

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Autumn 2022

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

This newsheet is being emailed to all juniors currently on our membership list giving all the information that is needed for the term ahead.

For the past 12 months we have been organising our sessions with additional Covid requirements. We will continue to monitor the situation and training groups will be informed by their lead coach if we decide to implement any specific requirements this term.

Importantly all our wonderful volunteers wish to remain as healthy as possible so please do not send your child to any training session or race if they show signs of illness. 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.

We have not asked for session fees for the last two years, but we are now re-introducing them. We appreciate it's not a great time for everyone so if session fees prove financially difficult please contact Shirley

ANNUAL ATHLETICS SESSION FEES (2022/2023)

Email Shirley for details.

JUNIOR HARRIERS NEEDS YOU

A number of coaches who set up the junior athletics club at the start of the millennium are still heavily involved with its running. We all hope to remain involved with athletics and Junior Harriers for years to come but we cannot guarantee to want to lead activities and head up the athletics programme. Lockdown gave adult volunteers the time to re-evaluate their lives and commitments and as a result a number of coaches have stepped back from volunteering and we have had to cut back on the number of sessions we do. The big concern for myself and other lead coaches is the lack of younger adult volunteers coming through to ease the work load.

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 and for those who already volunteer, please consider taking qualifications.

SPRINT FELL RELAYS (Ilkley Moor)

These relays are our first event back on Wednesday 7th September and Rachel Carter and Rachel Holder are the organisers. 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 5.40 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. Full relay details are on the JIH web site. They're a lot of fun and the opener to our autumn term coaching activities. Adults please make Rachel's job easier by offering to help on the night. Email Shirley and it'll be passed on.

AUTUMN 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). As a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) or the lead coach (Sally Westlake/Ros Blackburn, Katrina Kennedy, Kate Lofthouse, Liz Raven/Nicola Budding) 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, GR field/IGS sports hall. 5.45 to 7pm for Years 4-7. Starts 12th September

Wednesday: 'Speed Endurance' running, IGS playing fields, 5.30-6.15, Years 3-11. Starts 14th September

Thursday: Sportshall Athletics, GR field/IGS sports hall. 6pm to 7.15 for Years 3-7. Starts 15th 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. Contact Shirley if you are interested in doing any of these training sessions.

Monday: Fell running, sessions on the fells until late Sept => Ghyll Royd field, 6pm to 7pm.

Monday: **NEW - Sprinting and Hurdling drills, IGS sports hall, 7.10- 8.10, Starts 26th September * See separate paragraph**

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.30-7.30, Starts 14th September

NEW - SPRINTING AND HURDLING DRILLS

This is a new session for Years 7 and older who wish to compete at club or school level at sprinting (up to 400m) or hurdling. What we can offer is limited but Mael & Joan Matthews have offered to return to coaching to do some sprint drills and Shirley will do hurdling skills. We may do some odd evening sessions at UAK if there is enough interest and the session could develop into other areas - it's still a blank canvas at the moment. There is a limit of 12 juniors. Please email Shirley if interested.

SPORTSHALL ATHLETICS

We are at maximum numbers with waiting lists so we have to 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 myself/Katrina 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.

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 anyone competing for the first time will need registering with England Athletics. The cost to the junior section is £15 for an U11 and £20 for U13-U17 plus the cost of individual registration with EA – at that price we expect juniors to be entered with the intention of competing at all 4 races.

2022 dates: Sat 8 October- Nunroyd Park, Yeadon; Sun 30 October-Thornes Park, Wakefield; Sun 13 November -Spenborough, Cleckheaton; Sun 11 December - Oulton, Rothwell.

WY XC Entry deadline - you must contact Shirley before Monday 19th September (do it now) giving name and age category.

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.

Locally we co-ordinate the **Wharfedale Primary Schools XC League (Saturdays)**. This season's 5 individual dates are 1st October at Ilkley Rugby Club - Westville House School; 15th October - Ashlands School; 12th November - Ghyll Royd School; 4th February - Ben Rhydding School; 4th March at Ilkley Swimming pool - All Saints School. The series is concluding with the KS2 relays at Nell Bank on the 18th 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

Ilkley Harriers Junior Fell League: David and Rachel Holder are in charge of coordinating this league and there are two more races this year - 4th September Burnsall and 11th September Bradley.

TRACK & FIELD 'OPEN' MEETING

On Saturday 17th September, Thornes Park, Wakefield and organised by Wakefield Harriers, U11 to U17. Online entries: www.race-results.co.uk Closing date Monday 12th September.

JUNIOR PARKRUN (Riverside Gardens, Ilkley)

A junior Parkrun is run every Sunday at 9 am from the Riverside Gardens. 2km in length for ages 4 to 14 years. More details are on <https://www.parkrun.org.uk/riversidegardens-juniors/>

JUNIOR ILKLEY HARRIERS on FACEBOOK

We would like parents to sign up to this if they want. It's a place where we put notices regarding sessions/races coming up and it has photos of juniors competing in all aspects of athletics at school and club level.

20% DISCOUNT AT THE COMMUTE, ILKLEY

Ilkley Harriers (along with the Cycling Club and the Football Club) has agreed a partnership arrangement with Commute Cafe whereby the Cafe is offering 20% discount to club members. This applies to Ilkley Harriers Juniors and their parents/carers. The email with this newsletter will be the proof that the Cafe requires. Commute Cafe has been relaunched by 3 local people who have a clear vision for using the café as a meeting place for those who enjoy being active and outdoors. Do try it if you haven't already.

CONTACTS

Shirley Wood (JIH co-ordinator and admin) Shirley@ilkleyharriers.org.uk or 01943 831765. Shirley will pass on emails to other coaches/race organisers.

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.