

Suffolk County Athletics Association (SCAA) & Suffolk Essex Athletics Network (SEAN)

Firstly to say that the Suffolk Essex Athletics Network (SEAN) is now a sub group of Suffolk County Athletics Association (SCAA)

SEAN consists of 10 Suffolk and 2 Essex athletics/running clubs and has been in existence for over 4 years. Through England Athletics (EA), funding has been provided to support the development of clubs, coaches and officials – also to promote Quadkids, an introductory run, jump & throw competition for juniors. SEAN, which is being led by the SCAA Coaching Co-ordinator Terry McEntee, also operates in close association with the EA Club & Coach Support Officer, Tania Spurling. This year membership of SEAN and access to what it has to offer is incorporated in the annual club membership fee paid to SCAA.

Thus for the first time through SEAN, all SCAA affiliated clubs may receive support in the areas outlined below through contacting Janet Lomas, who is responsible for managing the programme.

Bursaries are provided for coach, official and leader education

Club visits can be arranged involving expert coaches – to support the development of coaches working with both seniors and juniors – some of these may involve athletes & often include Q & A sessions for both coaches and athletes

Generic Workshops are delivered on topics such as Nutrition (already delivered), Sports Psychology, First Aid, Child Protection

Clubs receive support to develop/update **Welcome Packs** to help with the induction of athletes, parents and new volunteers

Clubs wishing to develop **Recreational Athletics** activity such as beginner running, athlefit and setting up 3.2.1 routes will receive support – working closely with the beginner running project already being co-ordinated by Paul Evans on behalf of Suffolk Sport

Clubs will be supported in developing links to schools including with the establishment of **Satellite Clubs** at schools and other community settings

SCAA, which is now responsible for SEAN, is keen to know what clubs need and to provide help where possible – the initial point of contact is Janet Lomas – contact details below:

Tel: 01728 723097 07831 379794

Email: janetlomas@me.com

Alternatively contact Terry McEntee

Tel: 0777 555 7784

Email: terrymcentee474@gmail.com

The following clubs have been part of SEAN for the past 4 years: Hadleigh Hares, Stowmarket Striders, Felixstowe Running Club, Holbrook Harriers, Ipswich Harriers, Ipswich Jaffa, Orwell Panthers, Framlingham Flyers, West Suffolk AC, Bungay Black Dog Running Club – also included are 2 Essex clubs, Colchester Harriers and Colchester & Tendring AC, on payment of an annual fee

Obviously we welcome the potential involvement of a number of other clubs, which to date haven't had contact with SEAN – with this in mind Janet and /or Terry welcome the opportunity to have a chat and explain things more fully

Also all clubs will have the opportunity to attend the next SEAN management group, the date for which is yet to be decided

In addition, at this point I would also like to draw your attention to 5 things in particular as below:

- 1) **Sportshall Athletics** – A new Suffolk organising group has been formed and 3 competitions will be held later in the year on the dates below:
Saturday 4th October, Saturday 8th November and Saturday 29th November – all at Northgate Sports Centre, Ipswich – will include Under 11, Under 13 & Under 15 for both boys and girls. Details will be circulated. Any enquiries to Terry
- 2) **Quadkids** – A first ever Suffolk Quadkids event will take place this year on Saturday 12th July at Northgate track, Ipswich. A number of clubs have already indicated that they will be taking part. Any enquiries and details from Janet
- 3) **Special Olympics** – with the recent establishment of Special Olympics Suffolk (SOS) the first ever SOS event in the county will be an Athletics competition, hosted by Orwell Panthers at Northgate Track, Ipswich, on the evening of Wednesday 17th September 2014 – information will be circulated to all clubs – any enquiries to Terry
- 4) **2014 Suffolk Sports Awards** – nominations are now open for the annual Suffolk Sports Awards through www.suffolksport.com – as you will see a number of people from Athletics have been recognised in the past. What about your club? Do you know someone who deserves to be nominated? Closing date for nominations is Sunday 20th July
- 5) **2014 England Athletics Community Awards** – again please consider – a number of people from Suffolk have been recognised in the past – www.englandathletics.org – closing date for nominations is Wednesday 20th August

Keep up to date through www.suffolkathletics.org.uk