

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Autumn 2018

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

An autumn session fee sheet has been sent alongside this newsheet.

Annual JIH membership fee is £5 and due now. If a junior has not renewed their membership by 1st December and they have not been training with or competing for JIH then we will remove them from our membership lists.

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.

COACHING PROGRAMME

In the junior section we offer a wide range of athletics. 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 you will lose your place and as a matter of courtesy please let Shirley or the lead coach (Ros Blackburn, 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

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

Monday: Sportshall Athletics, IGS sports hall. S1: 5.30- 6.45 for Yrs 2-4 and S2: 7pm- 8.15 for Yrs 5-8. Starts 10th September

Monday: Junior Circuits, IGS gym for Years 8+, 6pm -7pm. Starts 10th September. Note that this year we are asking participants to pay for a term block rather than on the night.

Monday: 'Speed Endurance' running, IGS playing fields, 5.30-6.30, Years 3&4, Starts 10th September

Tuesday: Introductory Heptathlon/Decathlon activities, Ghyll Royd playing field/sports hall, 4.45-5.45, Year 5&6. Starts 11th September

Tuesday: Outdoor Athletics/circuit conditioning/SHA, Ghyll Royd playing field/sports hall, 5.50-7pm, Year 8-13. Starts 11th September

Wednesday: 'Speed Endurance' running, IGS playing fields, 5.30-6.30, Years 5-11. Starts 12th September

Thursday: Sportshall Athletics, IGS sports hall. S1: 5.30- 6.45 for Yrs 2-5 and S2: 7pm- 8.15 for Yrs 6 & 7. Starts 6th 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. All juniors must have the maturity to work hard in smaller coaching groups with specific coaches. After a few weeks entry to 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 late Sept => IGS playing fields, 6-7pm. Liz to inform group.

Tuesday: Jumps, Throws and hurdle drills, Ghyll Royd, 7pm-8.15, Starts 11th September

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.15-7.30, Starts 12th September

Also 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

In October juniors who are now 16 and wish to compete or take advantage of senior training sessions will be invited to join Ilkley Harriers (annual membership of £15). Any 16-18 year old wishing to continue volunteering or training at the junior led activities shown above does not need to join the senior section but session fees will apply.

NEW SESSION - Introductory Heptathlon/Decathlon activities

This autumn we are starting a new session at Ghyll Royd School for Years 5 & 6 on a Tuesday for those who may like to compete at Combined Events. It is early in the evening which might not suit everyone – 4.45 to 5.45 (arrive from 4.30 if you can). There are 9 sessions this term (dates on fee sheet) and if you are in Years 5 & 6 and would be interested please get in contact with Shirley.

TRACK and FIELD COMPETITION – Burnley U11 (2nd September)

It's not too late for Years 1 to 5 to enter the Burnley U11 meet this Sunday (2nd September) with on-line entries open until noon on Saturday. It's a very friendly meet ideal for the newcomer to competition. Details and entries: www.burnleyac.co.uk
Katrina or Shirley cannot be present due to prior commitments but if you need any advice beforehand contact one of us.

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.

Please thank volunteers at the end of 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 but we specifically need more adults to help at some sessions (in particular any outdoor running session; Monday 2 and Thursday 1 sportshall and the new Ghyll Royd session for Combined Events). 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.

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.

And if there are any Year 9 or 10's who wish to help at sessions or start our junior leader programme please contact Shirley asap.

SPRINT FELL RELAYS (Ilkley Moor)

These relays are our first event back next Wednesday (5th) and 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. Full relay details are on the JIH web site. They're a lot of fun and the opener to our autumn term coaching activities. Any adults who can help on the night please get in contact with Jane:

ILKLEY AQUATHLON 2018

Sadly with the uncertainty of the swimming pool roof this event has been cancelled this year and Gaenor Coy who has organised this event for a good many years is looking to find someone else to take over the organising role in 2019. She will give full support, help and advice to the new organiser. Please contact Gaenor:

COMPACT ATHLETICS TRAINING FACILITY – an update

So far this has been a long, drawn out stressful project but hopefully we're getting there. The build did not go ahead over the summer due to the lease not being in place in time (it is now). However we are unable to lay the track material over the winter months so our next build window is April 2019. This week Sport England confirmed that they will extend our award of £50,000 for a 2019 build and over the next few weeks we will check with other funders that they will too.

Nearer the time we will still be looking to raise a further £15,000 from the wider community through crowdfund/just giving donations. In the meantime we are still interested in fundraising opportunities so if you know of any please get in touch.

How can everyone help now?

Please sign up to **Easyfundraising** by using this link <http://www.easyfundraising.org.uk/causes/ilkleyharr/?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.....

SPORTSHALL ATHLETICS

Our September numbers are bigger than ever 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.

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 will be sending details to everyone who has previously competed but new U11's should contact her direct to register your interest to compete.

2018 dates are: Sun 21 October (Spenborough); Sun 4 November (Nunroyd Park); Sun 18 November (Wakefield); Sat 8 December (Keighley).

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 5th January 2018, Lightwater Valley (date & venue tbc); **Northern Championships** on Saturday 26th January at Pontefract and the **National Championships** on Saturday 23rd February at Harewood House, Leeds. Details will be given to all juniors competing this autumn (U13 and older).

Locally we co-ordinate the **Wharfedale Primary Schools XC League**. This season's 4 individual dates are Sat 22nd September - Ashlands School; 13th October at Ilkley Rugby Club - Burley & Woodhead School; 9th February - Ben Rhydding School; 2nd March at Ilkley Swimming pool - All Saints School. The series is concluding with the KS2 relays at Nell Bank on the 16th 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

We have a strong band of juniors competing on the fells but it would be good to see even more. There are two remaining fixtures in the **BAN Fell League** and the **Ilkley Harriers Junior Fell League**. They are at Haworth and organised by Wharfedale Harriers on the 7th October and the 16th December. In addition there is a BAN event on the 10 November (Shepherds Skyline).

ILKLEY MOOR JUNIOR FELL RACES – Sunday 3rd March 2019

Jane McCarthy has been the organiser of these races for the last 5 years and is looking to step down after the 2019 event. We would like a new organiser to take on the role and it would be a great opportunity to shadow Jane at next years event. Please contact Jane:

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 outgrown kit/vests/shoes to Jacqui Weston (or Shirley).

ANNUAL JUNIOR PRESENTATION EVENING (March 2019)

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 five 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.

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 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.