

# Junior Ilkley Harriers Newsheet

[www.junior.ilkleyharriers.org.uk](http://www.junior.ilkleyharriers.org.uk)



Autumn 2015

Updated 20<sup>th</sup> September: PECO dates & venues and confirmation of WY details.

Updated 22<sup>nd</sup> September: changes to WY details.

Welcome back to everyone and we hope that you have had a good summer.

The junior newsheet is sent out at the beginning of each term and is very important as it gives all the information that everyone needs to know for the term ahead. It is sent out by email but printed copies will be available at training sessions and an updated copy will always be on the junior web site if changes occur as the term progresses.

The JIH web site and Google calendar are the places to look for up to date information

**JIH Membership renewal** is now due so we are asking you to pay the one-off annual £5 fee before October half term.

**Please make sure that if you do more than one training session with us that you only pay the £5 annual membership once!!**

## Autumn Term session fees:

For those who do **Sportshall Athletics and Track & Field Athletics sessions** JIH membership application forms and autumn term course application forms will still be given out at the first session.

For those who do either of the **Wednesday running sessions** => a 2015/16 junior membership form is attached and we would appreciate you filling this in and returned with £20 in a named envelope (£15 for autumn term sessions and £5 annual membership renewal). Cash or cheque payable 'Ilkley Sportshall Athletics'.

Due to our increasing numbers and waiting lists all children must be First Claim members of JIH to do any of the sessions we organise (we allow newcomers to try 3 sessions before making that commitment). Note: Family membership of Ilkley Harriers does not include children who are U16. Both juniors and their parents should read and be familiar with the junior policies and codes of conduct on the JIH web site which you will be asked to sign up to on the membership form.

If a junior has not renewed their membership by January 1<sup>st</sup> and they have not been training with or competing for JIH then we will remove them from our membership lists. However if you know your child does not intend renewing just send an email to Shirley and you will not receive any further correspondence (Shirley@ilkleyharriers.org.uk).

## TRAINING FOR 15,16,17 and 18 YEAR OLDS

16, 17 and 18 year olds must join the senior section of Ilkley Harriers (annual membership of £12) BUT can train at both senior and junior training sessions or they can 'mix and match'.

15 year olds are members of JIH and will be on the junior membership register. They can do all training sessions open to them in the junior section but as a 'transition stage' they can also take part in 2 senior sessions during the week led by an appropriately qualified coach. **Monday:** senior circuits in the IGS gym if this is a more convenient time than junior circuits.

**Thursday:** speed/endurance training outside at ILT&SC in the winter and on the fells in the summer.

Both these sessions are led by Neil Chapman and any 15 year old wishing to attend should contact him (431750).

## COACHING PROGRAMME

In the junior section we offer a wide range of running related activities. Brief details of both programmes are shown below with full details of all sessions on the JIH web site (training and coaching section). There are waiting lists in operation on the majority of sessions.

### GENERAL COACHING PROGRAMME

The general coaching programme caters for everyone - all abilities and newcomers to athletics.

**Monday:** Indoor Sportshall Athletics in the IGS sportshall for Years 7 to 9. Starts 7<sup>th</sup> September.

**Monday:** Junior Circuits in the IGS gym for Years 10 to 13. £1 on the night. Starts 7<sup>th</sup> September.

**Wednesday:** 'Speed Endurance' running on IGS playing fields for Years 3 to 11 (min 8 yrs). Starts 16<sup>th</sup> September.

**Thursday:** Indoor Sportshall Athletics in the IGS sportshall for Years 3 to 6 (min 8 yrs). Starts 3<sup>rd</sup> September.

### SPECIFIC COACHING PROGRAMME (Years 7 to 13)

The specific programme is only available to those juniors who are Year 7 and older and are more serious about their athletics and train to compete for Ilkley. \*Note - only juniors who have competed at T&F meets over the summer will be allowed to train in the autumn term. Years 5 & 6 by invitation.

**Tuesday\*:** Jump, Throw and Run (inc hurdling drills) at Ghyll Royd - 7 week block starts outdoors on the 8th September.

**Tuesday\*:** High Jump and general conditioning at Ghyll Royd - 4 week block starting 3<sup>rd</sup> November.

**Tuesday:** 'Hill Training' starts on the 8<sup>th</sup> September on the fells for a couple of weeks (meet Darwin Gardens) then moves to the roads from Old Bridge (Middleton side). Note: Year 8 and older. At October half term this will become a 'closed' training unit and no-one new will be able to join it until Easter 2016.

**Wednesday:** 'Speed Training' on the IGS playing fields. Starts 9<sup>th</sup> September.

## SPORTSHALL ATHLETICS

September numbers are at their maximum and likely to increase so we will be operating waiting lists on both Monday and Thursday sessions. Therefore we have to be very strict about attendance and if a child misses 3 sessions in a row without a reason they will be taken off our register. If you know in advance that your child has another commitment and will miss a number of sessions please let me know (their place will then be kept open for them). Also if your child's interest begins to fade please consider giving up their place to someone who would really appreciate it. During September there will be a bit of juggling with children between sessions and within the groups in each session. Groups and sessions are age based, but it is important that children are happy and with their friends. If your child is unhappy contact Shirley via email and we can change the group/session your child is in (we can't change things during the session when it's busy and we are coaching).

**A few important reminders.** Dress in sports clothing which is comfortable to move around in - no fashion trainers, jewellery or chewing gum. Bring a drinks bottle with your name on it (non-fizzy contents). Both bottles and clothing are often left with us - we will bring 'lost property' for a few weeks and then it will go to Oxfam.

We see NO reason why mobile phones need to be brought to any session as their presence can be very distracting. There is always a mobile phone available to use in an emergency at every session we run so please leave your own at home.

The dark evenings will soon be here - we will tell all children that at the end of the session they are allowed to go just outside the building to see if you are there (unless you specifically tell them to stay inside). If you are not they must come back inside with us, so if you are running late please come inside to collect them. We do not want children waiting out in the dark or on the roadside to be picked up. We need to know that they are safe so could you reinforce this - a word about safety in busy car parks would also be wise.

## FELL RUNNING

We have a strong band of juniors competing on the fells now but it would be good to see even more. There are two remaining fixtures in the **BAN Fell and Terrain League** and the **Ilkley Harriers Junior Fell League**. They are at Haworth and organised by Dave and Eileen Woodhead. The first is on the 11th October and the second on the 20<sup>th</sup> December. Both races are over the same course and every finisher receives a goody bag. They are fun to do and a lot of children compete in fancy dress as well. Ideal for all newcomers (and younger brothers or sisters => 6 years min age).

## CROSS-COUNTRY

It's the Cross-country season again and there are some races coming up which we would like you to consider running in. The **West Yorkshire X-C League** is a series of 4 races at U11, U13, U15 and U17 levels. Although they are of a very high standard we now have juniors who can compete at this level. JIH will pay the entry fee BUT it is expected that unless you are ill or injured you are committed to turn up and race. Gaenor Coy will be sending an availability sheet to everyone however if there is anyone wanting to compete at this level that she has not been in contact with please email her as soon as possible. Dates: **Sun 18 October, Wakefield**; **Sat 31 October, Huddersfield**; **Sat 14 November, Keighley**; **Sun 6 December, Nunroyd**.

Details of the **Peco XC League**: these events are for all abilities so we would hope that a lot more juniors give them a try. Dates (all Sundays): **22<sup>nd</sup> November, Temple Newsam**; **13<sup>th</sup> December, West Park**; **3<sup>rd</sup> January, Middleton Park**; **24<sup>th</sup> January, Golden Acre Park**; **14<sup>th</sup> February, tbc**; **28<sup>th</sup> February, Barnbow**. The junior presentation will follow the relays on the **28<sup>th</sup> February** (unfortunate clash with our own junior fell races).

We would also like to have individuals/teams at the **Yorkshire Championships** on Saturday 9<sup>th</sup> January 2016 (**Lightwater Valley, Ripon**); the **Northern Championships** on Saturday 30<sup>th</sup> January at Burnley and the **National Championships** on Saturday 27<sup>th</sup> February at Donnington Park, Leicestershire. Details will be given to all juniors competing this autumn (U13 and older).

Locally we are co-ordinating the **Wharfedale Primary Schools XC League**. This season's dates are Sat 10<sup>th</sup> October at Ghyll Royd School; Sat 7<sup>th</sup> November, Westville House School (venue Ilkley Rugby Club); Sat 21<sup>st</sup> November at Ben Rhydding School; Sat 6<sup>th</sup> February 2016 at Ashlands School; Sat 5<sup>th</sup> March, All Saints School (venue Swimming Pool) with the concluding relays at Nell Bank on the 12<sup>th</sup> March. The format is the same as last season and individual race details will be on our web site.

This is advanced notice that I will be stepping down from coordinating the Wharfedale Primary Schools XC League at the end of the 2017/18 season. I know that this seems a long way off but it is important to put individuals into place well

before that time so they can learn the ropes. Although I have managed everything on my own for a good number of years it is not a job for one person - I think there are now 3 roles needing to be filled => overall programme coordinator, results/league tables and race & course referee. Please speak to Shirley if interested in any of the roles.

### **TRACK & FIELD ESSA AWARDS**

Over the last year my own mission has been to have more of our juniors competing at Track & Field Athletics because I think we could be seriously good at it. Over the summer we have introduced the Primary and Secondary ESSA Awards which will be awarded to juniors who have attended 4 or more meets.

### **VOLUNTEERS**

Every session that we do is organised and run by volunteers and we would love to hear from any parent who would like to help out. You don't need to know anything about athletics, you don't need to want to actively coach, just having extra helpers to write down times/distances or to work a stopwatch or hold a tape measure would be brilliant. If there is any parent who has competed in athletics to a reasonable level in any event (even if it was many years ago!) let us know because we could learn a lot from you and the children would ultimately benefit. You could just come along and coach your event. We give the children of coaches/helpers free sessions and free JIH membership.

**Junior Leaders:** We already have 20 new junior leaders starting their volunteering this September so unfortunately we cannot accept anyone else. If you are interested in becoming a junior leader in the future please contact Shirley. Junior Leaders help out during our coaching sessions and do a nationally recognised course alongside other relevant courses. Some juniors double up their volunteering hours for their Duke of Edinburgh Award as well. Duties include setting up equipment, timing, measuring, recording and generally being helpful. As the course progresses junior leaders will be expected to lead activities.

### **WANTED**

One or two additional coaches/adult helpers to work with Shirley and Ros to deliver the junior leader programme. We have everything in place but just need a few more individuals to share the mentoring workload. Contact Shirley

### **CLUB KIT**

The senior section has a good range of club kit that can be purchased in junior sizes from Dobson and Robinson. And Shirley has a few crop tops and stripey Ilkley socks for girls who compete in stock.

**Club Vests:** Red and green Ilkley Harrier running vests in junior sizes can be bought from Dobson & Robinson on The Grove. The newer version of the IH vest is available from The Complete Runner on Leeds Road - there are no plans to include junior sizes but apparently the small men/ladies sizes fit juniors.

**Running shoe re-cycle:** If you have trainers, terrain or fell shoes that children have grown out of give them to Jacqui Weston, Shirley or any lead coach at sessions and they will be passed on. Also applies to club vests/kit.

### **ANNUAL JUNIOR PRESENTATION EVENING (Friday 18<sup>th</sup> March 2016-tbc)**

The junior presentation evening reflects on everything that is good in our sport and rewards those individuals who show commitment in representing JIH at events. The evening has not only been a great success over the last two years but it's also a lot of fun. Club Colours in the form of cloth badges are presented to recognise the achievements of those Junior Ilkley Harriers who regularly train and represent the club at races with a certificate for Half Colours. A number of other trophies such as the Phil Dean Awards, JIH Fell League trophies, AAA common standard badges and certificates for Track & Field and our junior leadership awards and volunteer of the month are also presented on the night.

### **COMPACT ATHLETICS TRAINING FACILITY**

If you haven't already been on to the JIH web site to look at the proposed facility please do so. It is massively exciting for us as a club and will make a tremendous difference to what we can offer and achieve in the future. At present we are not actively fund raising as we have to sort out important governance/ tenure of site /responsibilities first BUT if you win the lottery any time soon or have ideas on raising a substantial amount of money please get in touch.

### **FACEBOOK**

We would like parents and juniors to sign up to this if they want. Its function is to provide a photo gallery of juniors competing in all aspects of athletics at school and club level. Basically to show off what we're doing.

### **CONTACTS**

Shirley Wood (JIH co-ordinator): Shirley@ilkleyharriers.org.uk

I will forward emails on to the appropriate coach/leader.