

Hi All,

As most of you are aware, the Suffolk Essex Athletics Network (SEAN) is now a sub group of Suffolk County Athletics Association and for the first time through SEAN, all SCAA affiliated clubs may receive support in areas listed below:

### **Bursaries**

We are pleased to be able to offer bursaries to support the training of new and existing coaches and officials within the local area. Bursaries are available for Coaching Assistant, Athletics Coach, Leadership in Running Fitness (LiRF) and Certificate in Running Fitness (CiRF) courses as well as Officials.

Candidates should book on to the relevant course through [www.englandathletics.org/courses](http://www.englandathletics.org/courses) then in order to apply for the bursary, complete the bursary application form (attached) and return it to me, Janet Lomas at [janetlomas@me.com](mailto:janetlomas@me.com). Once received, the application will be verified by your club and be considered by the SEAN management group. The bursary will be be in part from SEAN and part from Suffolk Sport although the process will be entirely handled by SEAN. Please note, Network bursaries can only be issued after completion of the course.

### **Upcoming courses are:**

#### **Athletics Coach**

Cambourne, Cambridgeshire – beginning 18-19<sup>th</sup> October 2014  
Bury St Edmunds - Athletics Coach Assessment day – 6<sup>th</sup> December  
Suffolk venue tbc.– 25<sup>th</sup>-26<sup>th</sup> April 2015

#### **CiRF**

Cambourne, Cambridgeshire – Beginning 8-9<sup>th</sup> November 2014  
Bury St Edmunds – course began on 17<sup>th</sup>-18<sup>th</sup> May 2014 (assessment day – 6<sup>th</sup> December)  
Suffolk– 16-17<sup>th</sup> May 2015 tbc.

#### **LiRF**

20<sup>th</sup> September – Cambourne, Cambridgeshire  
9<sup>th</sup> November – Chelmsford  
7<sup>th</sup> December – SportsPark, Norwich  
24<sup>th</sup> January – Bury St Edmunds

#### **Coaching Assistant**

13<sup>th</sup>-14<sup>th</sup> September - Chelmsford  
11<sup>th</sup>-12<sup>th</sup> October – Bury St Edmunds  
13<sup>th</sup>-14<sup>th</sup> December – Lynnsport, Kings Lynn  
24<sup>th</sup>-25<sup>th</sup> January – Cambourne, Cambridgeshire

Full details of each of the courses can be found on the England Athletics website – [www.englandathletics.org/courses](http://www.englandathletics.org/courses)

## **Flying Coach Visits**

Can be arranged to your club 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. With the QuadKids event over and the Sportshall events coming up perhaps there's an area of athletics you feel you or your athletes may benefit from extra support? Whatever area you would like support in please let me know and I'll arrange a visit from a relevant coach. These visits are funded by the network so there is no cost to the individual coach or club.

I'd like to take this opportunity to thank the clubs who took part in the QuadKids event on Saturday, it was great to see so many young athletes trying their hand at something new and I look forward to seeing more of you at the Sportshall events in the autumn.

On a final note, a Special Olympics Athletics Competition will be held at Northgate Sports Centre, Ipswich, on Wednesday 17th September, 6.30-8.30. This is for Juniors (8yrs and over) and Adults with learning disabilities. For more information please contact Terry McEntee at [terrymcentee474@gmail.com](mailto:terrymcentee474@gmail.com).

Please feel free to contact me should you require further information.

Kind regards

Janet Lomas

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