

Lee's Development Report for the Board/AGM

A brief summary I have been in my current role since May 2018, which happened quite quickly at the time and didn't really give me much time to get my feet under the table and last summer was more about covering existing commitments. My role however is only really meant to be on average 5hrs or so per week, although this can often be more at key times and indeed often less at certain times of the year.

Key remit is primary school athletics delivery re schools work and from the sports commission point of view but whilst still creating/aiming to have a presence in school across all ages alongside assisting Tom with overall development and coaching set up within the club.

On the Primary School side our busy time is always been Summer 1 and Summer 2 terms, 2018 was fairly quiet but for example this year things will be very busy as currently have in 9-12 hours per week of actually delivery time each week during these 6 week term windows. This does not include set up and travel time or other schools work (across secondary) and indeed other athletics development work.

Two key things I set out to establish however early on within schools are as follows, which is largely in part due to locating a key sponsor in the form of Zedra. In primary schools this was the Zedra Primary X Challenge & in Secondary Schools is the Zedra Super 6 ...

Primary X Challenge is a schools cross country champs with a difference (for years 5 and 6) aimed at making cross country and running different, more engaging and team based, and less so about individuals. 11 primary schools took part last year (October 2018). Every participant gets a tee-shirt in school colours. Event involves logs, tyres, nets to crawl under as well as making the course creative in the same and viewer friendly. Response from schools after this first year was very positive. Approx. 120-130 kids took part. Only 2 of the main stream schools missed this, hopefully all next year though!

Super 6 event is essentially indoor athletics in all schools (although Ladies College didn't take part unfortunately) involving years 7 & 8. The event involved 2 visits to every school with selected children able to get multiples goes a sprint, a jump, a throw and an endurance event (only one attempt at this discipline however). Culminated in a final which involved professional set up with music, lights and as well as the individual events also included shuttle board relays. The students got various goodies for making the final along with personalised numbers with names on and prizes for winners etc. Tom has also arranged signed pictures of Cameron Chalmers (who took in Super 6 when it first was originally set up some 10 years ago) to go out to various participants as a source of extra inspiration alongside invites to the club/ into the sport. All taking part in final got a certificate, water bottles etc. as recognition for their achievement). This event also received a lot of positive feedback from participating students, parents and indeed the schools and teachers in general and was also cover extensive by local media and on social media.

In terms of giving the sport a presence I feel the above events have achieved that alongside allowing participants to enjoy the sports in different ways and these as well as off the back of the various primary school sessions has seen numerous new faces come into the sport. I have however

approached individuals directly also and via teachers through existing schools athletics events such as the four schools and two main primary championship style events.

From a development point of view as general approach we have been looking at the long term perspective (Tom and I that is) in terms of tying in with the Sports Commission vision for current 'Long Term Athlete Development' (see Youth Development model, there's a great video on you tube for anyone wondering what this is) which is the direction this is heading across governing bodies and Sport England etc. Tom should be able to elaborate more on this in his report and in line with his meetings with the Sports Commission and their vision however. Our view is that the youth development is used an underpinning principles in schools and across all our athletics coaching in general whether delivered by school/teachers, ADO's or any club coaches and is something we have tried to make all our club coaches aware of and help create a better understand of.

From a personal development point of view I have read around the subject of the Youth Development model & completed and the Multi Skills Development in Sport qualification alongside other course CPD and I am working through the existing "Event Group Coach" athletics qualification at level 3.

Within the club structure I have also been undertaking mentoring with existing club coaches Matt Mason (foundation endurance) and Alun Williams (development endurance section), their roles of which, whilst not exclusively, sit as the main middle distance/endurance coaches at the development ages above the colts section and below that of established elite performers. I have tried to provide these two coaches with ways to apply principles from the current models and still hopefully let them develop their own coaching styles and programmes.