



Cheshire and Merseyside Athletics Network

Newsletter

Issue 6- April 2011

Athletics Network Coordinator Easter Holiday

Please note that the Merseyside and Cheshire Athletics Network Coordinator will be on annual leave from Friday 22nd April to Tuesday 3rd May 2011. Your emails and phone calls will be responded to on return.

Last in the Winter series of the Coach and Athlete Development days for Cheshire Athletics Network

The last couple of months have been busy ones for the clubs in the Cheshire Athletics Network as the series of Coach and Athlete development days for Winter 2010 – 2011 came to an end. 122 coaches and athletes have attended the days and we hope they have picked up some vital skills for the track and field season that lies ahead of us.

Over the coming summer months, there will be a number of evening Flying Coach visits to support the clubs over the season; details yet to be confirmed.

Crewe and Nantwich Coach and Athlete Development Day- Sunday 20th March 2011

The day started at the Cumberland Track, home to Crewe and Nantwich AC, with the events of sprints, discus, hammer, polevault and track endurance being delivered by some of the North Wests top coaches.

For the first time in the series, a sprints session was delivered at the event. Vicky Huyton, the lead coach for the sprints stated "it was great to work with a small group of sprinters as we really managed to get to the nitty gritty of their starts".



Following on from this, the day was moved to the MMU Crewe Campus round the corner from the track so that all who took part in the morning could join in with one of the four workshops regarding general coaching issues including; nutrition, biomechanics, Pilates and conditioning.

Many thanks to Wendy Valentine from Crewe and Nantwich Athletics Club for her efforts in organising the day.

For more information on the Cheshire and Merseyside Athletics Network, contact:

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

vicky.huyton@sportcheshire.org

07738 402931



Macclesfield Harriers Coach Development Day- Saturday 2nd April 2011



Coaches and athletes were treated to a master class on conditioning and injury prevention by Welsh Long Jumper Matt Hulyer at the second Macclesfield development day (fourth in the series).

Matt who works closely with some of the UK's top under 20 athletes delivered a 40 minute session around foot, ankle and knee stability which he recommends all athletes do on a regular basis. One coach who attended the day said "I have picked up some great ideas from Matt, I realise that athletes do not train these areas of their body often enough quite frequently get injuries. These drills and exercises will certainly change that!".

After this top coaches from across the north west delivered event specific workshops including long and triple jump, sprints, track endurance, discus and hammer workshops. Many thanks to Bob and Pauline Lynch for organising the day.

If you or your club would be interested in having a visit from Matt, please contact Vicky Huyton at vicky.huyton@sportcheshire.org

Off-Road Development Day went down a treat!



As well as the track and field development day on the 2nd April, runners from across the County gathered together to enjoy a day of fell running development. Over 30 runners attended and took part in both practical and theory sessions held at the Teggs Nose Visitor Centre, Macclesfield. Downhill techniques, navigation and kit choice were all covered with practical coaching sessions delivered by Tony Hulme of Running

Bear and Nick Harris, FRA coach from Rossendale. There were representatives from: Goyt Valley Striders, Halton And Frodsham, Helsby, South Cheshire Harriers, Spectrum Striders, Warrington Road Runners, West Cheshire and Macclesfield Harriers. After these energetic and interactive sessions the group split into 2 groups for a 90min run around Macclesfield Forest / Rainow before they all headed back to Macclesfield Harriers club house for a hot lunch. Feedback has been very positive and further sessions building upon the experience are already being planned! Many thanks to Phil Barnes for his efforts in organising the day.



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Series of Flying Coach Visits to be delivered by Merseyside Athletics Network

There will be a series of event specific workshops being delivered across Merseyside over the next two months; flyers containing details will be sent out in the next few days. For more information until then, please contact Vicky Huyton on vicky.huyton@sportcheshire.org

20 th April 2011	Nutrition for Endurance Athletes	Aigburth Vale
27 th April 2011	Long and Triple Jump Conditioning	Wavertree
27 th April 2011	Polevault	Wavertree
27 th April 2011	Javelin and shot put	The Oval, Bebbington
4 th May 2011	High Jump	St Helens AC
TBC	Hurdles	TBC

Successful Parkrun supported by Merseyside Athletics Network

Saturday 26th March 2011 was the first official Parkrun events held at Princes Park, Sefton. The event saw 47 runners take part in the 5k fun run and 17 volunteers supporting the event. There are now 128 runners who have registered for future events

These events are an ideal opportunity for local running clubs and groups to recruit new members. Races are every Saturday at 9am and for more information please visit: www.parkrun.org.uk



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Feature of the month

THE NETWORK YEAR 2 PLAN

What is a network Year 2 plan?

The year two plan is exactly what it says on the tin, it is the plan for which each networks' projects will be based on. This plan is a document which anyone may read upon request and all can have an input in during the consultation period (which is now!!).

How does the plan work?

The plan is written by the network committee with maximum input from the athletics clubs involved in the network. Project areas are identified within the plan (between 6-10 areas) and then broken down into actions for delivery. These actions are then carried out by all clubs over 12 months. The plan must reflect issues that all clubs want to be involved in and must not be just aimed at one club. The network welcomes input from wider partners and organizations and is very keen on working alongside them, however, the plan must be based on club (and coach and athlete) development.

How do I get involved with the plan?

Any ideas you may have, no matter how bizarre, will be looked at by the committee and agreed upon. Please email the network coordinator Vicky Huyton at vicky.huyton@sportcheshire.org. It is essential that all involved in the network have their say and input their ideas into the plan in order to ensure that all clubs are part of the network. Once the plan has been agreed by England Athletics in May 2011, then the network can continue with delivery. The deadline for the plan submission for both networks is 21st April 2011.



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