

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Spring 2020

Happy New Year – we hope everyone has a fun and injury free 2020

The junior newsheet is emailed to everyone at the beginning of each term and it gives all the information that is needed. 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.

IMPORTANT: If your child's contact/medical details have changed since September please contact Shirley.

JIH ANNUAL SESSION FEE PAYMENT

Thank you to everyone for prompt payment of annual session fees. With exception of a few individuals who started part way into the autumn term everyone is paid up until the end of the summer term 2020. If you are one who hasn't yet paid please could you do so before the end of January.

SPRING COACHING PROGRAMME

Details of our general and specific programme can be found on the JIH web site. We are at full capacity at virtually all sessions and have waiting lists so just a reminder that if 3 sessions are missed in a row without a reason given your child will lose their place and as a matter of courtesy please let Shirley or the lead coach (Sally Westlake, Katrina Kennedy, Kate Lofthouse or Liz Raven) know if your child has decided to stop athletics this term.

ADULT COACHES and HELPERS

We are grateful for all the help and support we receive in delivering our athletics programme and welcome parents to help at sessions. And for those already helping to consider taking coaching qualifications which JIH will fully fund. Over the coming years we are very keen to enlist the help of more **specialist Track & Field coaches** so if in the past you have competed in any of the jumps, throws or track events or have an interest in coaching a very specific event and would be happy to give up some time to coach a small number of dedicated athletes please get in touch with Shirley for a chat.

OUTDOOR WEDNESDAY RUNNING SESSIONS (start back on 15th January)

The spring term is 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 training 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 sessions are cancelled a note will be put on the JIH web site and junior Facebook so please check before you travel.

SPORTSHALL ATHLETICS (sessions start back on Mon 20th and Thurs 23rd January)

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Monday 23rd March and Thursday 26th March we will have our Sportshall Athletics Decathlon Awards presentation sessions. Details will be given to groups nearer the time but we welcome parents to join us to watch children receive their awards.

Good Luck to all U11, U13 and U15 who have entered the West Yorkshire Sportshall Athletics trials on Sunday 2nd February 2020 in Halifax. The closing date for entries is Sunday 26th January so if you want to take part and haven't yet entered please get in touch with Katrina Kennedy who will send you the appropriate entry form.

For info: Ghyll Royd Tuesday high jump and horizontal jump sessions start back on the 7th January 2020.

CHANGES TO THURSDAY SHA PROGRAMME (September 2020): From September 2020 we will no longer provide sportshall athletics beyond year 6. The Monday session led by Shirley will continue as now but on Thursday we will only have one session from 6pm to 7.15 for years 3 to 6 and led by Katrina Kennedy. All those currently doing Shirley's 5.30 Thursday session will automatically be moved onto this slightly later session - please get in contact if the time change might cause a problem.

CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 2 remaining individual races are on Sat 8th February, Ben Rhydding; Sat 7th March, All Saints School at the Swimming Pool. The series is concluded with the team relays for KS2 on Sat 21st March at Nell Bank. We always need a few parent helpers setting up and marshalling at the relays and it would be good for race organiser Sally Westlake to know in advance that she has enough help. As a bonus you get to park in the Nell Bank car park. Email Shirley/Sally.

Northern and National Cross-Country Championships. These events are for U13 and older (min 11 years on race day). The entry deadline for both is Tuesday 7th January. Please get in touch with Gaenor and ensure that entry fees are paid into the junior account before the deadline to avoid the disappointment of missing the championships. No one will be chasing your entry.

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 2-6 at 10am & a 2 mile race for years 7-12 at 10.20. Full race details: www.PecoXC.co.uk The 3 remaining races are on: Sun 19th Jan; Sun 9th Feb and Sun 1st March (note: this last one clashes with our own IM fell races).

FELL RUNNING

On Sunday 1st March 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 drink and chocolate bar. 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). Elizabeth Raven is the new organiser of this event so please offer your help.

Junior Ilkley Harriers Fell League: Thank you to Kim Anderson for doing the league tables for so many years – as from 2020 David and Rachel Holder have offered to take on the role (Thank you). The league is for juniors from U11 (min age 9) to U19 (based on age on 31/12/ 2020). 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 full list of 2020 league races are on the JIH web site with the spring term events being: Sun 12th Jan, Soreen Stanbury Splash, wharfedaleharriers.co.uk (also BAN league); Sun 1st March, Ilkley Moor Fell, junior.ilkleyharriers.org.uk (also BAN) and Sat 28th March, Kettlewell Kaper (also Yorkshire Champs).

The **BAN Fell & Terrain League 2020** is coordinated by Geoff Thompson of Wharfedale www.banfellterrainleague.wordpress.com

AD HOC TRACK & FIELD ATHLETICS TRAINING 2020

Shirley is looking to do some ad hoc training sessions which will not be regular or frequent for those who wish to compete at Track & Field Athletics (year 4 upwards). As yet nothing has been decided but the general idea is to do a Wednesday evening UAK, Keighley track session for sprinting; a Friday evening UAK track session for Hurdling and a Saturday morning horizontal jumps session at Ghyll Royd. At each one there would be two training sessions - one for Years 4 to 6 followed by a second for years 7 and older. Timing is likely to be (S1) 6-7pm and (S2) 6.45 to 7.45 at the UAK track and (S1) 9.30 to 10.15 and (S2) 10.15 to 11.15 at Ghyll Royd. Groups will be kept small and less than 10. The eligible Year 7 and older are already known as they are currently training in the specific athletics programme. This is a request to any Year 4-6's to get in touch with Shirley if they would like to take their athletics a bit more seriously and train to compete. Further info will then be given to those interested.

ANNUAL JUNIOR PRESENTATION EVENING (Friday 27th March 2020)

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. Over the last five years the evening has not only been a great success but 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, Sportshall Athletics and Track & Field Athletics. 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 in the year) 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. 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 ESAA badges and certificates for Track & Field and our junior leadership and volunteer awards are also presented on the night. This year it will take place on FRIDAY 27th 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

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 few crop tops and black hot pants for girls in stock. If your child has outgrown running shoes or club kit which is still in good condition either hand it to Shirley **OR** put your own message on the JIH Facebook direct.

JUNIOR ILKLEY HARRIERS on FACEBOOK

We would like parents and juniors to sign up to this if they want. It's a place for reminders and notices as well as photos of juniors competing in all aspects of athletics at school and club level. Basically to show off what we're doing.

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.