

Suffolk Essex Athletics Network (SEAN)

Minutes of meeting held 5th February 2015

Present: Mike Hallows, Holbrook Harriers; Terry Back, Ipswich Jaffa; Janet Lomas, SEAN Project Manager & Framlingham Flyers; Tania Spurling, CCSO England Athletics, Terry McEntee, SCAA

Apologies: Joe Mower, SCAA; Jon Wilding, Felixtowe Running Club; Rachel Bodsworth, Hadleigh Hares; Mike Oakley, SCAA; Christine Muttitt, Bungay Black Dog; Ricky Peacher, Framlingham Flyers; Margaret Nicholls, Orwell Panthers

1 Review of Delivery to date since April 1st 2014

Coaching

a) Bursaries

- Bungay Black Dog – 1 x Coach
- Felixtowe Running Club – 2 x Coaching assistant; 1 x CiRF; 4 x LiRF
- Framlingham Flyers – 3 x Coaching Assistant
- Holbrook Harriers – 1 x Coach
- Ipswich Jaffa – 1 x LiRF
- St Edmund Pacers – 1 x Coach; 2 x Coaching Assistant
- Waveney Valley AC – 2 x Coach; 1 x Coaching Assistant; 1 x LiRF

b) Club coach development visits

- Waveney Valley AC – Long / Triple Jump – 8 coaches
- Framlingham Flyers – Sprints - 8 coaches
- Hadleigh Hares – Throws – 4 coaches
- Stowmarket Striders – Endurance – 4 coaches
- Ipswich Jaffa – Running styles & technique – 8 coaches
- West Suffolk AC – Running Styles & technique – 7 coaches
- Framlingham Flyers – Marathon preparation – 14 coaches
- Saxmundham – Running styles & technique - 11 coaches

c) Workshops

- Nutrition – 13 attendees: 10 x Ipswich Harriers; 1 x Ipswich Jaffa; 1 x Framlingham; plus 2 others
- Fundamentals – 11 attendees: 1 x Framlingham; 1 x Holbrook; 1 x Saxons; 3 x Ipswich Jaffa; plus 5 others
- Psychology – 14 attendees: 2 x Framlingham; 1 x Ipswich Jaffa; 1 x Stowmarket; 1 x Holbrook Harriers; 1 x Coastal AC/Ipswich Tri; 1 x SCAA; plus 7 others

d) Number of individual coaches directly benefiting per club

- Bungay Black Dog – 2
- Felixtowe Running Club - 7
- Framlingham Flyers – 11
- Hadleigh Hares – 4
- Holbrook Harriers – 2
- Ipswich Harriers – 10
- Ipswich Jaffa – 6
- Ipswich Tri/Coastal AC – 1
- St Edmund Pacers – 5
- Stowmarket Striders – 8
- Saxons – 8
- Waveney Valley – 11
- West Suffolk AC – 1
- Northgate Juniors – 1

Total: 77 Coaches; 15 Clubs

e) Other

- Supported the setting up of a Satellite Club at University Campus Suffolk in conjunction with Ipswich Jaffa Running Club

2 Planned activity up to end of March 2015

- Support for Officials Education – Track & Field 8th March; Risk Assessment Endurance tbc. Courses being organised by Mike & Joe respectively
- Coach & Leader bursaries – contact Janet Lomas janetlomas@me.com
- Club coach development visits – contact Janet

Currently being planned: Stowmarket Striders, Endurance Nick Anderson, date tbc; Waveney Valley, Plyometrics Dennis Costello, date tbc; Holbrook Harriers, Sprints Barbara Clarke, date tbc; Framlingham Flyers, Junior Athletics 365, Coach & date tbc; Ipswich Jaffa, Endurance Paul Evans, date tbc;

Possible / subject to further discussion: St Edmund Pacers; Hadleigh Hares; Felixtowe Running Club; Ipswich Jaffa Juniors

- Workshops – contact Janet

First Aid 6 hour – Haverhill, date tbc; First Aid 6 hour – Mid Suffolk / Ipswich area, date tbc; Safeguarding – date tbc

3 Sustainability of support for clubs & coaches from April 2015 – proposed

- SEAN management group, co-ordinated by the SCAA Coaching Secretary to remain
- Promote support which is available through SCAA website – continue to offer bursaries & help facilitate club coach development visits
- Funding initially through carry over from this year. A plan, identifying activities with costs to be submitted to Tania in advance of March 31st. Beyond that to use some SCAA funding already held for the purpose of development and at the appropriate time consider submitting an application for a Sport England Small Grant
- 2 way communication will be key - Important to get basic information from clubs in particular through the online Club Survey (Survey Monkey) as below:

<https://www.surveymonkey.com/s/RPZ5MXR>

Key to identify key person in each club – also to have coach Email addresses.

Thanks to clubs which have already completed the survey

- An attempt will be made to set up a central system but to be effective will require clubs & coaches to be proactive – constructive comment welcomed in particular to improve things as we go along
- Further discussion is required on more longer term funding and the capacity which will be required to do the detailed administration of activities such as club coach development visits and bursaries

4 **Other items**

- Fundamentals Workshop – SEAN to pay £250 plus 50% cost of resources
- Janet, Tania, Mike Oakley & Terry to meet in Framlingham on Wednesday 4th March to consider what will have to be done with respect to the SCAA website to ensure that what SEAN will have to offer is clear to clubs & coaches from April 1st onwards – what support will be available and how to access it
- Terry to draft a costed plan for the period April 2015 to March 2016 to be discussed and agreed by the group at the next SEAN management meeting

5 **Next meeting** – Wednesday 25th March 6.00pm start at the Holiday Inn, London Road, Ipswich, IP2 0UA