



**DIARY DATES:**

- 1st May SML Braintree
- 9th May County Champs Ipswich
- 15th May SML Ipswich
- 16th May EAL Bury St Edmunds
- 22nd May SWL Hemel Hempstead
- 5th June SML Wycombe
- 6th June EYAL Cambridge
- 20th June EAL Great Yarmouth
- 26th June SWL Tonbridge
- 27th June EYAL Thurrock

Congratulations to:

Athletes of the Month

February:  
Justine Anthony  
Cameron McKie

March:  
TBA

# West Suffolk Athletics Club

EST.1973

## News



## Letter

ISSUE 5

APRIL 2010

### Cross Country Season Round Up

Unlike our track and field athletes, the endurance group's season continues into the winter with the cross country season. This type of competition is not for the faint hearted with cold, wet and the inevitable muddy conditions to contend with. Although hard, this type of competition is very rewarding, and is an excellent preparation for the track specialist's season, and makes it worth considering as an addition to your winter training schedule.

#### Middle Schools

The club organised two competitions for local middle schools at Nowton Park in November and these were well attended as in previous years. There were over 200 runners representing 13 schools. The overall winners were Culford with St Louis 2<sup>nd</sup> and Westley 3<sup>rd</sup>.

#### Essex league

The club has, for the last few years, elected to compete in the Essex League due to the greater numbers, higher standard and separate age group races compared to more local options. The extra travelling proved well worthwhile. Alex Dunbar was the outstanding performer placing in the top four in the senior men's race in every round and comfortably winning the U20 age group.

#### English Schools

Almost the entire squad qualified through the early rounds of the English Schools Championships at Royal Hospital school and subsequently no fewer than 20 were selected to represent Suffolk at the Anglian Schools Championship against teams from Norfolk, Cambridgeshire, Lincolnshire and Northamptonshire. Most notable performances were wins for Sophie Tooley (Minor Girls) and Alex Dunbar (Senior Boys).



Michael, Ben, Seb and Cameron U13 3rd place at South England Cross Country

Following the Anglian Schools 12 of the 20 athletes were selected by Suffolk for the English Schools Championships at Manchester in March with a further 5 as reserves. Once again the best performance came from Alex Dunbar in Senior Boys with 18<sup>th</sup> from 300+ finishers.

#### Suffolk County Championships

Having fallen victim to the weather, the County Championships were held later than normal and consequently was generally poorly attended. None the less there were notable performances by Simon Dawson, winning U17 men and Holly Archer, Justine Anthony, and Grace Waters taking a clean sweep of the medals in U17 Women. Cameron Mckie and Chris Morton took the top two slots in U13 Boys.

#### South of England Championships

The challenging Parliament hill course is either loved or loathed by runners. The best team performance of the season came here with the clubs first ever team medal in this event. Cameron Mckie, Michael Bartram, Seb Anthony, Ben Eames

and Callum Morton taking a superb bronze medal.

#### Inter Counties

Held at a new venue in Birmingham, the Inter Counties Championship saw over 3000 runners competing for their respective counties. Once again an impressive 19 squad members were selected in the Suffolk team. Sophie Tooley (U13), Michael Bartram (U13), Simon Dawson (U17) and Holly Archer (U17) all led their county teams home.

#### National Championships

With the National being staged in Leeds fewer than normal squad members made the long haul north. Top performers were Cameron McKie, 43<sup>rd</sup> (U13) and Alex Dunbar 28<sup>th</sup> (U20).

Congratulations to all our endurance athletes for yet another excellent winter season.

*Thanks to Gordon Palmer for the above report.*

## Coach Education



### Quote of the Month:

*'We all have dreams. But in order to make dreams become reality, it takes an awful lot of determination, dedication, self discipline, and effort.'*

Jesse Owens

### Athletics Trivia

Three British athletes have won an Olympic Gold in the 400m hurdles. Who were they? and in which years did they win?

### February's Answer:

Two reasons: There were too many flat landings making it difficult to judge, and the javelins were flying too far.

### How do coaches know how to coach?

You all know that to become an athletics coach it is necessary to enroll on a UKA training course. The training courses initially teach prospective coaches the basics of coaching, how to get the training message across, how to present complex skills in an easy to understand manner, and the health and safety aspects of track and equipment use.

As coaches progress to level 2 they learn the basics of their chosen event i.e. Sprints, Throws, Jumps and Endurance events. They then undergo an assessment. After which they are qualified to coach.

The initial training enables coaches to learn the basics, but coaches need to build on this and develop their coaching knowledge and skills. Coaches need to attend extra training seminars etc. to enhance their skills and in turn improve athlete's performances. This winter many of the WSAC coaches have been doing just this. Many of the training courses are presented by coaches with vast experience and of national and international recognition, for example seminars have been given by Malcolm Arnold (coach of Craig Pickering and Colin Jackson), Dan Pfaff (top US coach), and also in some

cases top athletes themselves attend to give guidance and advice.

Training is also organised by the Athletics Network, and last month five WSAC coaches attended a workshop in Ipswich covering sprints, throws and horizontal jumps. The same weekend there was an endurance workshop at Bury St Edmunds which was also attended by WSAC coaches.

Your coaches are always on the look out for new ideas and training advice so that they can fine tune your performances, having said that athletics training is not an exact science and a lot of what your coach teaches is an accumulation and a mix of experience, formal training and in some cases experimentation. So when you are asked to try something new in training, you now know why.

## Club Hut Update

So here we are after eight weeks of blood, sweat, tears, and lots of swearing (usually from Dave ridiculing my poor DIY skills!!!) the new club house is finally Finished. Whoop! Whoop!

Well nearly finished. At the time of writing there are just a couple of jobs to complete, but by the time you read this news letter it will be finished and ready for our first home meeting of the season.

When you see inside you will see that there has been a massive improvement from when it first arrived at the track. Most notably the urinals and WCs have been removed but also after lots of scrubbing with bleach etc so has the strong smell of wee.

The first part of the works revolved around stripping out the old fittings, not the most pleasant of jobs considering its former life (rubber gloves being the most important items in our tool boxes).

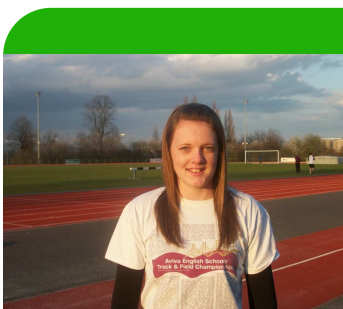
Once stripped the hut was thoroughly cleaned, and then came the fitting of the kitchen (partially funded by scrapping the old stainless steel urinals).

We were fortunate to have a window supplied free of charge from the council, which we gratefully accepted, this was supplemented by a smaller window which Dave acquired from eBay at a bargain price. Dave was now on a roll and sourced some reasonably priced floor tiles and then set about cutting the

holes for the windows. This he managed unaided, and all went well apart from the mountain of insulating foam that needed to be stripped out (glad I was busy that day!!). I got in on the act when it came to fitting the windows, all was going really well, hole cut, window frame fitted, until we realised why the window was free of charge. Of the three glass units that were supplied only one was the right size! Resilient that we are, armed with a chisel and some old wood we managed to get out of an embarrassing situation.

A massive thank you to Dave Spurling for all his hard work, and a pat on the back for his nearly able assistant.

## Introducing Your U20 Reps



Emily Rogers



Emily Cross



Luke Allen



Alex Dunbar



Emily Baker

This year we have been fortunate to have four new under 20 representatives join the club committee, boosting our under 20 representation to 5 in total. It is both good news for the club to have a younger membership with fresh ideas on the committee, and for our members to benefit from a greater say in the way the club is run. The new under 20 reps are keen to promote themselves and have each produced this introduction. Please contact any of them with ideas etc about the way you want your club run.

### Emily Rogers

Hi, my name is Emily Rogers and I'm one of your U20 representatives at WSAC. I've been at the club for two and a half years now and I'm having a great time. The events I currently compete in are 100m, 200m, long jump and relay. During my time at the club I've been fortunate enough to be selected to represent Suffolk at the English Schools events for 2 years running, and I was also selected to run at the Bedford International Games last year. I am qualified as a level 1 coach and I'm looking to start coaching in the near future. Being an U20 rep I am able to voice your opinions or any ideas that you have to improve the club at regular committee meetings. So if there is anything you would like to change, any

Specific equipment you would like or if you just have general questions about how things are run, I'm the person to talk to.

### Luke Allen

My name is Luke Allen and I am an U20 committee member. I have been involved in athletics for about 8 years now and I am also a level 2 jumps coach. I am still a competing athlete, and I have competed in combined events for about 6 years now and won the South of England

Combined Events in 2008, but this year I am focusing more on hurdles and sprints. I have competed for the county and region for a number of years and continue to do so. As an U20 committee member I would like to see more of our older athletes represent the club at league meetings.

### Emily Cross

Hi, I'm Emily Cross and I am another Under 20 representative on the club's committee. Our role as U20 reps is to feedback any issues that the athletes have about the club and put your point of view across. I am 16 and I specialise in Javelin but I also help out in other events at league meetings. I joined the club two years ago and have tried many different events before I found that I enjoyed Javelin the most.

While being here I have met some great people and it has been a good opportunity to try new things and visit new places. If there is anything that you as athletes are unsure about or you have any ideas for the club then come and find me or another U20 representative and we will pass on your ideas at the next committee meeting. West Suffolk is a great club to be involved in and I hope that you continue participating and enjoying yourself!

### Emily Baker

Hey everyone, Emily here, one of your under 20 representatives. I've been with WSAC for over 2 years now, competing over middle and endurance distances on road, cross-country and track. When I was first approached to be an u20 rep I thought it would be a really good opportunity to find out more about the club's inner workings and help to reach out to the athletes. So here I am, reaching out, telling you that I'm always up for any opinions or suggestions and I'll relay them to the committee.

Remember the U20 reps are your voice, and they carry full voting rights on the committee, so they are able to influence how the club is run.

*Many thanks to the U20 reps for their introductions.*

## Bright Start

This weekend saw the start of the league competition season. It was encouraging to see so many athletes turn out and make a promising start with lots of PBs being set.

Even more encouraging was the team spirit and support given for all our competing athletes whether scoring for the team or non-scoring for personal

achievements.

It was particularly pleasing to see our crop of new athletes competing for the first time, and how they were welcomed and given encouragement and advice from more experienced athletes. A number of athletes are still yet to return to competition, as the last football matches of the season etc are drawing to a close, so we

should see even more athletes return to competition in the next few weeks.

Hopefully the sun will keep shining for the rest of the league season, and our athletes will continue to bond and enjoy each others company, even on the early starts for our away matches.

*Caroline.*

# CLUB MARK



Coach and Athlete Development Day, Ipswich

## Club Mark & Network Update

The Club Mark application is still progressing, and there are still a few outstanding actions to complete before we submit our application.

As part of our application we have appointed two volunteer coordinators Diane Cross and Lynda Rogers, who have been assigned the task of increasing volunteer support for the club. Diane and Lynda would like to remind everyone that all committee members, coaches and officials of the club are all volunteers and give up their time free of charge. If anyone would like to volunteer their help please contact Diane or Lynda.

At the last committee meeting the club development plan was agreed, and this will now be an agenda item so that its progress can be monitored on a monthly basis.

### Network News

#### Long jump session

On Saturday 20<sup>th</sup> February, the Suffolk Essex Athletics Network saw coaches and athletes meet at Braintree Athletics Track to share ideas and best practices in long jump training. The session was led by Eddie Hawkins, who is part of the National Coach Development Programme, and ideas included plyometric training, posture work, and event specific technical drills.

#### Coach mentoring day

Thirteen coaches from clubs across the network attended a coach development and mentoring day on Sunday 7<sup>th</sup> March. The workshop supported coaches that would like to provide mentoring for athletes, and also to provide mentoring for other coaches within the network over the coming months. The workshop led by Les Duggan who provided an excellent networking opportunity for coaches, whilst furthering their knowledge and gaining

new ideas that can be used throughout the network.

#### Coach and athlete development day

On Saturday 27<sup>th</sup> March, the Suffolk Essex Athletics Network added to the recent coach development activities through a development day for coaches and athletes in Sprints, Long Jump, Shot Putt, Discus, and Triple Jump. Coaches and athletes faced the somewhat changeable weather conditions to benefit from sharing ideas and further enhancing event specific knowledge of coaches from level one to level 3 and athletes of various ages and abilities. On the same day, West Suffolk Athletics Arena hosted an endurance session focusing on transition to the track season followed by a nutrition workshop. West Suffolk AC were well represented at the weekend's workshops with 6 coaches and 8 athletes attending.

*Thanks to Tania Spurling for the above article.*

## News In Brief

As the new competition season is now upon us, just a reminder who your team managers are:

### **SML**

Ray Radley

01284 735563

### **Male EAL / EYAL**

Odile Wladon

01449 766766

odile@songcraft.biz

### **Female EAL/EYAL/SWL**

Graham LeRoy

01440 763375

07906211025

graham@grahamleroy.wanadoo.co.uk

I am sure they will be contacting you shortly regarding competitions, but please contact your team manager if you are available to compete, unavailable or for general competition enquiries.

**A** polite reminder to all parents and carers. Please be aware that although we encourage you to stay and watch athletes train, please do so from outside the track area. This is to comply with our child protection policy. Only qualified coaches and club officials are allowed to enter the track area.

**A** large number of athletes are still paying the old rate of £10 per month for membership. Subscriptions have increased to £13 per month as of January 2010. If you haven't already, please amend your standing order amounts. For any problems or enquiries regarding this please contact Caroline.

**Bob Cross and Steve Wade** have now completed their officials training and are a

welcome addition to our officiating team. We are still looking for more officials, so if any parents are interested or would like to find out more please contact Dave Spurling or Derek James.

**A** warm welcome to new members,

Suleika Horrocks, James Curran, and Pierrich Hausler.

**F**arewell to leavers,

Robin Eden, Jacob Honeyball,

Perry Runswick, Emily Barker, William Stinson, Tom Kitto, Laura Wardrop, Natasha Dawson, Bonnie Thompson, Paul Jenkinson., Georgia Cutts, and Euan McKie