

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Summer 2018

The junior newsheet is emailed 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. For up to date info/cancellation notification check out the JIH web site or Facebook.

Contact details have been removed on this version – if you need to contact anyone please email me and I'll forward.
Shirley@ilkleyharriers.org.uk

IMPORTANT REMINDER: If any junior's contact/medical details have changed since January please contact Shirley.

COMPACT ATHLETICS TRAINING FACILITY - update

We have a build date of the 23rd July and are confident that we can raise a further £20,000 towards the project before then. The sticking point is that our Sport England funding of £50,000 is conditional on the sub lease being signed and executed before we are allowed to start the build. All the legal requirements are taking longer than we could imagine but we are doing everything to achieve a summer build - keep your fingers crossed. Once we have the Sport England funding in the bag we'll be asking for individual donations from within the junior section and the wider community for a final push to raise the rest of the money needed (either through crowdfunding/Just giving). There is still time for an individual or company to sponsor a part of the CATF – contact Shirley or Katrina.
If we miss this build window our next opportunity will be April 2019.

FUNDRAISING

There are a number of ways in which everyone can help. Sign up to Easyfundraising via our website or using this link <http://www.easyfundraising.org.uk/causes/ilkleyharr/?t=Easyfundraising-lo&v=a> as every little helps.

Alison Bennett is coordinating JIH helpers at the Ilkley Carnival again this year. The Carnival is run by a volunteer group who distribute funds raised at the event to the local community. Help is needed on Sunday 6th May and Monday 7th May to set up/dismantle the event field. In return, a proportion of the profit will be allocated to Junior Ilkley Harriers and the amount will depend on how many helpers we provide. If you are able to give an hour or two of your time please contact Alison.

THE BROWNLEE FOUNDATION

The Brownlee Foundation have given funding for our CATF and in return we have offered to provide volunteers at some of their open days. I do not have specific times but the dates are in term time (Bradford authority). If you do not work and would be happy to come along and help with the organisation please let me know (no experience of anything is required). The two days that I have offered our help are:

Tuesday 22nd May – Bradford Grammar School, BD9 4JP

Friday 25th May – John Charles Centre for Sport, Leeds, LS11 5DJ

I am able to help at both of these days and it would be good to have others with me – contact Shirley.

SUMMER COACHING PROGRAMME

Brief details of both programmes are shown below with full details of all sessions on the JIH web site.

GENERAL COACHING PROGRAMME (Years 2 upwards)

For all abilities and newcomers to athletics.

Monday: Outdoor Athletics, Ghyll Royd playing fields. S1: 5.30-6.45 and S2: 7pm-8.15. Years 2-8. **Starts 23rd April**

Monday: 'Speed Endurance' running, IGS playing field, 5.30-6.30. Years 3-5. Starts 16th April

Wednesday: 'Speed Endurance' running, IGS playing field, 5.30-6.30, Years 3-11 (min 8 yrs). Starts 18th April

Wednesday: Outdoor Athletics 9-13 years, Ghyll Royd playing fields, 5.45-7pm. Starts 18th April

Thursday: Outdoor Athletics, Ghyll Royd playing fields. S1: 5.30-6.45 and S2: 7pm-8.15. Years 3-7. **Starts 26th April**

SPECIFIC COACHING PROGRAMME (Years 6 to 13)

For Year 6 and older who are more serious about their athletics and want to train to compete at club level. We expect a high level of commitment, motivation and self discipline and behaviour. All juniors must have the maturity to work hard in smaller coaching groups with specific coaches. Contact Shirley if you are interested in doing any of these training sessions.

Monday: Fell Running Hill training, Ilkley Moor, 6-7pm. Starts 9th April

Tuesday: Outdoor Athletics, Ghyll Royd playing fields, 6.45-8pm. Starts 17th April

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.15-7.30. Starts 18th April

Thursday: Sally Malir runs a 'by invitation only' small mentored group of Year 9+ (sessions organised with individuals).

Important: we are at maximum numbers on most sessions with waiting lists so we have to be very strict about attendance – any junior missing 3 sessions in a row will lose their place and it will be offered to a reserve. If there is a

reason (illness, injury, other commitment) then please inform the lead coach in charge of the session and your child will keep their place.

OUTDOOR ATHLETICS CANCELLATION PROCEDURE

Given what the British weather is like please check the JIH website before you travel if it is not looking too good, however we will not cancel sessions lightly in the summer term. Training sessions at Ghyll Royd will have the opportunity to switch indoors if the weather is bad to avoid cancellation.

BEHAVIOUR, MANNERS and COURTESY

It should go without saying that children who attend our athletics sessions do so to take part in athletics. For the vast majority this is the case and we thoroughly enjoy coaching them. Occasionally we have to deal with bad behaviour and poor attitude, which is unpleasant, upsetting and time consuming. We will take a hard line and remove any child from any session who does not behave or respect the time that volunteers give up to coach athletics.

Please thank volunteers at the end of each session – a thank you goes a long way.

And as a matter of courtesy please let the lead coach know if your child decides that they would like to stop athletics.

TRACK AND FIELD ATHLETICS

The York Summer League series and the Burnley U11 meets are a fantastic way to give Track & Field competition a try. At York there are events for U11 (min age 9) up to senior level and everyone is able to enter the events that they want. See details on www.cityofyorkathleticclub.net At Burnley it's for school Years 1-5. Contact Katrina Kennedy who is coordinating the Track and Field programme for further details or advise.

Mon 7th May, York Summer League 1

Sat/Sun 12/13 May, Yorkshire Track & Field Champs, Cudworth, U13+. Pre entry required

Sat 2nd June, York Summer League 2

Sat 16th June, York Summer League 3

Sunday 10th July, Burnley U11 Open Medal meet, Barden Athletic Track, Burnley. The Burnley meet is restricted to school years 1 to 5 and is very friendly – it is very rare to have Track & Field competitions for this age group and it's ideal for the first timer so give it a go. Pre entry is required and details can be found at: www.Burnleyac.co.uk

Sun 15th July, York Summer League 4

Saturday 1st September, York open medal meet

ESSA Primary & Secondary Award schemes – We award individual running, jumping and throwing badges and certificates as well as awards for Combined Events - Triathlon, Quadrathlon and Pentathlon. In order for a junior to gain an award they must compete at least two meets over the summer (unless U11 when just attending the Burnley meet will be enough). Awards will be presented at the annual presentation evening in March.

TRAIL & FELL RELAYS

There are a number of Trail and Fell Relays that take place in the summer. They're friendly and a bit of fun. In all cases except the Washburn Valley Relays please make up your own teams with your friends and enter yourselves.

Will Ramsbotham Badger Stone Relays: Wed 30th May (date tbc), U13+. Details www.ilkeleyharriers.co.uk

Danefield Relays: Tuesday 3rd July, Otley Chevin. Over 12's. Details www.fellandale.com

Washburn Valley Relays: from Fewston Reservoir, Friday 13th July and organised by Otley AC for 8 to 14 year olds of all abilities. We have an informal club picnic afterwards and it's a really good evening. Shirley will make up teams so please get in contact if you would like to run.

Golden Acre Park Relays: July (date tbc), Junior teams 13-16 year olds. See www.abbeyrunners.co.uk

Sprint Fell Relays: Wednesday 5th September from Wells Road. Details in autumn newsheet but any offers of help to Jane McCarthy.

ILKLEY TRAIL RACE JUNIOR FUN RUN

On MONDAY 28th MAY, 10am from Ilkley Lido. Rachel Websdale would love to see lots of you running and any offers of help from parents or older juniors would be appreciated.

FELL RUNNING

The Junior Ilkley Harriers Fell League 2018 is coordinated by Kim Anderson and for juniors from U11 (min age 9) to U19 (based on age on 31/12/2018). Races this summer are:

Sun 25th March, English Fell Champs Race 1, Todd Cragg, amblesideac.org.uk

Sat 14th April, English Fell Champs Race 2, Blacko Hill, trawdenac.co.uk

Tues 8th May, Jack Bloor races, Ilkley Moor, jackbloor.co.uk

Sat 19th May, English Fell Champs race 3, Malham, Yorkshire, kcac.co.uk

Sat 26th May, English Fell Champs race 4 (inc Yorkshire Champs), West Nab, Yorkshire, holmfirthharriers.com

Sat 16th June, English Fell Champs race 5, Clougha Pike, bowlandfellrunners.org.uk

Sat 30th June, English Fell Champs race 6 (inc junior inter-counties), Up the Nab

Sat 4th August, Hellifield Gala Fell, barlickfellrunners.org.uk

August Embsay fell race (BOFRA)

The **BAN Junior Fell & Terrain League** is coordinated by Geoff Thompson www.banfellterrainleague.wordpress.com

SEPTEMBER 2018 SPORTSHALL ATHLETICS RESTRUCTURE

Eventually our sportshall athletics programme will be for Years 2-4 (Mon and Thurs session 1) and Years 5-7 (Mon and Thurs session 2). However in September we will be part way through this re-schedule and the following age groups will apply. Monday session 1: Years 2-4; Monday session 2: Years 5-7 (possibly a limited number of Year 8's); Thursday session 1: Years 3-5 (possibly some Year 2's) and Thursday session 2: Years 6 & 7. Session times will remain as now (S1: 5.30 to 6.45 and S2: 7pm to 8.15). We will allow some exceptions to make it easier for families.

ADULT COACHES/HELPERS

We are grateful for all the help and support we receive in delivering our athletics programme but it would be nice to have a few more adults helping on some sessions or those already helping to consider taking coaching qualifications (which JIH will fully fund). As a reward we waive session fees at all sessions to children of qualified coaches and for children of adult helpers free sessions on the session where they help.

Qualified Junior Leaders: As a way of rewarding those qualified junior leaders who continue to volunteer beyond their official 15 months we give a 50% reduction on session fees.

JUNIOR LEADER PROGRAMME (Year 10+)

If you are Year 10 or older this September and would like to start our Junior Leadership programme please let Shirley know this term. Starting in September it involves 15 months of volunteering (duties include setting up equipment, timing, measuring, recording, leading small groups and generally being helpful!), a First Aid course and an England Athletics 'Leading Athletics' course. Your award is fully funded by JIH and you will qualify in December 2019.

YEAR 9 HELPERS

If you are Year 9 this September and would like to start helping at sessions contact Shirley. We require a minimum of one term's commitment - this can be simply because you want to or for your volunteering element of the D of E.

CLUB KIT

All 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. Shirley has a few crop tops/hot pants for girls in stock.

Swap 'n' Shop: Jacqui Weston organises a Swap 'n' Shop to recycle junior club kit that is still in good condition. Please donate any outgrown kit to Jacqui (or Shirley) - clothing or shoes. If you are specifically looking for some kit contact Jacqui.

JUNIOR ILKLEY HARRIERS on FACEBOOK

We would like parents and juniors to sign up to this if they want. It's a place for reminders and notices as well as photos of juniors competing in all aspects of athletics at school and club level.