

## Head Coach - annual report

Prepared by Chris Lees on 13<sup>th</sup> February 2024 for the Annual General Meeting on 4<sup>th</sup> March 2024.

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 256 sessions (or will have done by the 31<sup>st</sup> March) – that’s an average of over 30 sessions led by each coach, and nearly five sessions per week being offered to our members. All that despite incapacities that put some 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 23 participants, with the current programme scheduled to finish on 23<sup>rd</sup> March.

We have moved to a having a minimum number of registrations (8) before scheduling a programme, but we hope our next programme will start in April or May.

#### **Intermediate Programme**

We have not held any of these this year. The new format trialled last year had some pros and cons, and the exact format going forward is to be determined – potentially a hybrid of the previous 10 week programme and last year’s weekend programme.

### Coach development

We have welcomed Becky to our coaching team and are looking forward to our three latest volunteers – Marc Blair, Michelle Slade, and Michael Hollinshead – receiving their licenses very soon. We have held two coaching development mornings with the team.

Our current qualified club members are:

<i>Coach</i>	<i>LiRF</i>	<i>Coaching Assistant</i>	<i>CIrF</i>	<i>Athletics Coach</i>	<i>Event Group / Performance Coach</i>
<i>Chris Lees</i>	✓	✓	✓	✓	✓ (Endurance)
<i>Nige Haresign</i>	✓		Pending		
<i>Alice Inglis</i>	✓	✓			
<i>Becky Williams</i>	✓				
<i>Gemma Wardle</i>	✓				
<i>Joanne Sinnott</i>	✓				
<i>Nick Wilson</i>	✓				
<i>Ruth Hancock</i>	✓				
<i>Mark Blair</i>	In progress				
<i>Michael Hollinshead</i>	In progress				
<i>Michelle Slade</i>	In progress				

These new LiRF-qualified coaches may allow us to look at putting on more sessions. We have started the discussions within the coaching team but will be asking our members what sessions they would like to see more of or in addition to what we already put on. Please let me know if you have any thoughts on this!

Our team development priorities going into 2024 are:

- Expand the number of people qualified at Coach in Running Fitness and/or Athletics Coach level
- Grow our athletics coaching team

## Athlete development and general club sessions

Group sessions have been going well, with significant increases in numbers attending sessions, reaching over 160 attendees during January 2024 (101 was the highest number in a month before this club year).

We have started 'track nights' once each month at Catterick Athletics Stadium, working with our friends at Team Caterpillar. These have been a great success with regular attendance from HARC athletes.

NYSD Cross Country league has had HARC representatives at every meet so far, including two of our juniors. The NYSD is about to start their summer league (track and field), which will hopefully be a bit more successful than last year's attempts.

We continued 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).