

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Summer 2019

The junior newsheet is emailed to everyone at the beginning of each term and it gives all the information that is needed for the term ahead. Please print a copy and take the time to read it. For up to date information check out the JIH web site, google calendar or junior Facebook. As well as this newsheet a spring term session dates and fee sheet has also been sent.

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

SUMMER COACHING PROGRAMME

Brief details of our programmes are shown below with further details of all sessions on the JIH web site (training and coaching section). As a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) or the lead coach (Sally Westlake, Ros Blackburn, Kate Lofthouse or Liz Raven) know as soon as possible if your child has decided to stop athletics this term.

Given what the British weather is like please check the JIH website/Facebook before you travel if it is bad. We will not cancel sessions lightly so come prepared with lightweight waterproofs.

GENERAL COACHING PROGRAMME

For all abilities and newcomers to athletics.

Monday: Outdoor Athletics, Ghyll Royd playing fields. S1: 5.30-6.45 and S2: 7pm-8.15. Starts 13th May

Wednesday: 'Speed Endurance' running, IGS playing field, 5.30-6.30, Years 3-11 (min 8 yrs). Starts 24th April

Thursday: Outdoor Athletics, Ghyll Royd playing fields. S1: 5.30-6.45 and S2: 7pm-8.15. Starts 9th May

SPECIFIC COACHING PROGRAMME (Years 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. Contact Shirley if you are interested in doing any of these training sessions.

Monday: Fell Running, Ilkley Moor, 6.15-7.15pm. Sessions going through (Liz to advise her group of session dates)

Tuesday: High Jump, Ghyll Royd sports hall, 6-7pm. Starts 7th May

Tuesday: Outdoor Athletics, Ghyll Royd playing fields, 7-8pm. Starts 7th May

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.15-7.30. Starts 1st May

Thursday: Sally Malir's 'by invitation only' small mentored group of Year 9+ (sessions organised with individuals).

Important: we are at maximum numbers on practically all sessions and will be reducing numbers over the coming year. There are already waiting lists in operation 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 lead coach in charge of the session and your child will keep their place.

BEHAVIOUR and MANNERS

It should go without saying that children who attend our athletics sessions do so to take part in athletics and for the majority this is the case. However there are a small minority who take up a disproportionate amount of our time due to their bad behaviour and poor attitude. This is unacceptable, upsetting and time consuming for coaches to deal with and will no longer be tolerated. As we reduce our numbers we will remove any child from any session who does not behave or respect the time that volunteers give up.

Please thank volunteers at the end of each session – a thank you goes a long way.

TRACK AND FIELD ATHLETICS

The York Summer League series and the Burnley U11 meets are a fantastic way to give Track & Field competition a try. At York 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 At Burnley it's for school Years 1-5.

Contact Katrina Kennedy who is coordinating the Track and Field programme for further details or advise.

Mon 6th May, York Summer League 2

Sat/Sun 11/12 May, Yorkshire Track & Field Champs, Cudworth, U13+. Pre entry required

Sat 25th May, York Summer League 3

Sat/Sun 1/2 June, Northern Track & Field Champs, Sport City, Manchester, U13+. Pre entry required

Sunday 9th June, 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

Sun 1st September, York Summer League 4

Sunday 22nd September, York open medal meet. Pre entry required

ESSA Primary & Secondary Award schemes – We award individual running, jumping and throwing badges and certificates as well as awards for Combined Events. In order for a junior to gain an award they must compete at least four meets over the summer (unless U9 (school year 2+3) when just attending the Burnley meet will be enough). Awards will be presented at the annual presentation evening in March.

TRAIL & FELL RELAYS

There are a number of Trail and Fell Relays that take place in the summer. They're friendly and a bit of fun. In all cases please make up your own teams with your friends and enter yourselves. * [organiser required](#)

Ilkley Trail Races: MONDAY 27th 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.

Danefield Relays: Tuesday 2nd July, Otley Chevin. Over 12's. Details www.fellandale.com

Washburn Valley Relays: from Fewston Reservoir, Friday mid July (tbc) and organised by Otley AC for 8 to 15 year olds of all abilities. It is low key and friendly and we have always entered 5 or 6 teams. The team requirements are: 4 in a team, one must be a girl/boy, one runner must be aged 8-9, two runners 8-11 and three runners 8-13. I organised this event for a good number of years but last year was my final time. It is not difficult to do and behind the scenes I will support a new organiser - [any offers from anyone?](#) Without a new organiser individuals will have to make up their own teams which is not straight forward given the specific team make up.

Golden Acre Park Relays: mid July (tbc), Junior teams 13-16 year olds. See www.abbeyrunners.co.uk

Sprint Fell Relays (IM): Wednesday 4th Sept. Details in autumn newsheet but any offers of help to Jane McCarthy.

FELL RUNNING

The JIH Fell League is coordinated by Kim Anderson and for juniors from U11 (min age 9). Races this summer are:

Mon 6th May, English Fell Champs race 3, Coiners, cvfr.co.uk

Tues 14th May, Jack Bloor races, Ilkley Moor, jackbloor.co.uk

Sat 18th May, English Fell Champs race 4, Sedbergh

Sat 22nd June, English Fell Champs race 5, Clougha Pike, bowlandfellrunners.org.uk

Sun 7th July, English Fell Champs race 6, Up the Nab

Sat 3rd August, Hellifield Gala Fell, barlickfellrunners.org.uk

August Embsay/Burnsall fell race (BOFRA)

The **BAN Junior Fell & Terrain League** is coordinated by Geoff Thompson www.banfellterrainleague.wordpress.com

SEPTEMBER 2019 SPORTSHALL ATHLETICS and TRACK & FIELD RESTRUCTURE

As from September **Sportshall Athletics** will only be for Years 3 to 6 and on Monday and Thursday session 1. All those currently in the programme have been informed and will be accommodated on one of these sessions. It does mean we will have long waiting lists and will not be taking newcomers until September 2020.

This frees up both later sessions on Monday and Thursday to coach smaller specific groups indoors in the IGS sports hall. Currently we already offer specific jumping sessions at Ghyll Royd on a Tuesday (LJ, TJ and HJ) and some may be interested in these (although places are very limited).

From September both Monday and Thursday later sessions (7pm to 8.15) will be specifically for running (sprinting), throwing and a limited amount of jumping for Year 7 and older who want to take their athletics more seriously and train to compete at club level. Please do not think that you have to be a brilliant athlete but you must have a good attitude, enjoy athletics and have the commitment to work hard to improve. Club competition is not scary and we will prepare you well for it however this must be your commitment to us going forward.

We will also prepare you for the West Yorkshire SHA regional trials so there will be some elements of SHA in the programme but there will not be any award scheme within either session. There will be an upper limit of 24 juniors per session and the format will include formal running drills and a higher level of technical coaching. In return we will expect all those training to compete at club level in at least 2 athletics meets between September 2019 and end of June 2020.

ADULT COACHES/HELPERS

We are grateful for all the help and support we receive in delivering our athletics programme and are always pleased to hear from anyone who would like to volunteer at any of our sessions. As a reward we waive session fees at all sessions to children of qualified coaches and for children of adult helpers free sessions on the session where they help. We fully fund any coaching qualification.

Qualified Junior Leaders: As a way of rewarding those qualified junior leaders who continue to volunteer beyond their official course end we give a 50% reduction on session fees.

JUNIOR LEADER PROGRAMME (Year 10+)

If you are Year 10 or older this September and would like to start our Junior Leadership programme please let Shirley know this term (there is a limit of 12). Starting in September it involves 12 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 July 2020.

YEAR 9 HELPERS

If you are Year 9 this September and would like to start helping at sessions contact Shirley (there is a limit of 9 in any one term). We require a minimum of one term's commitment - this can be simply because you want to help or for your volunteering element of the D of E.

CLUB COLOURS

Starting this year we have introduced Club Colours for U9's in Cross-Country (based on attending 4 PECO races), Fell Running (based on attending a minimum of 5 fell races) and Track & Field Athletics (based on attending a single meet and competing in two events). See the Colours sheet on the web site for further details.

CLUB KIT

All senior club kit including old style 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 JIH it is wise to buy the old style version**. Shirley has a couple of crop tops and black hot pants for girls in stock.

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

If your child has outgrown running shoes or club kit which is still in good condition either hand it to Jacqui Weston/Shirley Wood for our **Swap 'n' Shop**. Or put your own message on the JIH Facebook direct.

If you are specifically looking for some kit/training shoes contact Jacqui.

THE GENERAL DATA PROTECTION REGULATION (GDPR)

This statement is to make it clear to all parents/guardians that information we gather from you about your child is limited to what we collect from the JIH membership form and what we actually need for administration and necessary to run our training sessions safely. The only individuals who have access to this information are qualified lead coaches or those who enter children for races. If a junior competes regularly we have to affiliate them to England Athletics and we pass on certain information to register them (as written on JIH membership form). We retain your JIH membership form for the period of time you are actively training or volunteering in the junior section (up to age 18) and this information is also held securely on a computer. It is shredded/removed when you leave. At 16 when a junior officially moves into the senior section your personal details are securely passed on to the senior membership secretary. In the junior section we apply a common sense 'need to know' policy with your child's information - if you have any queries/questions please get in contact with Shirley.