirmed for **31st March 2012** – details below. Funding is available from the Network (course cost approx £90). Please contact Kate Davies 07795 968036 networkcoordinator@hotmail.co.uk if you are interested in attending.

East	Course code: SC0501	Leadership in Running Fitness	Saturday	31/03/2012	LiRF	Lynnsport & Leisure Park, Greenpark Avenue, Kings Lynn, Norfolk, PE30 2NB
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If your club DOES NOT currently cater for beginners -

Please contact Kate as there is Run England funding available to qualify leaders and support your club to do so.

Support is also available from Paul Evans/ Active Norfolk to assist with leading the sessions if your club should require it.

If your club DOES cater for beginners –

Please sign them up on the Run England website to help promote your sessions and direct new runners to a club.



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

www.runengland.org



OFFICIALS COURSES

Officials - Level 2 (Endurance) & Risk Assessment

- **Course Dates:** 18.Feb.12
- **Location:** Easton College, Easton, Norwich, Norfolk, NR9 5DX
- **Cost:** £20
- **Course Code:** SO/0187RA and SO/0187END

A one day course that will allow the candidate to work under the supervision of a qualified endurance official with a view to becoming a qualified technical official. This day also includes the Risk Assessment Course which must be completed before a level 2c (regional) licence is awarded.

Length: One day

Please note: The minimum age for this course is 18

For Further information go to

<http://www.englandathletics.org/courses.asp?itemid=8476&itemTitle=Officials+%2D+Level+2+%28Endurance%29+%26+Risk+Assessment§ion=33>

Officials – Track and Field (provisional course)

- **Course Dates:** 1st April 12
- **Location:** Dereham Air Training Corps Building, TA Centre, Norwich Street, Dereham, NR19 1AD.

Awaiting confirmation of tutors – please contact Kate Davies 07795968036 networkcoordinator@hotmail.co.uk if you are interested in attending.

Sportshall

Norfolk Sportshall Website www.norfolksportshall.org.uk/

132 attended the Sportshall County Championships on Sat 14th January – a fantastic turn out!
Make sure you get your entries in for the Open Championship below -

Individual Entry

3rd March – Norwich and District Open Championship, Taverham High School.

QuadKids 2012

Following the success of the Sportshall competition throughout the winter, The Norfolk Athletics Network is delighted to provide 4 QuadKids competitions this summer.

Who can take part?

U11's (School years 4, 5 & 6).

U13's (School years 7 & 8).

What are the events?

U11 athletes take part in a 75m sprint, vortex howler throw, standing long jump and 600m run.

U13 athletes take part in a 100m sprint, vortex howler throw, running long jump and 800m run.

How much does it cost?

It is £2 to enter per competition (this includes all 4 events on the day), or £5 to enter the whole series.

Registration is at 9.30am – events commence at 10am and finish at 12.30pm.

Provisional Competition Dates – Could hosting clubs please confirm these asap.

Sunday 15th April, CONAC, Norwich

Saturday 23rd June, Thetford AC, Thetford

Saturday 26th May, WNAC, King's Lynn

Sunday 22nd July, GYDAC, Great Yarmouth

CALLING ALL RUNNING COACHES

Norfolk Gazelles are looking for a coach who would be available to take a regular session for the club.

Training is Monday nights, 6.30pm, at the Academy School, Earlham.

Please contact Pete Thompson - marion393@btinternet.com if you are interested.

Are You Ready?

100 days to go to the Olympics - clubs are invited to host a Try Athletics Day between 16th and 20th April to mark 100 days to go (18th April) by opening their doors to the community and providing them with a chance to try some athletics.

The QuadKids session on 15th April will be linked to this campaign. GYDAC have also offered to host a session on one of their club training nights. If any other clubs are able to do this please come forward so that the sessions can be promoted collectively across the county.

England Athletics Club Search Data

This is a Network requirement by England Athletics and must be completed by all clubs.

Thank you to those who have already returned the information.

Can the remaining clubs please return this to Kate at their earliest convenience.

Date of Next Meeting –

Wednesday 14th March

7.30pm

Sir Roger Bannister Room

UEA Sportspark