

# Junior Ilkley Harriers Newsheet

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



Summer 2017

The junior newsheet is emailed 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. All individual contact details have been removed for this web version of the junior newsheet - contact Shirley at [shirley@ilkleyharriers.org.uk](mailto:shirley@ilkleyharriers.org.uk) and she'll put you in touch with the right person.

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

**REMINDER:** If any junior's contact/medical details have changed since January please contact Shirley.

## COMPACT ATHLETICS TRAINING FACILITY - an update

It has been a very busy spring term and we have made considerable progress regarding the proposed training facility. We now have a designated website at [www.ilkleyathletics.org.uk](http://www.ilkleyathletics.org.uk) which contains a business plan for all to see and is being kept up to date with the latest developments. Please note that there are still a number of areas in the business plan to be confirmed and the project will only happen when everything is legally sound and properly set up.

I had hoped to be able to give news of our funding application to Sport England but due to overwhelming demand we are still waiting. Going forward we must look into every opportunity to raise funds from the local community and we will be applying for anything that we can as well as continuing to fundraise in the junior section. If any individual is in a position to help support the project financially or if any company would like to sponsor a lane of the 100m straight please get in touch with Shirley for an informal chat. At this stage we are looking at expressions of interest only and not asking you to part with any money. One lane will be set aside for JIH's to buy 'a meter of the straight' which we hope to give details of soon.

Ilkley Town football club have all their funding in place and are due to start building their 3G at the beginning of July. We are doing everything we can to be a part of that build but it's going to be quite a challenge.

## FUNDRAISING

There are a number of ways in which everyone can help. 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.

Ilkley Carnival committee have made Junior Ilkley Harriers the primary beneficiary of this year's 'At the Movies' themed May Day event and they have given us the perfect opportunity to launch the project to the wider community. On the day JIH's will be in the procession as 'Chariots of Fire' so if your school is not involved we would absolutely love you to be a part of our team. The junior tent will be on the field where we will be organising a speed bounce challenge and cake stall and taking entries for some fun races (egg & spoon, sack, three legged, hoops and bean bags) which we will be organising in the main arena (we think 3pm (ish) but listen out for the announcements). How can you help? bake some cakes to bring to the carnival (or drop off with Alison Bennett the day before); take part in the speed bounce challenge and the arena races; any adults free to help set up on the 31<sup>st</sup> April/1<sup>st</sup> May or to dismantle after the event or shake collection buckets would be great. Alison Bennett is coordinating anything to do with the Carnival day and she would love to hear from you.

## SUMMER HOLIDAY ATHLETICS SESSIONS

Shirley is organising a Run, Jump, Throw session at Ghyll Royd School on Tuesday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> August, one session 9.30 to 10.45. I will need a minimum of 12 juniors per session and would require commitment and payment up front (£4 per session). I will confirm before the end of term whether the sessions are going ahead.

In addition I will lead a short (approx 3km) run from the Cow and Calf car park, 9.30 to 10.30 for families on Wednesday 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> August. An adult must accompany anyone Year 6 and younger but the run will be very easy with 'regrouping' so those who are older and faster will do more. £2 on the day.

## SUMMER COACHING PROGRAMMES

Brief details of both programmes are shown below with full details on the JIH web site. In the summer term we are able to reduce waiting lists and bring newcomers into the programme but as a reminder we are running at capacity and we will be strict about attendance - any junior missing 3 sessions in a row will lose their place. 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 (or Ros/Kate for Wednesday sessions) know if your child decides that they would like to stop athletics.

## GENERAL COACHING PROGRAMME

For all abilities and newcomers to athletics.

**Monday:** Outdoor Track & Field, Ghyll Royd field, Years 6-8. ONE session, 6pm - 7.30, starts 8<sup>th</sup> May

**Wednesday:** Speed Endurance, IGS track, Years 3 -11 (min 8 yrs), starts 26<sup>th</sup> April

**Wednesday:** Outdoor Track & Field, Ghyll Royd field, Years 9-13. 5.45pm - 7pm, starts 3<sup>rd</sup> May

**Thursday:** Outdoor Track & Field, IGS playing fields, Years 3-6, S1: 5.30 to 6.45 and S2: 7pm to 8.15, starts 4<sup>th</sup> May.

## SPECIFIC COACHING PROGRAMME (Year 6 to 13)

For invited Year 6 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.

**Monday:** Fell Running Hill Training on Ilkley Moor. CLOSED group - by invitation. Starts 8<sup>th</sup> May

**Tuesday:** High Jump, 6pm to 7pm in the Ghyll Royd sports hall (arrive 5.45). Starts 2<sup>nd</sup> May \* see below

**Tuesday:** Jumps, Throws, Sprinting & Hurdling, 7pm to 8pm, Ghyll Royd field. Starts 2<sup>nd</sup> May

**Wednesday:** Speed Training on the IGS track, 6.15 to 7.30. Starts 26<sup>th</sup> April

## OUTDOOR ATHLETICS CANCELLATION PROCEDURE

Given what the British weather is like please check the JIH website before you travel if it is not looking too good. Also parents please be prepared to come back a little early to collect if the weather deteriorates as the evening progresses.

## HIGH JUMP sessions

There is space for a handful of newcomers to try high jump at Ghyll Royd on a Tuesday evening during the summer term (\*see above). If you are Year 6 or older and are interested please get in contact with Shirley

## TRACK AND FIELD ATHLETICS - York Summer League series

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](http://www.cityofyorkathleticclub.net)

Sun 7<sup>th</sup> May, York Summer League meet 1

Sat/Sun 13/14 May, Yorkshire Track & Field Champs, Cudworth, U13+

Sat 3<sup>rd</sup> June, York Summer League meet 2

Sat 17<sup>th</sup> June, York Summer League meet 3

Sun 2<sup>nd</sup> July, York Summer League meet 4

Sunday 16<sup>th</sup> July, Burnley U11 Open Medal meet, Barden Athletic Track, Burnley. 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. Pre entry is required and details can be found at: [www.Burnleyac.co.uk](http://www.Burnleyac.co.uk)

Sat 29<sup>th</sup> July, York Summer League meet 5

Saturday 2<sup>nd</sup> September, York open medal meet

**ESSA Primary & Secondary Award schemes** - We award 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. Awards will be presented at the annual presentation evening in March.

## FELL RUNNING

The Junior Ilkley Harriers Fell League 2017 is coordinated by Kim Anderson and for juniors from U11 (min age 9) to U19 (based on age on 31/12/ 2017). **Races this summer term are:**

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

Sat 22<sup>nd</sup> April, English Fell Champs race 3, Anniversary Wal, Cumbria, [anniversarywaltz.co.uk](http://anniversarywaltz.co.uk)

Mon 1<sup>st</sup> May, English Fell Champs race 4, Coiners, Yorkshire, [cvfr.co.uk](http://cvfr.co.uk) (also Yorkshire Champs) (also **BAN league**)

Tues 9<sup>th</sup> May, Jack Bloor races, Ilkley Moor, [jackbloor.co.uk](http://jackbloor.co.uk)

Sun 14<sup>th</sup> May, English Fell Uphill only Champs race 5, Great Whernside, [wharfedaleharriers.co.uk](http://wharfedaleharriers.co.uk) (also **BAN league**)

Sat 10<sup>th</sup> June, English Fell Uphill only Champs race 6, Rossendale, [rossendaleharriers.co.uk](http://rossendaleharriers.co.uk)

The **BAN Fell & Terrain League** is coordinated by Geoff Thompson, details: [www.banfellterrainleague.wordpress.com](http://www.banfellterrainleague.wordpress.com)

In addition to the BAN races shown above there is also::

Mon 29<sup>th</sup> May, Ilkley Trail Race, Yorkshire, [www.ilkleyharriers.org.uk](http://www.ilkleyharriers.org.uk)

Sat 24<sup>th</sup> June, Eldwick Gala, [www.bingleyharriers.org.uk](http://www.bingleyharriers.org.uk)

Sat 8th July, Baildon Carnival, [www.baildonrunners.co.uk](http://www.baildonrunners.co.uk)

Sat 5th August, Hellifield Gala, [www.barlickfellrunners.org.uk](http://www.barlickfellrunners.org.uk)

## TRAIL & FELL RELAYS

There are a number of Fell and Trail Relays that take place in the summer. They're friendly and a bit of fun.

**Will Ramsbotham Badger Stone Relays:** Wed 31<sup>st</sup> May, 7.30pm from White Wells, U13+. Details [www.ilkeyharriers.co.uk](http://www.ilkeyharriers.co.uk)

**Danefield Relays:** Tuesday 4<sup>th</sup> July, Otley Chevin. Over 12's. See [www.fellandale.com](http://www.fellandale.com)

**Washburn Valley Relays:** from Fewston Reservoir, Friday 14<sup>th</sup> July and organised by Otley AC 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](http://www.abbeyrunners.co.uk)

**Sprint Fell Relays:** Wednesday 6<sup>th</sup> September from Wells Road. Details in autumn newsheet but any offers of help to Jane McCarthy.

## ILKLEY TRAIL RACE JUNIOR FUN RUN

On MONDAY 29th MAY, 10am from Ilkley Lido. Rachel Websdale would love to see lots of you running and any offers of help from parents or older juniors would be appreciated.

## WHARFEDALE PRIMARY SCHOOLS ORIENTEERING LEAGUE 2017

Airienteers is the local orienteering club in Wharfedale and is organising a league 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 16<sup>th</sup> May, Danefield, Otley; Tuesday 13<sup>th</sup> June, Middleton Woods, Ilkley and the joint final on Wednesday 28<sup>th</sup> June (Golden Acre Park). Further details about this league and orienteering in general can be found at [www.aire.org.uk](http://www.aire.org.uk)

## SEPTEMBER 2017 SPORTSHALL ATHLETICS RESTRUCTURE

Information will be sent out to all those affected by the changes during the summer term but this is advanced notice. As from September 2017 Monday and Thursday session 1: 5.30 to 6.45 will be for Years 3 to 5 and Monday and Thursday session 2: 7pm to 8.15 will be for Years 6 to 8. We will allow a Year 6 to remain on S1 if they have a younger brother or sister attending the session to make it easier for families. The change will mean that individuals can stay on the same evening from Year 3 to 8, just moving to the later time and reducing admin. Over the autumn and spring terms we will even out the numbers as best as possible with a maximum of 50 per session. If there is anyone who knows that they would find the alternative evening more convenient and would like to swap please let Shirley know.

## COACHES/HELPERS

We are always grateful for any additional adult help at sessions 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.

## JUNIOR LEADER PROGRAMME (Year 10+)

If you are Year 10 or older this September and would like to start our Junior Leader programme please let Shirley know this term. 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 and an England Athletics 'Leading Athletics' course. Your award is fully funded by JIH and you will qualify in December 2018.

Also just a reminder that Year 9's can now help at our sessions.

## CLUB KIT

All 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. Shirley has a few crop tops/hot pants for girls in stock.

**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