

What can the Suffolk Essex Athletics Network do for me and my club?

Flying Coach Visits

Can be arranged to your club involving expert coaches. These sessions are designed to support the development of coaches working with both seniors and juniors – some of these may involve athletes and often include Q & A sessions for both coaches and athletes.

These visits are fully funded by the network, there is no cost to the individual coach or club.

Flying Coach request forms can be found on the SCAA website or contact Janet Lomas for more information.

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); Certificate in Running Fitness (CiRF); Track & Field Officials and Road Running Officials.

Bursary application forms can also be found on the SCAA website or from Janet Lomas.

Who can access this support?

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 above.

For more information please contact Janet Lomas at janetlomas@me.com or 07831 379794.

Upcoming courses are:

Coaching Assistant

11th-12th October – Bury St Edmunds

13th-14th December – Lynnsport, Kings Lynn

24th-25th January – Cambourne, Cambridgeshire

21st -22nd March-Chelmsford, Essex

Athletics Coach

18th-19th October 2014 -Cambourne, Cambridgeshire

8th-9th November 2014-Lee Valley, London

25th-26th April 2015- Norfolk venue tbc.

LiRF

9th November – Chelmsford

7th December – SportsPark, Norwich

24th January – Bury St Edmunds

CiRF

8th-9th November 2014-Cambourne, Cambridgeshire

16-17th May 2015- Suffolk, tbc.

Full details of each of the courses can be found on the England Athletics website –
www.englandathletics.org/courses

Bursary Application forms are available from Janet Lomas at janetlomas@me.com or
can be downloaded from the SCAA website.