

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Spring 2019

Happy New Year

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 a spring term session dates and fee sheet has also been sent.

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

SPRING 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). There are waiting lists in operation on most sessions so just a reminder that if 3 sessions are missed in a row without a reason given your child will lose their place and as a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) or the lead coach (Sally Westlake, Kate Lofthouse or Liz Raven) know as soon as possible if your child has decided to stop athletics this term.

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 2-4 and S2: 7pm- 8.15 for Years 5-8.

Monday: Junior Circuits, IGS gym for Years 8+, 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).

Thursday: Indoor Sportshall Athletics, IGS sports hall. S1: 5.30- 6.45 for Years 2-5 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, Ghyll Royd, 6-7pm. If there is anyone (who I don't already know about) interested in starting HJ please get in touch as soon as possible. I have a couple of places but not concerned if they're not filled.

Tuesday: Jumps, Throws and hurdle drills, Ghyll Royd, 7-8pm.

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.

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 and MANNERS

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. We 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.

COACHES, HELPERS and JUNIOR LEADERS

We are grateful for all the help and support we receive in delivering our athletics programme and welcome parents to help at sessions. And for those already helping to consider taking coaching qualifications which JIH will fully fund. As a reward we waive 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.

CONGRATULATIONS to Tracey Watson, Nicola Budding and Andy Overend who have recently gained their Coaching Assistant qualification.

CONGRATULATIONS to Isla Moor, Jacob Ireton-Bourke, Oscar Stapleton, Nina Pearce, Bernadette Raven, Catherine Westhead, Max Bradley, Adam Mitchell, Katie Meredith, Emily Kenneth, Ed Riley, Josh Waddington, Harry Firth, Sophie Ezard, Louis Curran, Caitlin Oddie and Joe Reynier who have just completed their leadership course and 15 months of volunteering. Thank you for all your commitment to the junior section.

SPORTSHALL ATHLETICS

With the building works at IGS a considerable amount of the car park has been cordoned off. Thank you to all parents last term for being sensible regarding dropping off and picking up between the two sessions and could I ask that you do the same again this term. In particular could I ask that session 2 children do not arrive much before 7pm to allow the earlier session to leave.

Good Luck to all U11, U13 and U15 who have entered the West Yorkshire Sportshall Athletics trials on Sunday 27th January in Halifax. The closing date for entries is Sunday 13th January so if you want to take part and haven't yet entered contact ccrowther@bbs.calderdale.sch.uk

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Monday 25th March and Thursday 28th 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 9th February, Ben Rhydding; Sat 2nd March, All Saints School at the Swimming Pool. The series is concluded with the team relays for KS2 on Sat 16th March at Nell Bank. We always need a few parent helpers setting up and marshalling at the relays and it would be good for race organiser Sally Westlake to know in advance that she has enough help. As a bonus you get to park in the Nell Bank car park. Either email Shirley or Sally.

Good Luck to all those who have entered the Yorkshire, Northern and National Cross-Country Championships. These events are for U13 and older only and those who have already competed at XC for JIH last term. Gaenor sent details well in advance but with the entry deadline for the Northern and National Champs this weekend is still waiting for some to respond and pay their entry fee. If you wish to compete then respond now and avoid Gaenor spending time having to chase.

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 on: Sun 6th Jan; Sun 20th Jan and Sun 10th Feb. There is a concluding relay and junior presentation on March 31st (venue tbc).

FELL RUNNING

On Sunday 24th 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 drink and chocolate bar. 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 has been the organiser of these races for the last 5 years and is looking to step down after the 2019 event. Offers of help on the day to Jane would be appreciated. We would also like a new organiser to take on the role for 2020 and it would be a great opportunity to shadow Jane at this year's event.

The **Junior Ilkley Harriers Fell League 2019** is coordinated by Kim Anderson and Elizabeth Raven and is for juniors from U11 (min age 9) to U19 (based on age on **31/12/2019**). 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 2019 league races will be on the JIH web site very soon but it is highly likely that the first two races will be:

Sun 13th Jan, Soreen Stanbury Splash, wharfedaleharriers.co.uk (**also BAN league**)

Sun 24th February, Ilkley Moor Fell, junior.ilkleyharriers.org.uk (**also BAN league**)

The **BAN Fell & Terrain League 2019** 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

TRACK & FIELD ATHLETICS TRAINING – UAK running track, Keighley

On odd Friday evenings (6pm to 7pm) Shirley is planning to lead a small group of athletes who want to work on speed and hurdling (and possibly long jump) with a view to competing at Combined Events. This session will be for Year 5 and older and any interested individuals should contact Shirley and she will provide further information.

ANNUAL JUNIOR PRESENTATION EVENING (Friday 22nd 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 22nd 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

ATHLETICS FACILITIES

It should not have escaped anyone's notice that unfortunately our project to build a Compact Athletics Training Facility has foundered with too many delays and escalating complexity and cost. Enough said.

To confirm where we are - Junior Ilkley Harriers will continue to function as now with the endurance running and sportshall athletics sessions based at Ilkley Grammar School, but in the future are likely to run with smaller numbers. Our more specific Track and Field Athletics has been based at Ghyll Royd School for the last 10 years and in order to continue providing any outdoor athletics sessions in the summer term we will need to spend money on our jumps pit which took a hammering last term with the large numbers using it. Money that had been raised within Junior Ilkley Harriers and originally earmarked for the proposed facilities will be used to improve its condition. We also have the finances to reduce session fees in some cases (see fee sheet) and waiver the annual £5 JIH membership fee. For the vast majority this will not be relevant until the autumn term renewals but will benefit any newcomers starting straight away. Going forward the only individuals who will be asked to pay an annual JIH membership fee will be those who do not take part in any junior led training sessions and for them we will ask for £15 to cover EA membership.

Over the coming months I will be talking to all lead coaches and together we will decide on the future pathway for JIH and for sure September will see a major restructure to the SHA and T&F athletics programme. The endurance programme is likely to remain as now.

CLUB KIT

All senior club kit including old style 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 JIH it is wise to buy the old style version**. Shirley has a few crop tops and black hot pants for girls in stock.

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. Basically to show off what we're doing.

THE GENERAL DATA PROTECTION REGULATION (GDPR)

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 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 Shirley.