

## Head Coach - annual report

Prepared by Chris Lees on 6<sup>th</sup> February 2025 for the Annual General Meeting on 3<sup>rd</sup> March 2025.

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 and maintain their qualifications and certifications, keep up to date by reading England Athletics coaching news, and attending our coaching development mornings 3 – 4 times per year.

This team led 279 sessions (or will have done by the 3<sup>rd</sup> March) – that's nearly 10% more than the previous year, and an average of over 40 sessions supported by each coach, and over five sessions per week being offered to our members.

### Athlete development and general club sessions

Group sessions have been going well, with significant increases in numbers attending sessions. Our peak last year of 160 (which itself smashed previous year's record) was exceeded in all but three of the months since. Our new record month was October 2024 when we had 258 attendances, include 125 at intervals alone.

Track nights have provided access to over 12 hours of technical coaching. Our own expanded licensed coach team (CiRFs and Athletics Coaches) and our collaboration with Leadout Performance will provide further opportunities for classroom sessions and I anticipate these will provide greater access to coaching for those that want it.

NYSD Cross Country league has 16 in this year's team and representatives at every meet so far, including four of our juniors. It is unclear whether there will be a NYSD Summer Track & Field League this year.

### Coach development

We have met our first objective for the year set out at last year's AGM: to expand the number of people qualified at CiRF level. We have gone from one to three.

Our second objective – to grow the athletics coaching team – has progressed but not yet been achieved. Michelle and Alice have expressed an interest and willingness to support our juniors with athletics, and so this will remain a priority for 2025.

We have welcomed Marc, Mike and Michelle to our coaching team this year, and Michelle has already gone on to obtain her Coach in Running Fitness qualification. Nige has also obtained the Coach in Running Fitness qualification, bringing our licensed coach cohort to three. We have welcomed Sam Scarlett to our coaching team – Sam already had her Leader in Running Fitness (LiRF) qualification.

Our current coaching team is:

<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>	✓	✓	✓	✓ (Throws)	✓ (Endurance)
<i>Michelle Slade</i>	✓		✓		
<i>Nige Haresign</i>	✓		✓		
<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>Marc Blair</i>	✓				
<i>Mike Hollinshead</i>	✓				
<i>Sam Scarlett</i>	✓				

We have held four coaching development sessions (May, August, October, and January), and in February ten of the team obtained additional first aid certification (Level 3 Outdoor First Aid).

Our team development priorities going into 2025 are:

- Increase the number of leaders (LiRFs) and coaching assistants.
- Expand the number of people qualified at Coach in Running Fitness and/or Athletics Coach level.
- Grow our athletics coaching team

## Programmes

### ***Couch to 5k***

During this year, the coaching team delivered two couch to 5k programmes for a total of 23 participants, with the current programme scheduled to finish on 15<sup>th</sup> March.

Subject to demand, we hope our next programme will start in May or June.

### ***Intermediate Programme***

We have not held any of these this year, but expect these will become part of a wider programme of athlete development as outlined above.