

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk

Updated 10/5/16



Summer 2016

This newsheet gives details of everything coming up in the summer term and other important things so please take the time to read it. It is now emailed out to everyone but a few printed copies will be available at training sessions for juniors to pick up. There will also be a copy on the JIH web site which will be updated as the term progresses. The JIH web site and Google calendar are kept up to date and they're the best place to look if you need to know what's going on.

COACHING PROGRAMME

In the junior section we offer a wide range of running related activities. There is a general coaching programme which caters for everyone - all abilities and newcomers to athletics and a more specific programme only available to those juniors who are Year 7 and older and are more serious about their athletics and compete for Ilkley. 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 every session so just a reminder that if 3 sessions are missed in a row without a reason given then you will lose your place.

SUMMER COACHING PROGRAMME

GENERAL COACHING PROGRAMME

Monday: Outdoor Track & Field, Ghyll Royd field, Years 7 -9. ONE session, 6pm - 7.30 (arrive 5.50), starts 25th April.

Wednesday: Speed Endurance, IGS track, Years 3 -11 (min 8 yrs), starts 13th April.

Thursday: Outdoor Track & Field, IGS playing fields, Years 3 -6 (min 8 yrs). Two sessions (Session 1: 5.30 to 6.45 and Session 2: 7pm to 8.15), starts 21st April.

SPECIFIC COACHING PROGRAMME for Years 7 and older and already competing at club level.

Tuesday: Hill Training on Ilkley Moor. CLOSED group.

Tuesday: High Jump, 6pm to 7pm in the Ghyll Royd sports hall (arrive 5.30). CLOSED group, starts 26th April.

Tuesday: Jumps, Throws and Sprinting (including Hurdling), 7pm to 8pm, outside on the Ghyll Royd field. There are a limited number of spaces this summer. Year 6 by invitation only, starts 26th April.

Wednesday: Speed Training on the IGS track, 6.15 to 7.30. CLOSED group, starts 13th April.

Friday: Track session, Highroyds, CLOSED group.

SUMMER TERM ATHLETICS SESSION FEES

The session fees for the summer term are:

Monday outdoor athletics (GR) => **£27**; Tuesday high Jump (GR) => **£24**; Tuesday Jumps, Throws & Sprinting (GR) => **£30** (If you do both Tuesday sessions the cost is **£45** for the term); Wednesday running sessions (IGS) => **£15**; Thursday outdoor athletics (IGS) => **£33**. Paperwork will only be given to newcomers this term so please hand in payment at any session before half term - cash in a named envelope or cheque payable 'Ilkley Sportshall Athletics' with child's name on the back.

OUTDOOR ATHLETICS CANCELLATION PROCEDURE

There are a number of outdoor sessions throughout the summer term - given what the British weather is like please check the JIH website before you travel if it is not looking too good. Also be prepared to come back a little early to collect if the weather deteriorates as the evening progresses.

SUMMER RACE PROGRAMME

There are so many different running disciplines so hopefully you will all want to try some form of competition while you are a Junior Harrier. We will not be providing a paper copy of the race programme as virtually everything you need to know can be found in this newsheet or on the junior web site. The only exception being a BOFRA calendar of local fell events which is available at www.bofra.co.uk.

COACHES and HELPERS

We are grateful for all the help and support we receive in delivering our athletics programme so if anyone reading this would like to be a part of our coaching team please contact Shirley. We would like additional adult help on all sessions so please consider offering - you don't need to know anything about athletics. Children of coaches receive free sessions and JIH membership.

FELL RUNNING

The **Junior Ilkley Harriers Fell League 2016** is coordinated by George Elmes and is for juniors from U10 (min age 8) to U18 (based on age on 1/1/2016). At the end of the series awards will be presented to the first 3 finishers in each age category providing a minimum of 6 races have been run. The remaining 2016 races are:

Tuesday 12th April, Bunny Run 3 (U14, U16 & U18 only with best time from series to count), woodentops.org.uk
Saturday 16th April, English Fell Champs Race 1, Todd Crag, Cumbria, amblesideac.co.uk
Saturday 7th May, English Fell Champs race 2, Hawkswick, Yorkshire, wharfedaleharriers.co.uk (also Yorkshire champs)
Tuesday 10th May, Jack Bloor races, Ilkley Moor, jackbloor.co.uk
Saturday 14th May, English Fell Champs Race 3, Malham Kirkby, Yorkshire, kcac.co.uk
Saturday 11th June, English Fell Uphill only Champs race 4, Cumbria, broughtonrunners.org.uk
Saturday 18th June, English Fell Champs Race 5, Clougha Pike, bowlandfellrunners.org.uk
Saturday 2nd July, English Fell Champs Race 6, Stretton Junior, merciafellrunners.org.uk
Sunday 9th October, Curly Wurly Rat Runs, woodentops.org.uk
Sunday 18th December, Stoop Fell, woodentops.org.uk

The **BAN Fell & Terrain League 2016** is coordinated by Geoff Thompson of Wharfedale Harriers and is run on the same format as our own JIH league but for juniors up to U16. The remaining 2016 races are:

Tuesday 12th April, Bunny Run 3 (U14 & U16), woodentops.org.uk
Saturday 7th May, Hawkswick, Yorkshire, www.wharfedaleharriers.co.uk
Saturday 14th May, Kirkby Malham, Yorkshire, www.kcac.co.uk
Monday 30th May, Ilkley Trail Race, Yorkshire, www.ilkleyharriers.org.uk
Saturday 25th June, Eldwick Gala, www.bingleyharriers.org.uk
Saturday 9th July, Baildon Carnival, www.baildonrunners.co.uk
Saturday 6th August Hellifield Gala, www.barlickfellrunners.org.uk
Sunday 9th October, Curly Wurly Rat Runs, www.woodentops.org.uk
Sunday 18th December, Stoop Fell, www.woodentops.org.uk

TRACK AND FIELD ATHLETICS

Competitions 2016: We would like more juniors to compete at Track and Field Athletics and there are enough local open events where we know the level of competition would be suitable for everyone. In most cases open events have age categories from U9 to seniors and everyone is able to enter the events that they want. Details and entry forms for the York Summer League can be found at www.cityofyorkathleticclub.net and the Burnley U11 meet which is pre-entry only at www.Burnleyac.co.uk The Burnley meet is restricted to school years 1 to 5 and is very friendly - it is very rare to have Track & Field competitions for this age group and it's ideal for the first timer so give it a go.

Sunday 24th April, York Summer League meet 1
Sunday 8th May, York Summer League meet 2
Sat/Sun 14/15 May, Yorkshire Track & Field Champs, Cudworth, U13+
Saturday 18th June, York Summer League meet 3
Sunday 10th July, Burnley U11 Open Medal meet, Barden Athletic Track, Burnley
Saturday 30 July, York Summer League event 4
Saturday 20 August, York Summer League event 5
Saturday 3rd September, York open meeting
? September, Pendle Open, Seedhill Athletics Track, Nelson (tbc)

ESSA Primary & Secondary Award schemes - we introduced this last season and it worked out really well so it will become a permanent part of our programme. We present individual running, jumping and throwing badges and certificates as well as awards for Combined Events - Triathlon, Quadrathlon and Pentathlon. In order for a junior to gain an award they must compete at a minimum of 4 meets this summer. All awards will be presented at the annual presentation evening next March.

This is just a reminder that we have **Track and Field coaching sessions** at Ghyll Royd School on Tuesdays. We must stress that they are for children who are more serious about their athletics and are planning to compete for Ilkley in the future. All Year 6's who have been training at these sessions 'by invitation' since September 2015 must compete over the summer if they wish to continue training from September 2016.

ATHLETICS FACILITIES IN ILKLEY - an update

Planning permission for the Football 3G and the Compact Athletics Training Facility has been submitted and we will know the outcome on the 31st May. Thank you to everyone who has taken the time to submit a comment to support the project. Football have a lot of things in place and are confident of raising their funds. We are a little way back on their time scale but will be looking to mirror their set up but there are still a number of key legal and governance issues that we have to sort out and this is taking time. We are looking to raise £310k. The plan is to raise £150k through a member investment loan and our business plan supports this and hopefully £110-135k through funding. There is already a designated group of people working on both these areas.

The third area is local club fundraising events. These actually require a large amount of work for not such a great return but it does involve the junior membership and those who will ultimately benefit most from the new facilities. For that reason it is an important part of the fundraising but we need to share the workload. So the priority now is to identify individuals to take responsibility for specific areas. From May till the end of the year there will be a major fundraising drive (details will be sent to everyone when confirmed). We need you to support us and actively help us to raise our target of £50k. Some of the things we are planning: buy a metre of the track; additional races such as a Tuesday evening 3/5km series, inter club relays on Penistone Moor and a Santa & Elf FUNdraising RUN on the 26th November to precede the Ilkley Christmas Lights switch on; sponsored walk on Ilkley Moor; Wednesday track time trials; 2017 JIH club calendar; cake or bacon butty stalls at events; socials and talks. Nothing is set in stone and we have a long way to go to organise these activities but if you are reading this and would like to help in anyway please get in contact. I will be overseeing the programme but I am already doing too much so please consider volunteering to help. The more people involved the lighter the workload for everyone.

One way that everyone can help us raise funds, without it costing anything, is to make your online purchases via an online website called **Easyfundraising** (details are on the JIH web site). There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline, holiday companies, and Sainsbury's, who will donate a percentage of the amount you spend to Ilkley Harriers.

TRAIL RELAYS

There are a number of Trail Relays that take place in the summer. We do not have dates yet but if you are interested please get together and enter your own teams (Shirley will organise teams for the Washburn Valley Relays).

Danefield Relays: Otley Chevin. Over 12's. See www.fellandale.com

Washburn Valley Relays: from Fewston Reservoir and organised by Otley AC. **Friday 15th July**. For 8 to 14 year olds of all abilities. We have an informal club picnic afterwards and it's a really good evening. Contact Shirley if interested in running.

Golden Acre Park Relays: Wednesday 7 July, 7pm. Junior teams 13-16 year olds. See www.abbeyrunners.co.uk

ILKLEY HARRIERS SUMMER EVENTS (details on IH web site)

ILKLEY TRAIL RACE JUNIOR FUN RUN

On MONDAY 30th MAY. Rachel Websdale would love to see lots of you running and any offers of help from parents or older juniors would be appreciated.

WILL RAMSBOTHAM BADGER STONE RELAYS

On WEDNESDAY 8th June from White Wells, 7.30 mass start. It's a great event for Seniors, Juniors and families.

SEPTEMBER

Our first session back in September is the **Sprint Fell Relays** on Wednesday 7th September. Jane McCarthy has taken over the organisation of the junior races and she will be looking for volunteers to help on the day.

It would be great to have as many as possible racing. If you can make it they start at 6pm, but please get there by 5.45 at the latest. Teams of 4, between the ages of 6 to 14. You can make up teams from your friends and they don't have to be Junior Harriers or involved with the sportshall athletics programme. Full relay details are on the junior website. They're just a bit of fun and they are the opener to our autumn term coaching activities.

We hope to have our full programme of **Sportshall Athletics and Speed/Endurance sessions** starting as soon as possible after the 7th but please check the JIH web site for confirmation of these (and other session) dates at the end of August.

Reminder: that the sportshall programme is being restructured from September 2016 (details were given at the final SHA session in March) – If it involves you I need to know which session you would like to do in the autumn so please let me know sometime before the end of term. If you do not want to continue please let me know also.

JUNIOR LEADER PROGRAMME

If you are Year 10-13 in September and would like to start our Junior Leader programme please let Shirley know this term. I am trying to organise a return to the Level 2 Sports Leaders Award and there will be a limit of 16 on the course. Starting in September it involves 15 months of volunteering (duties include setting up equipment, timing, measuring, recording, leading small groups and generally being helpful!), a First Aid course, mini-games course and an appropriate coaching course (hopefully L2 Sports Leaders) - you will qualify in December 2017. Your award is fully funded by JIH and once you are qualified you will receive £2 per session travel expenses.

CLUB KIT

All senior club kit including club vests can be purchased in junior sizes from Dobson & Robinson. The new version club vests can also be purchased at The Complete Runner but if you intend competing for IH it may be wise to buy the old style version. Shirley has a few crop tops for girls in stock.

Borrowed Club running vests: If you borrowed one of the spare Junior Ilkley Harriers running vests for the XC season please could you return it to Gaenor or Shirley.

Swap 'n' Shop: Jacqui Weston is organising a Swap 'n' Shop to recycle junior club kit that is still in good condition. Please donate any outgrown kit to Jacqui (or Shirley) - clothing or shoes. If you are specifically looking for some kit contact Jacqui

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.

CONTACT

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

If you would like to contact anyone named in the newssheet please contact me and I will forward your email to them.