

# Junior Ilkley Harriers Newsheet

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



Autumn 2019

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

The junior newsheet is emailed to everyone at the beginning of each term and it gives all the information that is needed for the term ahead. Please print a copy and take the time to read it. For up to date information check out the JIH web site, Google calendar or junior Facebook. As well as this newsheet an annual session dates and fee sheet has also been sent this term.

## THE FUTURE of JUNIOR ILKLEY HARRIERS

A number of coaches who set up the junior athletics club at the start of the millennium are still heavily involved with its running and we are getting of an age where we have started to consider reducing our commitments. We all hope to remain involved with athletics and Junior Harriers for many years to come but we cannot guarantee to want to lead activities and head up the athletics programme. Over the next few years there is likely to be a 'changing of the guard' and starting this term the volunteer coaches will have more flexibility to run their own schedules. For the first time since 2002 we are reducing our numbers and the amount of sessions we do allowing coaches more freedom away from their coaching commitment.

If our junior athletics club is to continue to flourish we need other people to volunteer their services to keep it going and we will give all the support and training that is needed. Please don't read this and sit back thinking someone else will step forward. Consider volunteering at a session to see whether you may like it. Those who already volunteer, please consider taking qualifications. I would love to hear from anyone who has an interest.

For almost two decades my role has been one of a volunteer junior Development Officer and I have loved every minute of seeing JIH become one of the most successful junior clubs in Yorkshire. However from this year I need to step back and my role will purely be to oversee what we do rather than develop. That may be all that is required to run the junior section but I have always considered that innovation and development is important to any club so if there is anyone who may want to take on this type of role in the future please speak to me (Shirley).

## JIH MEMBERSHIP and SESSION FEES

We are changing the way we do a number of things to make life easier for volunteers. One of the most time-consuming 'jobs' we have is chasing individuals for payments every term. As from the 1<sup>st</sup> January 2019 we abolished the annual JIH membership fee and as from this term we are reducing session fees and will be asking for **ONE** annual payment in the autumn term. In order to define our coaching period and give greater flexibility to coaches this annual payment will be based on a minimal number of athletics sessions (see annual fee sheet attached) but we plan to deliver 5-6 more than individuals will pay for. So if an outdoor session is cancelled we do not have to add dates and extend our term to cover it.

Only juniors joining JIH for the **FIRST TIME** are required to fill out a membership form. This can be found on the junior web site. Please complete and return to the session lead coach or fill out, scan and email to Shirley. **For everyone else it is essential that the info we have for you is up to date so please could we ask parents/guardians to make sure that any changes to contact or medical details since last year have been sent to Shirley.**

Due to demand and waiting lists all children must be First Claim members of JIH to do any of the sessions we organise.

Note: Family membership of Ilkley Harriers does not include children who are U16. Both juniors and their parents should read and be familiar with our 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 any junior currently on our membership list does not attend any training sessions or compete for Ilkley by the end of the year they will be removed and all personal info destroyed.

## BEHAVIOUR and MANNERS

It should go without saying that children who attend our athletics sessions do so to take part in athletics and for the majority this is the case. However there are a small minority who take up a disproportionate amount of our time due to their behaviour and poor attitude. This is unacceptable, upsetting and time consuming for coaches to deal with and we will remove any child from any session who does not behave or respect the time that volunteers give up to coach athletics.

## COACHING PROGRAMME

Brief details of our programmes are shown below with further details of all sessions on the JIH web site (training and coaching section). We are at maximum numbers on practically all sessions and there are waiting lists in operation so just a reminder that if 3 sessions are missed in a row without a reason given you will lose your place and as a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) or the lead coach (Ros Blackburn, Sally Westlake, Katrina Kennedy, Kate Lofthouse or Liz Raven) know as soon as possible if your child has decided to stop athletics this term.

## GENERAL COACHING PROGRAMME

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

**Monday:** Sportshall Athletics, IGS sports hall. S1: 5.30- 6.45 for Yrs 3-6. Starts 9<sup>th</sup> September

**Wednesday:** 'Speed Endurance' running, IGS playing fields, 5.30-6.30, Years 3-11. Starts 11<sup>th</sup> September

**Thursday:** Sportshall Athletics, IGS sports hall. S1: 5.30- 6.45 for Yrs 3-6. Starts 12<sup>th</sup> September

**Thursday:** Sportshall Athletics, IGS sports hall. S2: 7pm- 8.15 for Yrs 7 & 8. **(Places available)** Starts 12<sup>th</sup> September

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

The specific programme is only for those juniors who compete for Ilkley or by invitation. 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 entry to these sessions will be closed and unless there are special circumstances no-one new will be allowed to start. Contact Shirley if you are interested in doing any of these training sessions.

**Monday:** Fell running, sessions on the fells until late Sept => ILT&SC field, 6.15-7.15pm. Liz to inform group of venue change.

**Monday:** Sprints and Throws, IGS sports hall, 7pm- 8.15, Starts 9<sup>th</sup> September

**Tuesday:** High Jump, Ghyll Royd, 6pm-7pm, Starts 10<sup>th</sup> September

**Tuesday:** Horizontal Jumps, Ghyll Royd, 7pm-8pm, Starts 10<sup>th</sup> September

**Wednesday:** 'Speed Endurance Training', IGS playing fields, 6.15-7.30, Starts 11<sup>th</sup> September

## **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 or training at the junior led activities shown above does not need to join the senior section to do this but session fees will apply.

## **REWARDS for COACHES, HELPERS and JUNIOR LEADERS**

As already mentioned – if you are half tempted to start volunteering please speak to Shirley. We are grateful for all the help and support we receive in delivering our athletics and as a way of recognising and rewarding your support we fully fund any coaching qualifications and waiver session fees at all sessions for children of qualified coaches. For adult helpers there are no session fees for your children on the session where you help.

**Qualified Junior Leaders:** As a way of rewarding those qualified junior leaders who continue to volunteer beyond their official course completion we waive all session fees.

**Year 10's in the Leadership programme:** we give a 50% reduction on all session fees.

## **SPORTSHALL ATHLETICS**

We have no space at all in the earlier two sessions for years 3-6 and I have over 30 on a waiting list wanting places so 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 to the entrance to see if you are there (unless you specifically tell them to stay inside). If you are not there 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.

## **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 know our juniors 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. Details will be sent out to everyone who has previously competed but new U11's should contact Gaenor Coy to register your interest to compete.

**2019 dates:** Sat 5 October (Keighley); Sun 27 October (Nunroyd); Sun 17 November (Leeds); Sun 8 December (Spenborough).

Details of the **Peco XC League** will be available as soon as we have them, 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 4<sup>th</sup> January 2020, Lightwater Valley (date & venue tbc); **Northern Championships** on Saturday 25<sup>th</sup> January at Blackburn (tbc) and the **National Championships** on Saturday 22<sup>nd</sup> February at Wollaton Park, Nottingham. Details will be given to all juniors competing this autumn (U13 and older).

Locally we co-ordinate the **Wharfedale Primary Schools XC League (all Saturdays)**. This season's 5 individual dates are 28<sup>th</sup> September at Ilkley Rugby Club - Burley & Woodhead School; 19<sup>th</sup> October - Ashlands School; 9<sup>th</sup> November – Ghyll Royd School; 8<sup>th</sup> February - Ben Rhydding School; 7<sup>th</sup> March at Ilkley Swimming pool - All Saints School. The series is concluding with the KS2 relays at Nell Bank on the 21<sup>st</sup> March. The format is the same as last season and individual race details have been sent to schools and are on our JIH web site.

## **FELL RUNNING**

We have a strong band of juniors competing on the fells but it would be good to see even more. There are three remaining fixtures in the **Ilkley Harriers Junior Fell League**. They are Sunday 15<sup>th</sup> September, BOFRA, Embsay and the other two are at Haworth and organised by Wharfedale Harriers on the 13<sup>th</sup> October and the 15<sup>th</sup> December.

## **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 is wise to buy the old style version. Shirley has a few crop tops and black hot pants for girls in stock.

## **ANNUAL JUNIOR PRESENTATION EVENING (Friday 27<sup>th</sup> March 2020)**

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 six 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.

## **CLUB COLOURS**

Starting this year we have introduced Club Colours for U9's in Cross-Country (based on attending 4 PECO races), Fell Running (based on attending a minimum of 5 fell races) and Track & Field Athletics (based on attending a single meet and competing in two events). See the Colours sheet on the web site for further details.

## **JUNIOR ILKLEY HARRIERS on FACEBOOK**

We would like parents and juniors to sign up to this if they want. It's a place to put and see photos of juniors competing in all aspects of athletics at school and club level. Basically to show off what we're doing.

## **THE GENERAL DATA PROTECTION REGULATION (GDPR)**

Notice from Shirley: This statement is to make it clear to all parents/guardians that information we gather from you about your child is limited to what we collect from the JIH membership form and what we actually need for administration and necessary to run our training sessions safely. The only individuals who have access to this information are qualified lead coaches or those who enter children for races. If a junior competes regularly we have to affiliate them to England Athletics and we pass on certain information to register them (as written on JIH membership form). We retain your JIH membership form for the period of time you are actively training or volunteering in the junior section (up to age 18) and this information is also held securely (password protected) on a computer. It is shredded/removed when you leave. At 16 when a junior officially moves into the senior section your personal details are securely passed on to the senior membership secretary. In the junior section we apply a common sense 'need to know' policy with your child's information - if you have any queries/questions please get in contact with me.