

## Coaches Meeting Minutes

Date 30th March 2011

Present Larry Allen, Denise Campbell, Allison Dale, Wendy Day, Linda Ellis, Anne Gilroy, Darrell Helas, Michele Helas, Rob Lewis, Lee Martin, Steve Read, Dave Skinner, Mark Thornton, Andrew Wood

Apologies Mark Baddeley, Janette Dunderdale, Ian George, Dave Humberstone, Steve Moore (EA), Andy Powers, Nick Smith, Denise Timmis, Terry Timmis, Gary Warhurst, Kathleen Warhurst

### 365

- Darrell outlined how the 365 awards are structured and gave feedback from Bedford County Athletics Club who are currently trialling this.
- Starting with a small number of athletes, it was suggested that this could be trialled from September. **Action Point** Wendy, Mark T and Dave S to work out costings for this and to report back. This to include training of young coaches.

### Review of group structures (see updated structure dated April 2011)

- Wendy reported that the young athlete group has 53 members, so currently has no capacity to take on any new members at present.
- A discussion took place around the criteria for progressing athletes from one group to the next. Concern was expressed that Darrell's and Dave H's groups were perceived to be too specialised for young athletes i.e sprint and middle distance. Although this is not the case Darrell suggested the groups should be called intermediate groups 1 and 2.
- Following the above discussion about progression from one group to another, Linda has agreed to put together a 'code of etiquette' which will be circulated to all coaches.
- As the numbers in all the young athletes groups are high, Allison suggested a second 5.15 club aimed at 12+ children. This may help in preparing athletes for the intermediate groups.

- Rob Lewis suggested asking Yarborough to mark out the football pitches as a running track to alleviate some of the overcrowding on the track.  
**Action Point** Darrell to contact Yarborough about this.
- As young volunteers helping in the 5.15 group can no longer gain a qualification until they are 18, Allison suggested that we should still encourage young volunteers to undertake courses even though there would be no short term gain for the club.
- Discussion took place on possible need to encourage more young athletes to compete which could result in a 'recreational' stream of athletes.

## V2

- Ian from V2 was welcomed to the meeting He informed the group about the programme and the benefits of strength and conditioning. Positive feedback was given by some of the coaches about the programme and as a result the following were agreed:
- Ian and Rob to agree a date when Ian can attend a training session with Rob's group at Yarborough.
- Allison and Denise suggested a couple of pilot sessions could be arranged for the 5.15 group and throws group

## AOB

- Dave S, Wendy and Mark T, who are currently working towards their athletics coach award, reported how much work is involved for this voluntary award. **Action Point** Darrell to feed this back to Steve Moore (England Athletics – East Midlands Coach Support Officer).
- Andrew Wood has kindly volunteered! To help Alison as an additional helper with the 5.15 club.
- Update given on The Priory Academy project, see draft proposal.

## Next Meeting

- 28<sup>th</sup> September at the Victoria Pub