

## SEAN Report for SCAA meeting 22<sup>nd</sup> May 2015

### Figures from April 1<sup>st</sup> 2014

#### 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 – 3 x Coach; 3 x Coaching Assistant; 1 x LiRF; 1 x Official
- Stowmarket Striders – 3 x Coaching Assistant; 2 x Officials
- Haverhill Running Club – 1 x CiRF
- Ipswich Harriers – 6 x Officials
- Orwell Panthers – 3 x Officials

A total of £2,475 was invested in bursaries

#### b) Club coach development visits

- Waveney Valley AC – Long / Triple Jump – 8 coaches
- Framlingham Flyers – Sprints - 8 coaches
- Framlingham Flyers – Marathon preparation – 14 coaches
- Framlingham Flyers – Junior Development - 5 coaches
- Hadleigh Hares – Throws – 4 coaches
- Holbrook Harriers – Junior Development – 5 coaches
- Stowmarket Striders – Endurance – 4 coaches
- Stowmarket Striders – Running Styles & Technique – 10 coaches
- Ipswich Jaffa – Running styles & technique – 8 coaches
- West Suffolk AC – Running Styles & technique – 7 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

SEAN Plan for April 2015 to March 2016

**Income**

Carry over at March 31<sup>st</sup> 2015 = £2,534.79

Suffolk County Athletics Association =  
£1,923.66

**Total Income = £4,458.45**

**Expenditure**

**Bursaries** (spend last year £1,180)

Coach Award - £100 x 8 = £800

Coaching Assistant - 10 x £65 = £650

CIRF - £100 x 1 = £100

LIRF – 5 x £70 = £350

Officials = £250

**Total cost = £2,150**

**Workshops** (not yet invoiced for last year)

Yet to be invoiced for courses held before  
March 31<sup>st</sup> = £308.45

Nutrition course = £50

2 x 6 Hour First Aid courses = £200

1 x Safeguarding course = £100

Clubs & Fixtures Conference = £100

**Total cost = £758.45**

**Coaching Visits** (spend last year £849)

12 x £100 = £1200

**Total cost = £1,200**

**Satellite Clubs** (spend last year £135)

2 x £100 = £200

**Total cost = £200**

**Quadkids** (spend last year £158.40)

Event 4<sup>th</sup> July, Northgate = £150

**Total cost = £150**

**Total projected cost = £4,458.45**