

# Junior Ilkley Harriers Newsheet



Autumn 2014

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

All updates since the beginning of September are in Green.

**Urgent:** I am looking for a qualified auditor to audit the junior accounts for this year and beyond. Please contact Shirley if you are able to do it (or know of anyone who might be able to help).

Welcome back to everyone and we hope that you have had a good summer.

For the last 12 years three junior newsheets have been produced each year and given out at the beginning of each term. Now we have a junior membership of over 300 and distribution has become quite difficult and last year I am sure that some individuals missed out on receiving their copy. The newsheet is important to us as it gives all the information that everyone needs to know for the term ahead. This year the newsheet will be sent out to everyone by email but printed copies will be available at training sessions for juniors to pick up. There will also be a copy on the web site which will continually be updated if changes occur as the term progresses. The web site and Google calendar are the places to look if you want to know exactly what is going on.

Membership renewal is now due so we are asking you to pay the one-off £5 annual fee before October half term. JIH membership application forms and autumn term course application forms for those who do Sportshall Athletics and Track & Field Athletics will still be given out at sessions (the later will have the £5 added to their autumn term session fees). Due to our increasing numbers and waiting lists all children must be First Claim members of JIH to do any of the sessions we organise (we allow newcomers to try 3 sessions before making that commitment). Note: Family membership of Ilkley Harriers does not include children who are U16. Both juniors and their parents should read and be familiar with the junior policies and codes of conduct on the JIH web site which you will be asked to sign up to on the membership form.

If a junior has not renewed their membership by January 1<sup>st</sup> and they have not been training with or competing for JIH then we will remove them from our membership lists. If you know your child does not intend renewing just send an email to Shirley and you will not receive any further correspondence (Shirley@ilkleyharriers.org.uk).

## TRAINING FOR 15, 16, 17 and 18 YEAR OLDS

Starting this term 16, 17 and 18 year olds can train at both senior and junior training sessions or they can 'mix and match', however they must join the senior section of the club. Annual membership is £12.

15 year olds must still join JIH and will be on the junior membership register. They can do all training sessions open to them in the junior section but as a 'transition stage' they can also take part in 3 senior sessions during the week led by an appropriately qualified coach. **Monday:** senior circuits in the IGS gym if this is a more convenient time than junior circuits. **Tuesday:** Neil Chapman, Val Kerr and Sue Williamson lead groups of 15 years+ on the roads in winter during senior club evening, ILT&SC. Juniors need to be able to run for 30 minutes to attend. **Thursday:** speed/endurance training outside at ILT&SC in the winter and on the fells in the summer.

A 15 year old wishing to start any of these sessions must contact Sue, Neil or Val first and not just turn up on the night.

## 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 want to train to 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 so if you are interested in starting any of the sessions below (except junior circuits) please contact Shirley first.

### GENERAL COACHING PROGRAMME

**Monday:** Indoor Sportshall Athletics in the IGS sportshall for Years 7 to 9.

**Monday:** Junior Circuits in the IGS gym for Year 10 and older. £1 on the night.

**Tuesday:** High Jump and Jumps & Throws at Ghyll Royd for years 5 & 6 (min 9 yrs) alternates every other week.

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

**Thursday:** Indoor Sportshall Athletics in the IGS sportshall for Years 3 to 6 (min 8 yrs).

### SPECIFIC COACHING PROGRAMME (Year 7 and older)

**Tuesday:** High Jump and Jumps & Throws at Ghyll Royd for years 7 to 13, alternates every other week.

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

**Wednesday:** 'Speed Training' on the IGS playing fields.

**Friday:** 'Sprinting & Hurdling' on the University Academy Keighley track, Keighley (invited hurdlers).

## SPORTSHALL ATHLETICS

September numbers are at their maximum and likely to increase so we will be operating waiting lists on both Monday and Thursday sessions. Therefore we have to be very strict about attendance and if a child misses 3 sessions in a row without a reason they will be taken off our register. If you know in advance that your child has another commitment and will miss a number of sessions please let me know (their place will then be kept open for them). Also if your child's interest begins to fade please consider giving up their place to someone who would really appreciate it. During September there will be a bit of juggling with children between sessions and within the groups in each session. Groups and sessions are age based, but it is important that children are happy and with their friends. If your child is unhappy contact Shirley via email and we can change the group/session your child is in (we can't change things during the session when it's busy and we are coaching).

**A few important reminders.** Dress in sports clothing which is comfortable to move around in - no fashion trainers, jewellery or chewing gum. Bring a drinks bottle with your name on it (non-fizzy contents). Both bottles and clothing are often left with us - we will bring 'lost property' for a few weeks and then it will go to Oxfam. We see NO reason why mobile phones need to be brought to any session as their presence can be very distracting. There is always a mobile phone available to use in an emergency at every session we run so please leave your own at home.

The dark evenings are here - we have told all children that at the end of the session they are allowed to go just outside the building to see if you are there (unless you specifically tell them to stay inside). If you are not they must come back inside with us, so if you are running late please come inside to collect them. We do not want children waiting out in the dark or on the roadside to be picked up. We need to know that they are safe so could you reinforce this - a word about safety in busy car parks would also be wise.

## FELL RUNNING

We have a strong band of juniors competing on the fells now but it would be good to see even more. There are two remaining fixtures in the **BAN Fell and Terrain League** and the **Ilkley Harriers Junior Fell League**. They are at Haworth and organised by Dave and Eileen Woodhead. The first is on the 12th October and the second on the 21st December. Both races are over the same course and every finisher receives a goody bag. They are fun to do and a lot of children compete in fancy dress as well. Ideal for all newcomers (and younger brothers or sisters => 6 years min age).

## CROSS-COUNTRY

It's the Cross-country season again and there are some races coming up which we would like you to consider running in. The **West Yorkshire X-C League** is a series of 4 races at U11, U13, U15 and U17 levels. Although they are of a very high standard we now have juniors who can compete at this level. JIH will pay the entry fee BUT it is expected that unless you are ill or injured you are committed to turn up and race. Gaenor Coy has sent out an availability sheet to everyone however if there is anyone wanting to compete at this level that she has not been in contact with please email her as soon as possible.

Dates & venues are:

Sun 19 October, Wakefield

Sun 2 November, Leeds

Sat 22 November, Keighley

Sun 7 December, Nunroyd Park, Guiseley.

Details of the **Peco XC League** can be found on the web site. These races are for all abilities and it's just turn up on the day, pay your money (£1?) and run. Races are for school Years 4-6 (1 mile) at 10am and 7-12 (2 miles) at 10.20.

**PECO dates and venues (all races are on Sundays):**

30 November => Pendas Fields, Crossgates

14 December => either Pontefract Park or Nostell Priory

4/11 January => West Park Playing fields

8 February => Bodington Fields

1 March => Roundahay Park

15 March => Relays & Presentation

We would also like to have individuals/teams at the **Yorkshire Championships** on Saturday 10<sup>th</sup> January at **Lightwater Valley, Ripon**; the **Northern Championships** on Saturday 24<sup>th</sup> January at **Pontefract** and the **National Championships** on Saturday 21<sup>st</sup> February at Parliament Hill, London. Details will be given to all juniors competing this autumn (U13 and older).

Locally we are co-ordinating and sponsoring the **Wharfedale Primary Schools XC League**. The autumn dates are Sat 11<sup>th</sup> October at Ghyll Royd School; Sat 15<sup>th</sup> November, Westville House School (venue Ilkley Rugby Club); Saturday 29<sup>th</sup> November at Ben Rhydding School; Sat 7<sup>th</sup> February 2015 at Ashlands School. The All Saints School event will be on 28<sup>th</sup>

February with the concluding relays at Nell Bank on the 7<sup>th</sup> March. The format is the same as last season and individual race details will be on our web site in advance of each event.

## ENDURANCE CO-ORDINATORS

Last term I asked for someone to take on the role of Junior Endurance co-ordinator to be responsible for everything to do with Fell Running and Cross-Country. I am pleased to say that I had two individuals interested and they will be sharing the role. Thank you to Gaenor Coy and Sally Westlake for offering to do this. Over the next few years they will be working alongside me and with the discipline captains and those lead coaches responsible for delivering the endurance programme.

### ANNUAL JUNIOR PRESENTATION EVENING (Friday 27<sup>th</sup> March - confirmed)

In April we organised our first ever junior presentation evening and it was not only a great success but a lot of fun too. We plan to do this again in 2015. 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 with a certificate 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 are also presented on the night. In 2015 the Volunteer of the month awards will also be presented.

## VOLUNTEERS

Every session that we do is organised and run by volunteers - and it is our motto 'that you can never have too many helpers'. So we would love to hear from any parent who would like to help out. You don't need to know anything about athletics, you don't need to want to actively coach, just having extra helpers to write down times/distances or to work a stopwatch or hold a tape measure would be brilliant. If there is any parent who has competed in athletics to a reasonable level in any event (even if it was many years ago!) let us know because we could learn a lot from you and the children would ultimately benefit. The children of coaches/helpers receive free sessions and free JIH membership.

**Junior helpers:** We welcome any older junior (Year 10 and older) to help out during our coaching sessions with a view to doing a Level 2 Sports Leaders Award in 2015. The general format is that you help for the autumn term and then do a course next February/July with an assessment in December. Some juniors use their volunteering time with us for their Duke of Edinburgh Award as well. Duties include setting up equipment, timing, measuring, recording and generally being helpful. If you are interested contact Shirley as soon as possible.

We are currently starting a Level 2 Community Sports Leaders Award and the Level 2 Sports Leaders Award which started a year ago will conclude this December. Juniors who continue to help at sessions after they have qualified are given £2 travel expenses (£3 for Community Leaders).

## CLUB KIT

The senior section has a good range of club kit that can be purchased in junior sizes from Dobson and Robinson. However Shirley has in stock => crop tops for girls who compete at races and a couple pairs of stripey Ilkley socks.

**Club Vests:** Red and green Ilkley Harrier running vests in junior sizes can be bought from Dobson & Robinson on The Grove or The Complete Runner on Leeds Road.

**Running shoe re-cycle:** If you have trainers, terrain or fell shoes that children have grown out of give them to Shirley or any lead coach at sessions and they will be passed on. Also applies to club vests/kit.

## 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.

## TRACK & FIELD

Starting this year my own mission is to have more of our juniors competing at Track & Field Athletics because I think we could be seriously good at it. If anyone has any ideas how we could achieve this or would like to help in this quest please speak to Shirley.

## CONTACTS

As this copy of the newsheet is available for the world to see it is only my contact details that are given. I will forward any enquiries to the appropriate person. The newsheet that was sent via email to all juniors does have a comprehensive list of contact addresses.

Shirley Wood (JIH co-ordinator): Shirley@ilkleyharriers.org.uk or 01943 831765. I prefer to be contacted by email.