

Suffolk & Essex Athletics Network

Minutes of Steering Group meeting 27th November, 2013

1 Present

Mike Hallows (chair) – Holbrook Harriers
Ray Radley – West Suffolk AC
James Cudmore – England Athletics
Terry McEntee – Suffolk Sport
Zeta Wright – SEAN coach development
Terry Back – Ipswich Jaffas
Caroline Lester – Bungay Black Dog RC
Karen Gedge – Bungay Black Dog RC
Carol Clarke – Sports Development Mid Suffolk & Babergh DC

2 Apologies

Christine Muttitt - Bungay Black Dog
Dave Smith – Colchester Harriers
Lance Williams – Colchester Harriers
Janet Lomas – Framlingham Flyers

3 Minutes of meeting 11th September 2013 & matters arising

No matters arising

4 Activity Update

A) Coach development sessions

Since the last meeting, flying coach visits have been organised in sprints, pole vault, wheelchair racing, triple jump and javelin. Attendance has been good and participant feedback positive.

Additional sessions in seated throws and endurance are being planned for the spring.

B) Coach education

Bursaries have been approved for four assistant coach courses, two athletics coach awards and one CiRF.

Ipswich Jaffas have funded three coach assistant courses through independent finance.

It was agreed that the LiRF should also qualify for bursary support. This will now attract 40% funding (£52).

C) Junior development sessions

A throws session for Holbrook Harriers took place on 26th Nov.

D) Beginner running

Hoping to introduce this activity at other clubs. Joint working proposed with Live Well Suffolk and Jaffas.

E) Club contributions

Some payments have been made but there are still a number outstanding.

5 EA recreational athletics update

a) Beginner running, athlefit, 3.2.1.routes

Initiatives aimed at encouraging fitness/running include: **Athlefit** which is a fitness session using the basic principles of throw, jump & run. A course to train new leaders is scheduled for January. **3.2.1**, a scheme whereby routes of 3, 2 and 1 mile/km are marked in open spaces to encourage running.

b) Satallite clubs (see attached document)

Extensions of existing clubs. Funding available to establish. If clubs wish to develop links with schools then please inform SEAN.

c) Primary Schools Offer

Funding being allocated for sport & PE in school. Intend to upskill existing teachers. Guidance has been given. Should any coaches wish to work in schools then advise the network.

6 Countywide events – club involvement

- a) **School games** – Friday 4th July @ Bury. Coordinator required – see job description (expenses paid).
- b) **Suffolk Show** – coordinator needed for athletics arena
- c) **Young leaders** – looking to train 14-16 year olds to become leaders

If club members interested in any of these opportunities then please contact SEAN.

7 Sportshall

There have been 3 events during which 120 children participated. Teams will be selected to represent the county. Regional competitions will be held on 18th January for U 11 and 2nd February for the U 13 & U 15 at Hertfordshire.

8 Club Development Planning – how your club can use EA resources

See link:

<http://www.englandathletics.org/page.asp?section=1249§ionTitle=Whole+Club+Development>

9 AOB

Club workshops - on supporting coaches at Mid Suffolk DC on Wed 11th December 7-9pm (see attached flyer); effective organisation structures on 29th January and how to write a successful funding application on 12th February.

Sport England – projects planned for disability sport. The network wish to support the athletics scheme.

The network would like to thank James for all his hard work and enthusiasm in his role as club and coach support officer and wish him every success in his new job.

10 Dates for future meetings

- a) Next meeting - Wednesday 12th February 2014
- b) Future meetings - it was proposed that meetings run concurrently with the county association to avoid duplication.

