

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Autumn 2021

Welcome back to our Autumn junior newsheet and we hope that everyone has managed to keep healthy and active over the last year. We all wish to remain as healthy as possible so could everyone be super sensitive to this request: **Please do not send your child to any training session or race if they show ANY signs of illness or are self-isolating. Any illness affects the immune system and particularly as we go into the winter months we could see an increase in all types of bugs going around.**

JIH MEMBERSHIP and SESSION FEES

We will not be charging any session or JIH membership fees for the coming year 21/22. There is still an air of uncertainty regarding the Covid situation and due to the fact that we have money from years of fundraising we are able to make this gesture. We ask that in the future (if you can afford to) you make a donation to a local voluntary sports, art or community group who need the money.

COACHING PROGRAMME

Brief details of our programmes are below but current groups should have been contacted by the lead coach of their session. We are at maximum numbers with waiting lists for all sessions so this is 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.

GENERAL COACHING PROGRAMME

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

Monday: Sportshall Athletics, outdoor GR/IGS sports hall. S1: 5.30- 6.30 and S2: 6.50-7.50, Years 3-7.

Wednesday: 'Speed Endurance' running, IGS playing fields, 5.30-6.15, Years 3-11.

Thursday: Sportshall Athletics, outdoor GR/IGS sports hall. 6pm-7.15, Years 3-7.

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. Contact Shirley if you are interested in doing any of these training sessions.

Monday: Fell running, sessions on the fells until late Sept => GR field, 6pm to 6.50.

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.30-7.30.

BEHAVIOUR and MANNERS

It should go without saying that children who attend our athletics sessions do so to take part in. We do not need to put up with any bad behaviour and as we have waiting lists anyone can be replaced overnight. Coaches and junior leaders need to enjoy their volunteering and having to deal with poor behaviour and attitude is unacceptable and spoils their experience so any junior unable to show due respect to this amazing group of people will be removed.

ADULT HELPERS and JUNIOR LEADERS and RACE ORGANISERS

Session volunteers: This is a call to any parent who would be willing to volunteer at any of the sessions above and for any Year 9's wishing to help at sessions in the general programme to contact Shirley as soon as possible. We currently have enough Year 10's starting their leadership programme.

Race organisers (teams rather than individuals): we have been unable to organise races for a while and now a number of our race organisers have decided to step back from the role. I am looking for a team of 3 to take responsibility for running the Ilkley Moor junior Fell races in February but under the guidance and wing of the current senior race organiser (Steve Weston). And secondly either the same team or a different one to organise and run the Sprint Fell Relays in September 2022. These are a more low key affair but always a lot of fun for the children. Details of both races can be found on the junior web site. It would be ideal if each group would commit to running the races for a couple of years to give continuity. If no-one comes forward it is unlikely that we will continue to organise them so please give it some thought.

SPORTSHALL ATHLETICS

Indoor sessions do bring an added risk and although Katrina and I hope to run our sessions as near to as we used to as possible there will be a few extra considerations and procedures that we will need to put in place so an indoor Covid risk assessment will be sent to everyone on our registers before we start these.

FELL RUNNING

If you are interested in competing at fell races please look on either www.fellrunner.org.uk and/or www.bofra.org.uk and for those 'old hands' that know where the local races are please take it upon yourselves to mention them on the junior Facebook page to encourage others to attend.

CROSS-COUNTRY

West Yorkshire X-C League (www.westyorkshireathletics.org.uk) is a series of 4 races at U11, U13, U15 and U17 levels (see WY website for age category explanation). 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. Entry to this series of races can only be done through the club and I am doing them this year as a number of you will need registering with England Athletics to compete. Reminder to keep your race number for all 4 races.

2021 dates: Sun 3 October -Cleckheaton; Sat 30 October -Nunroyd; Sun 21 November -Wakefield; Sun 12 December -Harrogate.

Looming deadline - you must contact Shirley before Thursday 16th September (do it now) giving name and age category.

Peco XC League details can be found at www.pecox.co.uk and is a series of 5 races. These events are for all abilities so we would hope that a lot more juniors give them a try. On the day prior to the senior race there are two separate races for juniors – approximately 1 mile for juniors in school years 2 to 6 (i.e. under 11 on 1 September) and approximately 2 miles for school years 7 to 11. These are also chip timed.

Races in the series (all Sundays): 14 November – Harrogate showground; 5 December – Temple Newsam; 19 December – Middleton Park; 23 January – West Park/Becketts Park; 20 February Roundhay Park.

The simplest way to enter is to buy a season ticket online in advance for just £6. This provides entry to all five races. Once registered and paid for, you will not need to register again all season. You will collect your season race number at the first race you attend and then you just turn up each month with your number and run. There are other alternatives – see their web site.

Wharfedale Primary Schools XC League (all Saturdays). This season's 5 individual dates are 25th September - Ashlands School; 2nd October - Burley & Woodhead School at Ilkley Rugby Club; 13th November – Ghyll Royd School; 5th February - Ben Rhydding School; 5th March at Ilkley Swimming pool - All Saints School. The series is concluding with the KS2 relays at Nell Bank on the 19th March. Format is as usual and individual race details have been sent to schools and are on our JIH web site.

JUNIOR PARKRUN (Riverside Gardens, Ilkley)

A junior Parkrun has been set up and is run every Sunday at 9 am from the Riverside Gardens. 2km in length for ages 4 to 14 years.

Details: Children will need to be there at 8.50 for a briefing and warm up. Volunteers need to be there at 8.40. More details are on <https://www.parkrun.org.uk/riversidegardens-juniors/>. There's no need to let the organiser know in advance if your child is coming, but if a parent wants to volunteer then please can they email them with their parkrun barcode number (please offer to help - the more volunteers the better). If it's your first time running you will need to register here: <https://www.parkrun.org.uk/register/>

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.

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. We also give general notices like session cancellations on here too.

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 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.