

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Spring 2018

Happy New Year

The junior newsheet is emailed out 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/google calendar check out the JIH web site or junior Facebook.

As well as this newsheet a spring term session dates and fee sheet has also been sent to everyone.

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

SPRING 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: Indoor Sportshall Athletics, IGS sports hall. S1: 5.30- 6.45 for Years 2-5 and S2: 7pm- 8.15 for Years 6-8.

Monday: Junior Circuits, IGS gym for Years 9+, 6pm -7pm.

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

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

Wednesday: SHA fitness conditioning, Ghyll Royd sports hall, 5.45-7pm, Year 9-13.

Thursday: Indoor Sportshall Athletics, IGS sports hall. S1: 5.30- 6.45 for Years 3-5 and S2: 7pm- 8.15 for Years 6 & 7.

SPECIFIC COACHING PROGRAMME (Years 7 to 13)

For Year 7 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. These sessions are now closed to newcomers unless there are special circumstances - contact Shirley if you are interested in doing any of these training sessions.

Monday: Endurance' Fell running' group, IGS playing field, 6-7pm.

Tuesday: High Jump and general conditioning, Ghyll Royd, 6.45-8pm, 5 week block before Feb half term

Tuesday: Jumps, Throws and hurdle drills, Ghyll Royd, 6.45-8pm, 4 week block after Feb half term

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

Thursday: Sally Malir runs a 'by invitation only' small mentored group of Year 9 and older - 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 MONDAY & WEDNESDAY RUNNING SESSIONS

The spring term is always worse weather wise - please dress up warm with hats and gloves and leg cover. It is possible that sessions could be cancelled if the days leading up to training are wet. We have a lot of juniors training on a relatively small part of the IGS playing fields and we need to protect the general ground conditions. If sessions are cancelled a note will be put on the JIH web site and junior Facebook so please check before you travel.

BEHAVIOUR, MANNERS and COURTESY (message from Shirley)

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. As junior coordinator this year I 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.

As a New Year's resolution: it would be nice for all juniors to thank a different volunteer (adult/junior leader) each session - a thank you goes a long way.

As a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) or the lead session coach (Sally Westlake, Kate Lofthouse, Sally Malir or Liz Raven) know if your child decides that they would like to stop athletics.

COACHES, HELPERS and JUNIOR LEADERS

Since September we have gained some new parent helpers - welcome to Matt Cox, Vicky Gordon, Richard Holdsworth, Kelly Hutchinson, Andy Overend, Lucinda Scott and Claire Sedgwick (sorry if I have missed anyone). In addition 17 juniors have just started their 15 months volunteering for their Junior Leader Award and 15 Year 9's have just started helping. 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 waiver 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.

COMPACT ATHLETICS TRAINING FACILITY - update

As you will be aware the 3G football pitch is complete and operational. We are still hoping to build our CATF in April or May but there is still a lot of work to be done.

A number of individuals are working very hard to sort out all the legal/governance/build elements - some things are taking an unbelievable amount of time to set up.

Some funding is still to be confirmed but all signs are positive, however even with this we are short of about £30,000. We really need to secure this money before the end of March, so we are still looking for your help in identifying local companies or individuals to sponsor a lane of the track or donate to the project? If you can help please speak to us (pledges only for now).

Once we have our Sport England funding confirmed we will set up a Crowdfunding/Just giving page to ask for individual donations from within the junior section and the wider community.

For information we have a designated website at www.ikleyathletics.org.uk

SPORTSHALL ATHLETICS

Good Luck to all U11, U13 and U15 who have entered the West Yorkshire Sportshall Athletics trials on Sunday 14th January in Halifax.

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Thursday 22nd March and Monday 26th March we will have our Sportshall Athletics Decathlon Awards presentation sessions. Details will be given to groups nearer the time but we welcome parents to join us to watch children receive their awards.

CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 2 remaining individual races are on Sat 20th January, Burley & Woodhead School at the Ilkley Rugby Club; Sat 3rd March, All Saints School at the Swimming Pool. The series is concluded with the team relays for KS2 on Sat 17th March at Nell Bank. We always need a few parent helpers setting up and marshalling at the relays and it would be good for Sally Westlake, the new race organiser to know in advance that she has enough help. Either email Shirley or Sally.

Good Luck to all those who have entered the **Northern and National Cross-Country Championships**.

The **PECO Cross-Country League** is ideal for newcomers to club XC competitions so give these a go. There is a 1 mile race for years 2-6 at 10am & a 2 mile race for years 7-12 at 10.20. £2 to buy number for the series plus £1 entry on the day. Full race details: www.PecoXC.co.uk The 3 remaining races are: Sun 7th Jan, Roundhay Park; Sun 21st Jan, Middleton Park and Sun 11th Feb, Temple Newsam. There is a concluding relay and junior presentation on March 25th (venue tbc).

FELL RUNNING

On Sunday 18th February it's our **Ilkley Moor Fell Race**. There are junior races for all ability of child from U9 to U19 so don't be frightened to give it a go. U9's (min 6yrs) do a half mile course and the rest do one mile - the U17 (+U19 who do not feel ready to tackle the senior fell race) get to do two laps. The races start at 10.30, cost £2 and all finishers get a goody bag. For all juniors we have the special Phil Dean Awards for the first girl and boy Ilkley Harrier to finish in the U11, U13, U15 and U17 categories (to be presented at the 'Junior Presentation evening' in March). Jane McCarthy is the organiser and she will be looking for volunteers to help on the day. Please offer to help by contacting Jane.

The **Junior Ilkley Harriers Fell League 2018** is coordinated by Kim Anderson and is for juniors from U11 (min age 9) to U19 (based on age on **31/12/ 2018**). At the end of the series, awards will be presented to the first 3 finishers in each age category providing a minimum of 6 races have been run. The full list of 2018 league races can be seen on the JIH web site but those up until May are:

Sun 14th Jan, Soreen Stanbury Splash, wharfedale.co.uk (also **BAN league**)

Sun 18th Feb, Ilkley Moor Fell, junior.ilkleyharriers.org.uk (also **BAN league**)

Tuesday evenings March/April, Bunny Runs (U13 (min age 12 years)), U15, U17 & U19 with best time from series to count), wharfedale.co.uk (also **BAN league for U15 and U17 only**)

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

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

The **BAN Fell & Terrain League 2018** is coordinated by Geoff Thompson of Wharfedale Harriers and is run on the same lines as our own JIH league but for juniors up to U17. Geoff has set up a designated web site for the league where up to date info and league tables can be found throughout the season www.banfellterrainleague.wordpress.com

ANNUAL JUNIOR PRESENTATION EVENING (Friday 23rd March)

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. Over the last four years the evening has not only been a great success but 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 in Fell Running, Cross-Country, Sportshall Athletics and Track & Field Athletics. A certificate is presented for Half Colours. A number of other trophies such as the Phil Dean Awards, JIH Fell League trophies, AAA common standard badges and ESAA badges and certificates for Track & Field and our junior leadership and volunteer awards are also presented on the night.

This year it will take place on **FRIDAY 23rd MARCH** at the Clarke Foley Centre, 6.30pm to 10.30pm. It's a smart casual affair and by **invitation only** and we would love parents to attend. Katie Hanley is once again providing the entertainment and everyone will be asked to bring a plate of food/drink. Invitations will be sent out in batches from the beginning of February

CLUB KIT

If you borrowed one of the spare JIH running vests for the XC season please could you return it to Gaenor or Shirley.

If your child has outgrown running shoes or club kit which is still in good condition either hand it to Jacqui Weston/Shirley Wood for our **Swap 'n' Shop**. Or put your own message on the JIH Facebook direct.

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.

CONTACTS

If you wish to contact anyone named in this newsheet please email Shirley and she will forward on your email.