



SOUTH LONDON ATHLETICS NETWORK NEWSLETTER

NEWSLETTER FOR COACHES, OFFICIALS AND ATHLETES

January 2012

Issue 15

SLAN Network Events



South London Athletics Network Christmas Quadkids Competition **Ice does not stop South London Quad Kids**

Youngsters arriving for the final SLAN quad kids competition of the year at Tooting Bec track were greeted by a white infield and iced track and field event run ups but unperterbed a small gang of coaches and parents set about breaking up and clearing the ice and a timely thaw enabled the event to take place

With a Xmas road relay taking place on Tooting Bec Common the track was very busy with a Xmas atmosphere and a quick revamp of the schedule ensuring that the field events went first enabled the event to catch up on time

Individual winners of events included Adel Latifi of Herne Hill Harriers who threw the vortex javelin with 31.30m and Danny and Connor Given of Herne Hill Harriers who threw 27.20m and 22.60m respectively, whilst in the long jump Lakesha Owusu Jnr of Sutton jumped 3.37m and Jamal Graffi Smith of Herne Hill Harriers jumped 4.33m

The outstanding performance on the track was from Alexandra Brown of Herne Hill Harriers who ran 1.57 in the 600m

The Under 11 girl's competition was particularly hard fought with only 38 points separating the first 4 athletes from Herne Hill, Sutton and South London Harriers. It was Alexandra Brown who eventually coming out on top with an excellent score of 187 points which achieved a UKA Bronze award which is outstanding considering the conditions. The Under 11 boy's competition was an even closer affair which resulted in the first ever tie in a SLAN Quadkids event., Kian Gray and Chi Balamwezi could not be separated when the scores were totalled up both being credited with 182 points over the four events. For full results please click on the link: www.quadkids.org

A big thank you to all the parents, officials and helpers who made the event such a success and especially to Steve Bosley for organising the event.

London Regional Council is holding its '2012 Consultation'

The event is takes place at Kings Cross Premier Inn on 4th

England Athletics, along with the London Regional Council, are planning a further consultation which is based around London 2012, with the following aims:

1. Collating a comprehensive list of planned events in 2012 which can be promoted appropriately. I am sure that all networks are planning events, we have Run! Events on an ongoing basis and no doubt various other clubs and organisations have 2012 specific initiatives planned.
2. Identifying gaps in provision of 2012 themed events – both by theme and geographically;
3. Considering other ways in which we can add value to what is planned to maximise the potential of securing the legacy in London.



SOUTH LONDON ATHLETIC NETWORK OPEN MEETING

With Electronic timing

Indoor Events: 60 m, 60m Hurdles, long jump, pole vault

Age Groups: U/13, U/15, U/17, U20, and Senior

Sunday 8th January 2012

Sutton Arena Middleton Road Carshalton Surrey SM5 1SL

For an entry form please email ben@bennoadcoaching.com or visit

www.londonathletics.org

SLAN Coaching Courses: Important Information

SLAN intends to host an Athletics Club Coach Course in March 2012 but this course is not guaranteed. If you would like to take this course or an Assistant Club coach course it is recommended that you register for these courses with England Athletics at St Mary's University, Strawberry Hill, on January 14th & 15th. London Mayors Legacy funding is still available but not for much longer which makes both of these courses along with SLAN funding to around £40. Please contact Ben Noad at ben@bennoadcoaching.com with any questions you have with gaining a place on this course.

SLAN Officials Courses: Important Information

SLAN will host a Club Level 2 Officials Course on March 18th at Sutton Arena for Track Judge and Field Judge. For more information and on how to apply for this course please contact Ben Noad at ben@bennoadcoaching.com. The cost of the course will be covered by the South London Athletics Network.

Coaching and Officials Courses:

Officials Level 1 (Assistant Official)

Course Date February 13th **Course Code:** SO0178

Venue: Lee Valley Ath Centre, 61 Meridian Way, Picketts Lock, Edmonton, London, N9 0AR
Cost £10

Note A one day introduction to the key areas of officiating that will enable candidates to assist at track and field meetings under the supervision of a qualified official.

Coaching Assistant

Course Dates: 14th & 15th January

Location: St Mary's University College, Waldergrave Road, Strawberry Hill, Twickenham, TW1 4SX
Code: SC0469

England Athletics affiliated club member cost: £130 (43.75 with Legacy Fund)

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

This qualification begins the preparation to take a coaching role working under the supervision of a Coach (an existing UKA Level 2 coach or equivalent, or higher) or working from a UKA task card or session a plan written by the supervising Coach.

The basics of movement (biomechanics) will be taught and an introduction to some of the detail of Athletics events will be taught. This course can be taken without having to take a Leader award, although this progression is encouraged.

Coaching Assistant

Course Dates: 21st & 22nd January 2012

Location: Norman Park Track, Hayes Lane, Bromley, Kent, BR2 9EF
Course Code: SC0443

England Athletics affiliated club member cost: £130 (43.75 with Legacy Fund)

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

This qualification begins the preparation to take a coaching role working under the supervision of a Coach (an existing UKA Level 2 coach or equivalent, or higher) or working from a UKA task card or session a plan written by the supervising Coach.

The basics of movement (biomechanics) will be taught and an introduction to some of the detail of Athletics events will be taught. This course can be taken without having to take a Leader award, although this progression is encouraged.

Coaching Assistant

Course Dates: 18th & 19th Feb 2012

Location: K2 Arena, Pease Pottage Hill, Crawley RH11 9BQ. **Course Code:** SC0452

England Athletics affiliated club member cost: £130 (43.75 with Legacy Fund)

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

This qualification begins the preparation to take a coaching role working under the supervision of a Coach (an existing UKA Level 2 coach or equivalent, or higher) or working from a UKA task card or session a plan written by the supervising Coach.

The basics of movement (biomechanics) will be taught and an introduction to some of the detail of Athletics events will be taught. This course can be taken without having to take a Leader award, although this progression is encouraged.

Leadership in Running Fitness

Course Date: January 22nd

Location: Crystal Palace National Sports Centre, Ledrington Road London SE19 2BB

Course Code: SC0503

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Course Date: Febuary18th

Location: Lee Valley HiPAC 61 Meridian Way, Picketts Lock, London, N9 0AR

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Athletics Coach

Course Dates: Nov 26th.Assessment Day

Location: Thames Valley Athletics Centre, Wallace Walk, Pcocks Lane, Eton, SL4 6HN

Course Code: SC0341C

This Assessment Day is part of the Athletics Coach qualification.

Please note this Assessment Day is part of the Athletics Coach qualification and you cannot attend/book on until you have completed days 1,2 & 3 and have had your Diary assessed and received a PASS confirmation from your Area Education Coordinator.

To book on an assessment please contact your Area Education Coordinator.

Athletics Coach

Course Dates: 14th – 15th Jan to 3rd

Location: Location St Mary's University College, Waldergrave Road, Strawberry Hill, Twickenham, TW1 4SX Course Code SC0470

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This qualification is the cornerstone of the Coach Education Programme. The course plus assessment period is a total of four days including the formal assessment. Candidates will be able to plan a progressive training programme for athletes coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision.

Coach in Running Fitness

Course Dates: 7th & 8th January

Location St Mary's University College, Waldergrave Road, Strawberry Hill, Twickenham, TW1 4SX Course Code: SC0468a

England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

The course plus assessment period is a total of four days including the formal assessment. When qualified you will be insured to coach without supervision.

Please note: The minimum age for this course is 18.

Athletics Leader

Course Date: 29th January

Location: Sutcliffe Park Track, Eltham Road, London SE9 5LW
Cost £130
Course Code SC0463

England Athletics affiliated club member cost £95

The course will teach Leaders to set up and monitor a group of standard sessions covering a range of Athletics events.

Please note: The minimum age for this course is 16.

London Mayor's Office provides boost for clubs and coaching in London

As part of its work to build a legacy ready for the London 2012 Olympic & Paralympic Games the Mayor's Skills Legacy is offering subsidies for coaching courses for people involved in volunteering in clubs in London.

Availability for this funding is limited and is spread across numerous sports so volunteers and clubs are urged to act quickly to make the most of the availability of support.

Eligibility for this funding is:

- 1) You can commit to volunteering in one or more of the 33 London Boroughs
- 2) Or, in some cases, you work for a London based community sports organisation or leisure provider

How to book onto a course & apply for a subsidy:

Please visit www.englandathletics.org/courses and choose which course you would like to attend. There are two application forms that you need to complete (both of these are available for download in the course booking section):

a) England Athletics course booking form – Please complete and post it into our head office address (printed at the bottom of the form), along with your reduced payment and a passport style photograph.

b) Mayors Legacy funding application form – Please complete electronically and forward by email to tosquinn@englandathletics.org. Your nominated referee who will verify your voluntary hours will be contacted by National Skills Active to confirm your details.

Once booked onto a course, you will receive a course booking confirmation email containing the information such as the time and location details, pre-course materials and information on how to obtain a CRB.

You can contact your local Club and Coach Support Officer for further information. Information could be found at www.englandathletics.org/london and click on 'about us'.

Alternatively, please contact Stacy Quinn, South Area Education Coordinator
email: squinn@englandathletics.org Tel: 0121 781 7223

