

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Spring 2017

The junior newsheet is emailed out to everyone at the beginning of each term and it gives all the information that everyone needs to know for the term ahead. Please print a copy and take the time to read it. As from next term the newsheet will be sent out using Mailchimp. To do this I must ask your permission to use your email address. Your email address will not be used or seen by anyone but me, however if you are not happy to allow me to do this please let me know.

For up to date info/cancellation notification check out the JIH web site or Facebook.

Also attached with this email is a sheet giving spring term session fees.

REMINDER: If any junior contact/medical details have changed since September please contact Shirley.

COMPACT ATHLETICS TRAINING FACILITY - an update

The proposed facility is still very much on the cards but there are a number of hurdles to clear. There is an ever increasing group of individuals working hard behind the scenes to make this happen. However we are looking specifically for anyone with marketing skills to join us for the next stage of the process. We also need all junior club members to support this so firstly if you haven't already completed the user survey <https://www.surveymonkey.co.uk/r/VNQ2B6J> please do so as it will help our cause when applying to Sport England for funding. Sign up to Easyfundraising via our website or using this link <http://www.easyfundraising.org.uk/causes/ilkleyharr/?t=Easyfundraising-lo&v=a> as every little helps. And if you are in a position to pledge financial support for the investment loan or able to donate to the facility please contact Shirley. We do not want any money now just the knowledge that we can raise the funds when needed.

SPRING COACHING PROGRAMME

Brief details of both programmes are shown below with full details of all sessions on the JIH web site. There are waiting lists in operation for a number of sessions and others are CLOSED until after Easter.

GENERAL COACHING PROGRAMME

For all abilities and newcomers to athletics.

Monday: Indoor Sportshall Athletics in the IGS sports hall for Years 6 to 8. **STARTS 23 JAN**

Monday: Junior Circuits in the IGS gym for Year 10 to 13. £2 on the night. **STARTS 9 JAN**

Wednesday: 'Speed Endurance' running, IGS playing fields for Years 3 to 11 (min 8 yrs). **STARTS 11 JAN**

Wednesday: General athletics/SHA/fitness conditioning, GR sports hall, Years 9 to 13. **STARTS 11 JAN**

Thursday: Indoor Sportshall Athletics, IGS sports hall for Years 3 to 6. **STARTS 19 JAN**

SPECIFIC COACHING PROGRAMME (Year 7 to 13)

For Year 7 and older who are more serious about their athletics and want to train to compete at club level. We expect a high level of commitment, motivation and self discipline and behaviour. All juniors must have the maturity to work hard in smaller coaching groups with specific coaches.

Tuesday: 'Hill Training' on roads from Old Bridge (Middleton side). Note: Year 8 and older. **CLOSED**

Tuesday: Jumps (long & triple), Throws (shot & javelin), hurdling drills at Ghyll Royd. **STARTS 28 FEB**

Tuesday: High Jump and general conditioning at Ghyll Royd. **STARTS 11 JAN**

Wednesday: 'Speed Endurance Training' on the IGS playing fields. **CLOSED STARTS 11 JAN**

Important: we are at maximum numbers on most sessions with waiting lists so we have to be very strict about attendance - any junior missing 3 sessions in a row will lose their place and it will be offered to a reserve. If there is a reason (illness, injury, other commitment) then please inform the person in charge of the session and it will be noted and you will remain on our registers. As a matter of courtesy please let Shirley know if your child decides that they would like to stop athletics.

WEDNESDAY RUNNING SESSIONS

January & February are always worse weather wise - please dress up warm with hats and gloves and leg cover. It is possible that sessions could be cancelled if the days leading up to it are wet. We have a lot of juniors training on a relatively small part of the IGS playing fields and we need to protect the general ground conditions. If it is cancelled a note will be put on the JIH web site and Facebook so please check before you travel.

COACHES/HELPERS

Since September some coaches have moved sessions and some new parent helpers have joined us. Welcome to Gretel Edward, Parag Parelkar, Lies Vangenechtan, Jane Campbell, Kim McDonnell and Vicky Taylor as well 9 junior helpers who are embarking on their Junior Leader Award. We also have 8 Year 9 juniors who have just started helping at sessions. We are grateful for all the help and support we receive in delivering our athletics programme so if anyone reading this would be interested please contact Shirley. We give the children of coaches/helpers free sessions and free JIH membership as well as fully funding you through your coaching awards and courses, however as we are fundraising for the proposed facilities if you wish to pay session fees or give a donation it would be appreciated.

SPORTSHALL ATHLETICS

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Thursday 6th April we will have our Level 2 Sportshall Athletics Decathlon Awards. On Monday 3rd April we will have our Level 3 Sportshall Athletics Decathlon Awards. Details will be given to groups nearer the time but we welcome parents to join us to watch children receive their awards.

CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 2 remaining individual races are on Sat 21st January, Ben Rhydding; Sat 4th March, All Saints at the Swimming Pool. The series is concluded with the team relays for KS2 on Sat 18th March at Nell Bank. If there are any parents willing to help with setting up or marshalling at the relays please get in touch with Shirley.

As I am stepping down as league coordinator at the end of this season a new team will be in charge for the 2017/18 series. Felicity Rundle as league coordinator; Rachel Websdale who already organises the All Saints event is the course referee at events; Debbie Nicholson is in charge of compiling the league tables and Sally Westlake the Nell Bank relay organiser. Thank you to all of them for stepping up to take on this responsibility.

The **PECO Cross-Country League** is ideal for newcomers to club XC competitions so give these a go. There is a 1 mile race for years 4-6 at 10am & a 2 mile race for years 7-12 at 10.20. £1 entry on the day only. Full race details: www.PecoXC.co.uk
The 3 remaining races are: Sun 22nd Jan, West Park/Beckett Park; Sun 19th Feb, Barnbow/Pendas Fields and Sun 5th March, Roundhay Park. There is a concluding relay and junior presentation on March 12th (venue tbc).

FELL RUNNING

On Sunday 26th February it's our **Ilkley Moor Fell Race**. There are junior races for all ability of child from U9 to U19 so don't be frightened to give it a go. U9's (min 6yrs) do a half mile course and the rest do one mile - the U17 (+U19 who do not feel ready to tackle the senior fell race) get to do two laps. The races start at 10.30, cost £2 and all finishers get a goody bag. For all juniors we have the special Phil Dean Awards for the first girl and boy Ilkley Harrier to finish in the U11, U13, U15 and U17 categories (to be presented at the 'Junior Presentation evening' in March). Jane McCarthy is the organiser and she will be looking for volunteers to help on the day. Please offer to help.

The **Junior Ilkley Harriers Fell League 2017** is being coordinated by Kim Anderson and George Elmes and is for juniors from U11 (min age 9) to U19 (based on age on 31/12/ 2017). **PLEASE NOTE CHANGE OF FRA AGE CATEGORIES FROM 2017.** 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 2017 league races are:

Sun 15th Jan, Soreen Stanbury Splash, woodentops.org.uk (also **BAN league**)

Sun 26th Feb, Ilkley Moor Fell, junior.ilkleyharriers.org.uk (also **BAN league**)

April, Bunny Runs (U13 (min age 12 years)), U15, U17 & U19 with best time from series to count), woodentops.org.uk (also **BAN league for U15 and U17 only**)

Sat 25th March, English Fell Champs Race 1, Cock Howe, eskvalleyfellclub.org

Sat 1st April, English Fell Champs race 2, West Nab, Yorkshire, holmfirthharriers.org.uk (also **BAN league**)

Sat 22nd April, English Fell Champs race 3, Anniversary Wal, Cumbria, anniversarywaltz.co.uk

Mon 1st May, English Fell Champs race 4, Coiners, Yorkshire, cvfr.co.uk (also Yorkshire Champs) (also **BAN league**)

Tues 9th May, Jack Bloor races, Ilkley Moor, jackbloor.co.uk

Sun 14th May, English Fell Uphill only Champs race 5, Great Whernside, wharfedaleharriers.co.uk (also **BAN league**)

Sat 10th June, English Fell Uphill only Champs race 6, Rossendale, rossendaleharriers.co.uk

Sun 8th Oct, Curly Wurly Withins Rat Runs, woodentops.org.uk (also **BAN league**)

Sun 17th Dec, Stoop Fell, woodentops.org.uk (also **BAN league**)

The **BAN Fell & Terrain League 2017** 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 U17. Geoff has set up a designated web site for the league where up to date info and league tables can be found throughout the season www.banfellterrainleague.wordpress.com

In addition to the BAN races shown above the 2017 league races are:

Mon 29th May, Ilkley Trail Race, Yorkshire, www.ilkleyharriers.org.uk

Sat 24th June, Eldwick Gala, www.bingleyharriers.org.uk

Sat 8th July, Baildon Carnival, www.baildonrunners.co.uk

Sat 5th August, Hellifield Gala, www.barlickfellrunners.org.uk

ANNUAL JUNIOR PRESENTATION EVENING (Friday 24th March)

The junior presentation evening reflects on everything that is good in our sport and rewards those individuals who have shown commitment in representing JIH at events. The evening has not only been a great success over the last three 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 in Fell Running, Cross-Country and Track & Field Athletics. A certificate is presented 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.

This year it will take place on FRIDAY 24th MARCH at the Clarke Foley Centre, 6.30pm to 10.30pm. It's a smart casual affair and by invitation only and we would love parents to attend. Katie Hanley is once again providing the entertainment and everyone will be asked to bring a plate of food/drink. Invitations will be sent out in batches from the beginning of February

CLUB KIT

If you borrowed one of the spare JIH running vests for the XC season please could you return it to Gaenor or Shirley.

Swap 'n' Shop: Jacqui Weston organises 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

TRACK AND FIELD ATHLETICS (advanced notice)

The York Summer League is a fantastic way to give Track & Field competition a try. There are events for U11 (min age 9) up to senior level and everyone is able to enter the events that they want. See details on www.cityofyorkathleticclub.net Try the following York Summer League meets in 2017: Sun 7th May; Sat 3rd June; Sat 17th June; Sun 2nd July; Sat 29th July. And the York 'open' medal meet is on Saturday 2nd September.

Other clubs organise open events but as it is very early in the year these dates are not available but will appear in the summer newsheet.

WHARFEDALE PRIMARY SCHOOLS ORIENTEERING LEAGUE 2017 (advanced notice)

Some older juniors may remember that I used to organise a schools orienteering league between 2004 - 2010 (orienteering is my main sport). Airienteers is the local orienteering club in Wharfedale and they have decided to start this up again. The league will be for years 3-6 between 4pm and 5.30 and have suitable courses for newcomers to try the sport. There will be 3 events and a joint final (with North Leeds league). The dates and venues for your diary are: Tuesday 2nd May, Riverside Park, Ilkley; Tuesday 16th May, Danefield, Otley; Tuesday 13th June, Nell Bank and the joint final on either Tuesday 27th or Wednesday 28th June (Golden Acre Park (tbc)). Further details about orienteering can be found at www.aire.org.uk

CONTACTS

If you need to contact anyone named in this newsheet please contact Shirley at Shirley@ilkleyharriers.org.uk