

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Autumn 2017

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

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. There will also be a copy on the JIH web site which will be updated as the term progresses. The JIH web site and Google calendar are kept up to date and they're the best place to look if you need to know what's going on.

JIH MEMBERSHIP RENEWAL and SESSION FEES

Annual JIH membership fee is £5 and is due now. 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 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 (we allow newcomers to try 2 sessions before making that commitment). Note: Family membership of Ilkley Harriers does not include children who are U16. Both juniors and their parents should read and be familiar with the junior policies and codes of conduct on the JIH web site which you will be asked to sign up to on the membership form.

As a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) or the lead coach (Ros Blackburn, Kate Lofthouse, Sally Malir or Liz Raven) know if your child decides that they would like to stop athletics. However if a junior has not renewed their membership by January 1st and they have not been training with or competing for JIH then we will remove them from our membership lists.

COACHING PROGRAMME

In the junior section we offer a wide range of running related activities. Brief details of both programmes are shown below with full 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 then you will lose your place.

GENERAL COACHING PROGRAMME

The general coaching programme caters for everyone - 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. Starts 11th September

Monday: Junior Circuits, IGS gym for Years 10+, 6pm -7pm, £2 on the night. Starts 11th September

Monday: 'Speed Endurance' running, IGS playing fields, 5.30-6.30, Years 3-5, Starts 11th September

Wednesday: 'Speed Endurance' running, IGS playing fields, 5.30-6.30, Years 3-11 (min 8 yrs). Starts 13th September

Wednesday: Outdoor Athletics/circuit conditioning/SHA, Ghyll Royd playing field/sports hall, 5.45-7pm, Year 9-13. Starts 13th September

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. Starts 7th September

SPECIFIC COACHING PROGRAMME (Years 7 to 13)

The specific programme is for those juniors who compete for Ilkley ONLY 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 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: 'Endurance' Fell running, sessions on the fells until 25th Sept => IGS playing fields, 6-7pm.

Tuesday: Jumps, Throws and hurdle drills, Ghyll Royd, 6.45-8pm, 5 week block starts outdoors on 19th September

Tuesday: High Jump and general conditioning, Ghyll Royd, 6.45-8pm, 4 week block starts 31st October

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.15-7.30, Starts 13th September

Thursday: Sally Malir runs a 'by invitation only' small mentored group of Year 9 and older - sessions to be organised with individuals.

TRAINING FOR 16 to 18 YEAR OLDS

16 to 18 year olds join the senior section of Ilkley Harriers (annual membership of £14?) and can take part in any training on offer in the senior section as well as being able to continue to train at junior training sessions or can 'mix and match'. Session fees apply to those training at any of the junior led sessions.

COACHES, HELPERS and JUNIOR LEADERS

We are grateful for all the help and support we receive in delivering our athletics programme but we need more adults to help at ALL sessions or those already helping to consider taking coaching qualifications (which JIH will fund). As a way of recognising and rewarding your support we waive JIH membership fee and session fees at all sessions for children of qualified coaches. For adult helpers there are no annual membership or session fee for your children on the session where you help (NOTE: this is a change from previous years).

Qualified Junior Leaders: As a way of recognising and rewarding those qualified junior leaders who continue to volunteer at our sessions we are giving 50% reduction on session fees as from this term (this is new).

SPRINT FELL RELAYS (Ilkley Moor)

These relays are our first event back on Wednesday 6th September. Jane McCarthy is the organiser. 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 5.45 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 or involved with the sportshall athletics programme. Full relay details are on the JIH web site. They're just a bit of fun and they are the opener to our autumn term coaching activities. There will be a fundraising cake stall so please do some baking and/or bring some extra money to buy.

ILKLEY AQUATHLON

Following hot on the heels of the Relays we have the Ilkley Aquathlon on Saturday 16th September. Gaenor and Steve Coy are the organisers of this one and they are looking for volunteers to help n the day. Entries are closed.

COMPACT ATHLETICS TRAINING FACILITY - fundraising update

As you will be aware football are already building their all weather pitch and unfortunately we were not in a position to build alongside them. We are hoping to build March 2018.

We have a designated website at www.ilkeleyathletics.org.uk which is being kept up to date with the latest developments.

On the positives so far this year we have been wonderfully supported by the community with £8,600 raised as primary beneficiaries of the Carnival. This money will go towards the shot put area. Thank you to everyone who helped on the day and to Alison Bennett for coordinating. Ilkley Parish Council donated £7,000 towards the javelin area and thank you to Margaret Kleppen and Anthony Elston for attending meetings with me. We are still waiting for the outcome of our Sport England application but have been told that they like our project and deeper questions on the governance have been asked - thank you to Hilda Couley for corresponding and we hope to have an outcome very soon. The new company 'Ilkley Athletics Facility Ltd' is being set up - thank you Chris Ramage. And legal advice on HMRC and VAT has been sought. Although we are not in a position to launch our investment loan yet we have about £85,000 informally pledged and the junior section has raised £30,000 over the last two years.

To get to this point a number of individuals have worked really hard and given so much of their time because we know it is our one chance to make it happen. However even with Sport England funding we still need to raise £100,000.

So how can you help....

We are looking to find 8 local companies who would be willing to donate £5000 to have their name forever advertised on a lane of the track. Do you work for a company/own a company who could do this? For now we are looking at pledges rather than the money but we would love to talk to you.

How can every junior help?

Please get your parents to sign up to **Easyfundraising** by using this link

<http://www.easyfundraising.org.uk/causes/ilkeleyharr/?t=Easyfundraising-lo&v=a> as every little helps. There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline, holiday companies, and Sainsbury's, who will donate a percentage of the amount you spend to Ilkley Harriers and with Christmas coming.....

Please take part in the **ILKLEY MOOR SANTA FUNDRAISING RUN** on Saturday 25th November. Last year's very successful event is being repeated and entry forms will be available very soon. There is an entry limit of 250 and everyone will finish at White Wells for refreshments.

SPORTSHALL ATHLETICS

With exception of Monday session 1 for years 2 to 5 our September numbers are bigger than previously and likely to increase so we will be operating waiting lists on both Monday and Thursday sessions and 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.

FELL RUNNING

We have a strong band of juniors competing on the fells now but it would be good to see even more. There are two remaining fixtures in the **BAN Fell and Terrain League and the Ilkley Harriers Junior Fell League**. They are at Haworth and organised by Dave and Eileen Woodhead. The first is on the 8th October and the second on the 17th December. Both races are over the same course and every finisher receives a goody bag. They are fun to do and a lot of children compete in fancy dress as well. Ideal for all newcomers (and younger brothers or sisters => 6 years min age). See woodentops.org.uk

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 now have juniors who 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. Gaenor Coy has sent out details to everyone however if there is anyone wanting to compete that she has not been in contact with please email her as soon as possible.

Dates are Sat 14 October (Wakefield)*; Sun 29 October (Nunroyd Park); Sun 19 November (Spenborough); Sat 9 December (Keighley). *Note: event clash with Ghyll Royd XC for U11 - it is your choice which race you attend.

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 6th January 2017, Lightwater Valley(date & venue tbc); the **Northern Championships** on Saturday 27th January at Harewood, Leeds and the **National Championships** on Saturday 24th February at Parliament Hill, London. Details will be given to all juniors competing this autumn (U13 and older).

Locally we are co-ordinating the **Wharfedale Primary Schools XC League**. This season's dates are Sat 30th September at Ashlands School; 14th October at Ghyll Royd School; 11th November at Ben Rhydding; Jan/Feb 2017 (date & venue tbc); Sat 3rd March, All Saints School (venue Swimming Pool with reserve date of the 10th) with the concluding KS2 relays at Nell Bank on the 17th March. The format is the same as last season and individual race details will be on our web site.

For information: this season the Wharfedale Primary Schools XC League is being coordinated by Felicity Rundle, Rachel Websdale and Debbie Nicholson with Sally Westlake the new organiser of the Nell Bank Relays.

TRACK and FIELD COACHING

This is just a reminder that we have Track and Field coaching sessions at Ghyll Royd School on Tuesdays (mainly jumping including a 4 week block of high jump), throwing, hurdle drills). We must stress that they are for children who are Year 7+ and more serious about their athletics and are considering competing. I have space for some Year 6's - contact Shirley.

TRACK and FIELD COMPETITION

There is a series of 4 indoor meets at the EIS in Sheffield. The **SOUTH YORKSHIRE INDOOR OPEN SERIES** takes place on Sundays on the 5th November, 3rd December, 21st January and 25th March. The meets are for club and non-club athletes at U11, U13 and U15 age categories (age as on 31/8/18). Warm up and registration from 11am with starts from 12 noon. Events vary from meet to meet but include: 60m, 150m, 200m, 300m, 400m, 600m, 800m, 1200m, long jump, standing high jump(?) and high jump, shot put and foam javelin. See the SYCAA web site for more details.

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.

Running shoe/kit re-cycle: Please donate any outgrown kit/vests/shoes to Jacqui Weston (or Shirley).

ANNUAL JUNIOR PRESENTATION EVENING (March 2018)

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 four 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.

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.