

Junior Ilkley Harriers Update

www.junior.ilkleyharriers.org.uk



Summer 2020

I hope that everyone reading this update has kept healthy, active and sane during this strange time. 2020 has certainly not turned out to be the year any of us could have predicted and I would like to **THANK** all parent key workers who have been on the front line during lockdown ensuring that we have been safe and provided for.

This update is to put you all in the picture regarding our athletics sessions and to gather information so we have everything in place for when we can eventually start back.

For two decades we have delivered safe and fun athletics to thousands of children and we have always taken the health & safety, welfare and wellbeing of each child very seriously. The Coronavirus situation will bring further procedures to implement which although necessary (in my view) place quite a burden of responsibility on the shoulders of voluntary grassroots sports coaches. Although we have no idea of any timescale or the measures that we will have to put in place yet individual lead coaches will have no pressure put on them to start by a certain date and will themselves decide when their session will resume based on the guidelines given at the time by the government, governing body, venue hire provider and whether all volunteers are comfortable that they can remain safe themselves while delivering their activities safely.

We have provisional venue hire bookings with IGS and GR to start the week beginning 14th September. However none of us will know the score until September (currently the GR sports hall is set up as classrooms to enable social distancing/smaller class numbers). I would predict a later start for some of our sessions with outdoor running starting before indoor SHA and T&F training.

Lockdown has given everyone time to reflect on priorities and in some cases the desire to reduce the number of activities they do for more family time or to prioritise schoolwork or pursue other activities. If your child has made the decision not to continue with athletics please let us know. It is just good manners and courteous to do so and it will save us a lot of extra time chasing.

PROPOSED COACHING PROGRAMME 20/21 (Autumn/Spring)

GENERAL COACHING PROGRAMME

Monday: Sportshall Athletics, IGS sports hall, Years 3-6, 5.30-6.45

Wednesday: 'Speed Endurance' running, IGS playing field, 5.30-6.30, Years 3+

Thursday: Sportshall Athletics, IGS sports hall, Years 3-6, 6pm-7.15

SPECIFIC COACHING PROGRAMME (Years 7 to 13)

Monday: Fell Running, Ilkley Moor, 6.15-7.15pm.

Monday: Sprints and Throws (?), IGS sports hall, 6.55-7.55

Tuesday: High Jump, Ghyll Royd sports hall, 6-7pm

Tuesday: Horizontal Jumps, Ghyll Royd playing fields/sports hall, 7-8pm.

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.15-7.30.

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

Sportshall Athletics

As was mentioned a year ago our sportshall athletics programme is now for Years 3-6 only with two sessions in the week following identical programmes. Note the time change to the Thursday session - please let me know as soon as possible (if you haven't already) regarding changing groups if you need to.

With the likelihood of social distancing of some description, smaller coaching ratios, the need to disinfect equipment between users and track and trace implemented we will have to give our format a lot of thought. For this reason we have decided not to offer places to any newcomers this September and work with those we already know.

We will keep smaller numbers until we feel we can return to bigger groups.

March 2020 Sportshall Athletics medal presentations: hopefully the first session back will be the cancelled presentation of awards – likely to be on a rota basis to cover any social distancing requirements. An email will be sent to confirm arrangements and if there is a chance that we cannot do this before Christmas we will post them out to you.

Year 6 moving to Year 7: unfortunately for those juniors going into Year 7 in September sportshall athletics has now finished and the only opportunity to continue athletics with us is in the specific programme. This is for juniors who wish to train to compete at club level and there is a requirement to attend at least two meets in the competition season.

Brief details are below - send me an email if you are interested. Unless I hear from you requesting a place on the specific programme I will assume your time doing athletics with us has come to an end and I'll remove your contact details from our membership list.

Specific Track & Field sessions (sprint, throws, high jump and horizontal jumps) - Athletes

These are specific small group coaching sessions for Year 7 and older who want to take their athletics more seriously and train to compete at club level. Please do not think that you have to be a brilliant athlete but you must have a good

attitude, enjoy athletics and have the commitment to work hard to improve. Club competition is not scary and we will prepare you well for it however this must be your commitment to us going forward. We will expect all those training to compete at club level to attend at least 2 athletics meets in the 20/21 season.

HOWEVER.....

Specific Track & Field sessions (sprint, throws, high jump and horizontal jumps) – Adult coaches/helpers

After this year we will decide as to whether we continue with a specific T&F coaching programme. It has been difficult to remain enthusiastic about coaching without real facilities. Increasingly we feel that athletes wanting to train to compete deserve better than we can provide and with other more T&F orientated local clubs around it may be best for post year 6 to continue their T&F athletics with one of these. All the coaches in the programme have been involved and loyal for many, many years (and our children are now grown up and working!!) – if we are to have ANY specific T&F coaching in Ilkley we need new blood to come in, shake it up, inject some energy and develop the programme. If there is anyone interested in doing this for a specific activity please get in contact (and us old hands will assist you).

Sally Malir's specific mentored group (Year 9+)

This session is for a limited number who have a desire to train and compete at a high level and set appropriate goals and training regime. If you are interested in this endurance training group you must already train and compete regularly for IH – Kate Lofthouse is the coach to speak to as she is responsible for liaising with Sally.

ADMIN

JIH ANNUAL SESSION FEE PAYMENT: We will not be charging any session or JIH membership fees for the coming year 20/21 to juniors who are currently on the JIH membership list. This is because some sessions fell 2 or 3 short on the number that parents had paid for during 19/20 and going forward we cannot guarantee how many we will be able to do over the next year as it is likely to take longer to get back to 'normal'. The junior section has money in the bank to make this gesture and we would ask that (if you can afford to) you make a donation to a local voluntary sport/art community group who need the money sometime in the future. For those older juniors unable to return to SHA and not wanting to continue with athletics please get in touch with me (with bank details) and we'll refund £15.

ANNUAL JUNIOR PRESENTATION EVENING (cancelled in March 2020): will be rescheduled for an evening in the spring term 2021. I have everything boxed up ready to go!!

COMPETITION/LEAGUES

The Sprint Fell Relays are scheduled for Wednesday 9th September but with all direct competition currently suspended we think this will be too soon to happen.

The JIH Fell League has been cancelled for this year but if there are a few races at the back end of the year we would consider adding them to next year's league competition.

The Wharfedale Primary School's XC League: Felicity and her team have planned the 20/21 schedule with the understanding that if government advice is such that events such as Cross Country cannot take place we will cancel races on an event by event basis. Provisional dates: 10 Oct (Ash); 14 Nov (GR); 6 Feb (BR); 6 March (AS); 20 March (NB Relays)

VOLUNTEERS

We need to make sure that when we can safely start back we have everything in place to do so. We rely on junior leaders to help us with our sessions so if you are a Year 9 or 10 and wish to volunteer please get in touch. Details:

JUNIOR LEADERSHIP PROGRAMME (Year 10+ in September)

There is a limit of 12 and it involves 12 months of volunteering. Duties include setting up equipment, timing, measuring, recording, leading small groups and generally being helpful; attendance at a First Aid course and an England Athletics 'Leading Athletics' course. Your award is fully funded by JIH and you will qualify in July 2021 (tbc).

YEAR 9 HELPERS (Year 9 in September)

There is a limit of 9 in any one term and you are required to commit to help at sessions for a minimum of one term - this can be simply because you want to help or for your volunteering element of the D of E. You will be given priority for a place the following year on the Leadership programme if we are oversubscribed.

TRAINING FOR 16 to 18 YEAR OLDS

In October juniors who are now 16 and wish to compete or take advantage of senior training sessions will be invited to join Ilkley Harriers (annual membership of £15). Any 16-18 year old wishing to continue volunteering in the junior section do not need to join the senior section to do this. Reminder you can still train at JIH sessions too.

CONTACT

Shirley Wood (JIH administrator): Shirley@ilkleyharriers.org.uk or 01943 831765 for any questions or queries and I will also pass on messages to other coaches.