



Suffolk Essex
Athletics Network

Suffolk Essex Network supporting volunteers, coaches and athletes

The Suffolk Essex Athletics Network recently ran two days to support its athletes, coaches and volunteers. This included a development day for coaches and athletes and a workshop for volunteers.

Coach and athlete development day

The Suffolk Essex Athletics Network added to its recent coaching activities through a development day for coaches and athletes including Sprints, Long Jump, Shot Putt, Discus, and Triple Jump. Coaches and athletes faced the somewhat changeable weather conditions to benefit from sharing ideas and further enhancing event specific knowledge through the expertise of each of the lead coaches.

The Suffolk Essex Athletics Network would like to thank the following lead coaches for making the day a great success: Steve Garnham (Sprints), Malcolm Fenton (Shot Putt), Eddie Hawkins (Long Jump), Gary Howe (Discus) and Lee Still (Triple Jump). On the same day, an endurance session focusing on transition to the track season followed by a nutrition workshop was held at West Suffolk Athletics Arena with 11 coaches from the network benefiting from the event organised through the local coach development programme.

Volunteer Workshop

On Friday 16th April, the Suffolk Essex Athletics Network held a workshop focusing on volunteer recruitment and retention. The evening saw 20 representatives from across 11 network clubs in attendance and provided the opportunity to share good practice in volunteer recruitment/retention with some very positive discussions and ideas being identified. The workshop successfully concluded with each club identifying the next steps to be taken to help further improve volunteering structures.

Some of the objectives identified included:

- Producing a welcome pack for new volunteers
- Identifying a suitable volunteer coordinator
- Improving communication with parents/potential volunteers e.g. induction sessions for parents and athletes
- Introducing club awards/recognition schemes for volunteers
- Producing role descriptions
- Hosting social events to involve more potential volunteers
- Forming links with volunteering organisations/ Sports Leaders

This session will now create an excellent platform that the Network aims to use to support volunteering in clubs and create a real impact over the coming months.