

Head Coach - annual report

Prepared by Chris Lees on 15th February 2023 for the Annual General Meeting on 6th March 2023.

Firstly a huge thank you to our volunteer coaching team, all of whom give up their time not only to lead sessions for our members, but also to get their qualifications and to keep up to date by reading England Athletics coaching news and attending our coaching development mornings.

This team led 295 sessions (or will have done by the 31st March) – that’s an average of over 45 sessions led by each coach, and nearly six sessions per week being offered to our members. That despite injuries and illnesses that put several of our coaches out of action for significant periods.

Programmes

Couch to 5k

During this year the coaching team delivered three couch to 5k programmes for a total of 27 participants, with the current programme scheduled to finish on March 18th.

The current format is sessions alternating between Northallerton and Bedale and this seems to be working reasonably well.

Intermediate Programme

We have held one intermediate programme in the year with four athletes, using the new weekend format.

We plan to hold another weekend programme in the summer.

Coach development

We have welcomed Joanne and Nick to our coaching team and have held two coaching development mornings with the team. You can now meet the team on the website at <https://harc.uk/coaching-team>

Alice has completed her Coaching Assistant qualification and is part way through her Athletics Coach (jumps) qualification. I have completed my Athletics Coach (throws) qualification.

Our current qualified club members are:

<i>Coach</i>	<i>LiRF</i>	<i>Coaching Assistant</i>	<i>ClRF</i>	<i>Athletics Coach</i>	<i>Event Group / Performance Coach</i>
<i>Chris Lees</i>	✓	✓	✓	✓	✓ (Endurance)
<i>Alice Inglis</i>	✓	✓		In progress – athletics jumps	
<i>Gemma Wardle</i>	✓				
<i>Nige Haresign</i>	✓	Pending	Pending		
<i>Ruth Hancock</i>	✓				
<i>Anna Bonner</i>	✓				
<i>Joanne Sinnott</i>	✓				
<i>Nick Wilson</i>	In progress				

This training and development of our volunteer coaching team continues to support our focus on:

- **Staffing to allow C25k and Intermediate Endurance (“IntEnd”) programmes to run concurrently**
This is a priority because both are important for us as a coaching-led club: C25K provides the majority of growth, whereas IntEnd is a core development programme for any of our members who want to develop.
- **Staffing to support the launch of our junior section and other disciplines**
This is a priority as it is a fundamental of why we are here, and although the coaching ratios for juniors are the same as for adults, we will need a minimum of two qualified coaches/assistants to run the sessions safely.

- **Staffing to support general club sessions**

With a growing club, development of our existing leaders and recruitment of new leaders remains a high priority. We have added two new LiRFs this year (Joanne and Nick) and have another prospective leader joining our team soon hopefully. Nige has also expressed interest and willingness to become a Coach in Running Fitness (CiRF), which I hope he will be able to progress with this year.

Athlete development and general club sessions

Group sessions have been going well.

We have also continued with the option to join virtually, and this has been used for group sessions from time-to-time (1-2 athletes taking this option at a session every couple of months).

This was our second year in the North Yorks South Durham (NYSD) Cross Country League. There is a great atmosphere at these meetings, and although the field is high quality, we are very much enjoying the races with some great results.

Our attendance has been lower this year for various reasons (including injury). However, it has been great to have someone representing us in the junior sections for the first time.

The NYSD is about to start their summer league (track and field). We will hopefully have a few athletes interested in taking part this season and grow this next season.

Regional development and training venues

Endurance running

We continue to offer sessions that alternate venues between Bedale and Northallerton. Winter attendance is typically low so we will keep a close eye on this again as the weather improves and hope to see many who have taken a break over winter getting back into the running habit!

Athletics track and field

We have not offered a track day for several months over winter, but will be restarting these and Sunday athletics sessions in later March or April (weather dependant).