

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Autumn 2023

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

This newsheet is emailed to all juniors currently on our membership list (plus any newcomers) giving all the information that is needed for the term ahead.

If your child's contact/medical details have changed, please contact Shirley.

If you are a newcomer this term – once you know that you would like to continue, please could you send a completed JIH membership form to Shirley for the junior club records. A membership form can be downloaded from the junior web site.

ANNUAL ATHLETICS SESSION FEES (2023/2024)

An annual session fee payment of **£30 per coaching group** (which includes (Junior) Ilkley Harrier annual membership fee) is due before October half term. To clarify: if your child attends both the Wednesday running group and a sportshall group it is £60. I will contact any juniors who do not attend any training sessions but wish to compete and need registering with England Athletics.

All coaching groups will do a minimum of 20 sessions over the year, but more are scheduled. As we are cheap compared to other sports there will be **NO REFUNDS** so it is important that juniors are sure of their commitment and newcomers try 2-3 sessions before making any payment. We appreciate it's not a great time for everyone so if session fees prove financially difficult, please contact Shirley. Also if a junior is unfortunate to be out for any length of time (injury or illness) again contact Shirley.

Payment methods: Contact Shirley

Volunteer concessions: NO FEES ON ANY SESSIONS for children of coaches and adult helpers, race organisers and Primary School XC League coordinators and Junior leaders/ helpers.

COLDS, SNEEZES AND OTHER ILLNESSES

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.

JUNIOR HARRIERS NEEDS YOU

If our junior athletics club is to continue we need more people to volunteer their time 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 that your child attends to see whether you would 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 6th 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. Mums and dads – please offer to help on the night. Email Shirley before Wednesday 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/Emma Barclay, 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 - for everyone, all abilities and newcomers to athletics.

Monday: Sportshall Athletics, IGS sports hall. 5.45 to 7pm for Years 4-7. Starts 11th September *

Wednesday: 'Speed Endurance' running, IGS playing fields, 5.30-6.15, Years 3-11. Starts 13th September.

Thursday: Sportshall Athletics, IGS sports hall. 6pm to 7.15 for Years 3-7. Starts 14th September *

*Please note that although we have confirmed bookings to start the school is waiting to hear back from the department of education as to whether the sports hall is safe to use.

SPECIFIC COACHING PROGRAMME (Years 7 to 13) - for juniors who wish to train to compete. 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: Sprinting and Hurdling drills, IGS sports hall, Year 8 and older, 7.10- 8.10, Starts 11th September* (see comment above)

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.30-7.30, Starts 13th September.

CROSS-COUNTRY

West Yorkshire X-C League (www.westyorkshireathletics.org.uk) is a series of 4 races at U11, U13, U15 and U17 levels. The races are a high standard, but our juniors have competed at this level with a good deal of success for many years. Entry and payment are now **online** and up to the individual junior (parent) to do themselves. Any junior doing any of our training sessions is automatically a member of **Ilkley Harriers** but to compete you must be registered with England Athletics and have an **URN** (unique reference number). If you are a first-time competitor or not sure whether you are registered with EA contact Shirley as soon as possible and she will get you registered. The club will pay your EA membership fee.

2023 dates: Sun 8 October- Nunroyd Park, Yeadon; Sun 29 October-Thornes Park, Wakefield; Sat 18 November – South Leeds; Sun 10 December - Oulton, Rothwell.

Full details of the **Peco XC League** (www.pecoxc.co.uk) will be available as soon as we have them but for now the possible dates this season are Nov 12 (race 1), Nov 26/Dec 3 (race 2), Dec 17 (3), Jan 21 (4), Feb 11 (5).

This series of 5 races is for a greater range of ability and ideal for the first-time competitor who is not sure about racing. We would hope that a lot more juniors will give them a go. There's a 1 and 2 mile race with same aged boys and girls racing together.

Locally we co-ordinate the **Wharfedale Primary Schools XC League (Saturdays)**. This season's 5 individual dates are 7th October at Ilkley Rugby Club - Westville House School; 14th October – Addingham Primary (**NOTE: KS2 ONLY**); 18th November - Ghyll Royd School; 3rd 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

Ilkley Harriers Junior Fell League: David and Rachel Holder are in charge of coordinating this league and there is just one more race this year on the 19th September - Bradley Show.

There are additional local races in The **BAN Junior Fell & Terrain League**. www.banfellterrainleague.wordpress.com

ENDURANCE TRAINING FOR 16 to 18 YEAR OLDS

An endurance running group was set up in the summer by Andy Overend and Emma Barclay on a Tuesday, 7pm to 8.15pm from the Ilkley Tennis Club. They are both qualified coaches and already lead groups at the Wednesday junior endurance sessions. It's for all abilities, male and female, so if you have an older teenager who may be interested, please email Shirley and she'll pass it on.

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.

10% DISCOUNT at sportsshoes.com

The sportsshoes.com monthly discount code will save you 10% off and you will get free standard delivery worth £4.99. This is a benefit for Ilkley Harriers only (to which your child is a junior member). Please do not share the code with non-members as this could damage our relationship with the retailer. The code changes every month so if you wish to use the discount, please email Shirley and she'll give it to you.

CONTACT for any inquiries

Shirley Wood: JIH admin and co-ordinator: Shirley@ilkleyharriers.org.uk I will pass emails on to other coaches.

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.