

## **SEAN Report to SCAA clubs September 2015**

### **Flying Coach visits to clubs**

- A sprints session was delivered by Mike Utting at Waveney Valley AC involving 10 coaches
- A pole vault session was delivered by Kate Alexander at Northgate involving 3 coaches
- Clubs are encouraged to consider having a Flying Coach visit – the opportunity for your coaches to get new ideas and refresh practice – may be on a training night or better still on a separate evening involving some athletes

### **Coach & Officials bursaries**

- 4 officials have been financially supported to do a TMO course
- Opportunities to financially support clubs towards coach education – many EA courses in the autumn and winter
- Also would clubs / coaches please indicate other generic courses for coaches, e.g. nutrition, sports psychology have been delivered over the last year. We can put these courses on in conjunction with Suffolk Sport

### **Quadkids**

- 43 athletes from 4 clubs took part in the second annual Suffolk Quadkids Championships on 22<sup>nd</sup> June at Northgate

### **Special Olympics**

- 13 athletes took part in a Special Olympics competition and 7 in an Open Competition at Northgate on Saturday 13<sup>th</sup> June
- A number of Special Olympics Suffolk athletes have been nominated for the Eastern Region team to take part in the Special Olympics 2017 National Games which will take place in Sheffield
- The next competition in which they will take part is an Indoor Meeting at Lee Valley on Sunday 1<sup>st</sup> November

### **Sportshall**

- Planning is underway for this year's events which will be held on 10<sup>th</sup> and 31<sup>st</sup> October at Northgate and 21<sup>st</sup> November at Lowestoft