

# Junior Ilkley Harriers Newsheet

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

Updated 12/9/16



Autumn 2016

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

The junior newsheet is emailed out to everyone at the beginning of each term and it gives all the information that everyone needs to know for the term ahead. Please print a copy and take the time to read it.

There will also be a copy on the JIH web site which will be updated as the term progresses. The JIH web site and Google calendar are kept up to date and they're the best place to look if you need to know what's going on.

## JIH MEMBERSHIP RENEWAL and SESSION FEES

To reduce my administration => this season will be the final one that I ask you to fill out a JIH membership form (copy attached with this email and can also be found on the JIH web site). Your form will be kept for the duration that you are a junior harrier or training at junior led sessions. Please could I ask parents/guardians to make sure that any changes to contact/medical details are always sent to Shirley. Annual JIH membership fee will remain at £5 and it is due now. Also attached with this email is a sheet giving autumn term session fees which we are increasing to raise money for the Compact Athletics Training facility (again for info there is a copy on the JIH web site). I am hoping it is all straight forward to understand but if there are any questions please contact me.

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 2 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. However if you know your child does not intend renewing just send an email to Shirley and you will not receive any further correspondence.

## COACHING PROGRAMME

In the junior section we offer a wide range of running related activities. 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 on most sessions so just a reminder that if 3 sessions are missed in a row without a reason given then you will lose your place.

### GENERAL COACHING PROGRAMME

The general coaching programme caters for everyone - all abilities and newcomers to athletics.

**Monday:** Indoor Sportshall Athletics in the IGS sports hall for Years 6 to 8. Starts 12<sup>th</sup> September

**Monday:** Junior Circuits in the IGS gym for Years 10 to 13. £2 on the night. Starts 12<sup>th</sup> September

**Wednesday:** 'Speed Endurance' running on IGS playing fields for Years 3 to 11 (min 8 yrs). Starts 14<sup>th</sup> September\*\*\*

**Wednesday:** Outdoor Athletics/Fitness/SHA, Ghyll Royd playing field/sports hall for Years 9 to 13. Starts 14<sup>th</sup> September

**Thursday:** Indoor Sportshall Athletics in the IGS sports hall for Years 3 to 6. Starts 8<sup>th</sup> September

\*\*\*waiting list in operation - first likely opportunity of a place Easter 2017

### SPECIFIC COACHING PROGRAMME (Years 7 to 13)

The specific programme is for those juniors who compete for Ilkley ONLY. We expect a high level of commitment, motivation, self discipline and behaviour. All juniors must have the maturity to work hard in smaller coaching groups with specific coaches. After a few weeks these sessions will be closed and unless there are special circumstances no-one new will be allowed to start until September 2017. Contact Shirley if you are interested in doing any of these training sessions.

**Tuesday:** Jumps, Throws and hurdle drills, Ghyll Royd - 6 week block starts outdoors on 13<sup>th</sup> September

**Tuesday:** High Jump and general conditioning, Ghyll Royd - 4 week block starts 1<sup>st</sup> November

**Tuesday:** Sally Malir's 'by invitation' road Hill Training (Year 8+), meet Old Bridge (Middleton side). Starts 13<sup>th</sup> September

**Wednesday:** 'Speed Training' on the IGS playing fields. Starts 14<sup>th</sup> September

## TRAINING FOR 16 to 18 YEAR OLDS

16 to 18 year olds must join the senior section of Ilkley Harriers (annual membership of £12) BUT can train at both senior and junior training sessions or they can 'mix and match'.

## COACHES, HELPERS and JUNIOR LEADERS

We are grateful for all the help and support we receive in delivering our athletics programme so if anyone reading this would like to be a part of our coaching team please contact Shirley. We welcome additional adult help on all sessions but in particular **I need 2 more adult volunteers on the MONDAY session 1: 5.30 to 6.45 session**. Please consider offering - you don't need to know anything about athletics and children of coaches receive free sessions and JIH membership.

**Junior Leaders:** We are about to start the 2016/17 leadership course so if there are any Year 10 or older wanting to do an award please contact Shirley. Junior Leaders volunteer for 15 months at one of our weekly coaching sessions, help at the races that we organise, do an England Athletics 'Leading Athletics' and a First Aid course. Some juniors use their volunteering hours for their Duke of Edinburgh Award as well. Duties include setting up equipment, timing, measuring, recording and generally helping. As the course progresses junior leaders will be expected to lead activities.

## SPRINT FELL RELAYS (Ilkley Moor)

These relays are our first event back on Wednesday 7th September. Jane McCarthy is the organiser and is looking for volunteers to help on the day - contact Jane.

It would be great to have as many as possible racing. If you can make it they start at 6pm, but please get there by 5.45 at the latest. Teams of 4, between the ages of 6 to 14. You can make up teams from your friends and they don't have to be Junior Harriers or involved with the sportshall athletics programme. Full relay details are on the JIH web site. They're just a bit of fun and they are the opener to our autumn term coaching activities.

## ILKLEY AQUATHLON

Following hot on the heels of the Relays we have the Ilkley Aquathlon on Saturday 17<sup>th</sup> September. Gaenor and Steve Coy are the organisers of this one and they too are looking for volunteers - contact Gaenor. Entries are closed as the limit has been achieved.

## COMPACT ATHLETICS TRAINING FACILITY - an update

Planning permission was granted in May and we now have a firmer time line to work towards.

October => Ilkley Harriers EGM; hopefully followed by forming of a company to run/manage the facility and launch of the members investment loan (£170k); Apply for Sport England funding in November (£50k)? We hope to get the rest by applying for any other funding available (which is minimal), general club fundraising and looking to the community for support. We could scale back a couple of the elements to add at a later date but the overall footprint will be as planned. We are hoping that individuals, groups, families, schools, small or larger businesses will all want to buy in to the venture and in recognition we will have sponsor boards at the entrance to the facility.

Gavin Burgess has taken on the role of contacting businesses to help raise money - if you own or work for a business that is willing to pledge money for such a massively worthwhile cause please contact him.

## CLUB FUNDRAISING

So far our local club fundraising has been centered around races/additional training sessions. We don't raise a massive amount this way but it allows everyone to join in to collectively make this happen giving a degree of 'ownership' at achieving our target. Two Fundraisers that you can all sign up to now => **ILKLEY MOOR SANTA FUNDRAISING RUN** on Sunday 20<sup>th</sup> November. This will be a one-off event. I have had to purchase Santa suits already but have bought extra so please, please, please get your entries in. It would be absolutely brilliant to achieve our target of 600 Santas at White Wells. I will not have enough suits for everyone so when they run out you will be given a santa hat and asked to come in festive fancy dress. Full details are on the web site along with entry forms. This is a big event for us and a lot of work so please support it.

One way that everyone can help us raise funds, without it costing anything, is to make your online purchases via an online website called **Easyfundraising** (details are on the JIH web site). There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline, holiday companies, and Sainsbury's, who will donate a percentage of the amount you spend to Ilkley Harriers.

## 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 and we will be very strict about attendance - 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 will soon be here - we will tell 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 9th October and the second on the 18<sup>th</sup> 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 details to everyone however if there is anyone wanting to compete that she has not been in contact with please email her as soon as possible. Dates are Sun 2 October (Wakefield); Sun 30 October (Nunroyd Park); Sun 20 November (Spenborough)\*; Sun 4 December (Keighley). \*Note: event clash with our own Santa Fundraising event on Ilkley Moor - if you are torn go for the XC as first option.

Details of the **Peco XC League** will be available as soon as we have them, but these events are for all abilities so we would hope that a lot more juniors give them a try.

We would also like to have individuals/teams at the **Yorkshire Championships** on Saturday 7<sup>th</sup> January 2017 (Lightwater Valley tbc); the **Northern Championships** on Saturday 28<sup>th</sup> January at Knowsley and the **National Championships** on Saturday 25<sup>th</sup> February at Nottingham. Details will be given to all juniors competing this autumn (U13 and older).

Locally we are co-ordinating the **Wharfedale Primary Schools XC League**. This season's dates are Sat 24<sup>th</sup> September at Westville House School (venue Ilkley Rugby Club); 1<sup>st</sup> October at Ashlands School; 15<sup>th</sup> October at Ghyll Royd School; **21<sup>st</sup> January 2017** at Ben Rhydding School; Sat 4<sup>th</sup> March, All Saints School (venue Swimming Pool with reserve date of the 11<sup>th</sup>) with the concluding KS2 relays at Nell Bank on either the 11<sup>th</sup>/18<sup>th</sup> March (depending on All Saints event). The format is the same as last season and individual race details will be on our web site.

For information: this is my final season of coordinating the Wharfedale Primary Schools XC League but Felicity Rundle and Rachel Websdale have come forward to take it on with Sally Westlake the new organiser of the Nell Bank Relays.

## TRACK and FIELD COACHING

This is just a reminder that we have Track and Field coaching sessions at Ghyll Royd School on Tuesdays. We must stress that they are for children who are Year 7+ and more serious about their athletics and have competed over the summer at an athletics meet. I have space for 'invited' Year 6's who are interested in competing for Ilkley in the future. Contact Shirley.

## CLUB KIT

All senior club kit including 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 IH it may be wise to buy the old style version. Shirley has a few crop tops and black hot pants for girls in stock.

**Running shoe/kit re-cycle:** Please donate any outgrown kit/vests/shoes to Jacqui Weston (or Shirley). If you are specifically looking for some kit contact Jacqui.

## ANNUAL JUNIOR PRESENTATION EVENING (March 2017)

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. The evening has not only been a great success over the last three years

but it's 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 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 and volunteer of the month are also presented on the night.

### **JUNIOR ILKLEY HARRIERS on 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.

### **CONTACTS**

If you wish to contact anyone email Shirley and she will forward ([Shirley@ilkleyharriers.org.uk](mailto:Shirley@ilkleyharriers.org.uk))