

Head Coach - annual report

Prepared by Chris Lees on 20th February 2022 for the Annual General Meeting on 7th March 2022

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 341 sessions (or will have done by the 31st March) – that’s an average of over 55 sessions led by each coach, and six and a half sessions per week being offered to our members.

Programmes

Couch to 5k

During this year the coaching team delivered three couch to 5k programmes for a total of 34 participants, with the current programme scheduled to finish on March 26th.

Three locations have been tried – Stokesley + Northallerton (simultaneously); Northallerton; and Bedale + Northallerton (alternating).

Intermediate Programme

We have held one intermediate programme in the year with four athletes.

We plan to hold a weekend training event early in the 2022/23 year as a potential alternative to this programme. This will be the first time we have tried this and it will be a combination of running drills, runs and classrooms over two days.

Coach development

We have welcomed Gemma, Ruth, Nige, Anna and Alice to our coaching team and have held two coaching development mornings with the team. We were sad to see Alasdair take a sabbatical from his coaching but very grateful for the help and support he has given to the team and the club.

Our current qualified club members are:

<i>Coach</i>	<i>LiRF</i>	<i>Coaching Assistant</i>	<i>CiRF</i>	<i>Athletics Coach</i>	<i>Endurance Event Group / Performance Coach</i>
<i>Chris Lees</i>	✓	✓	✓	In progress - throws specialism	✓
<i>Gemma Wardle</i>	✓	Pending			
<i>Nige Haresign</i>	✓	Pending			
<i>Ruth Hancock</i>	✓				
<i>Anna Bonner</i>	✓				
<i>Alice Inglis</i>	(awaiting license)				
<i>Alasdair McWilliam (sabbatical)</i>	✓	Pending			

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. However, this is pending the completion of Chris' Athletics Coach qualification (the final video assessment is remaining).

- **Staffing to support general club sessions**

With a growing club, development of our existing leaders and recruitment of new leaders remains a high priority. Ideally, we should add two further LiRFs who are Northallerton based, giving us increased local capacity, and add two Coaching Assistants to support the development of other athletics disciplines.

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 few weeks).

This year, for the first time, we took part 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. Team HARC comprises:

- Craig Keedy
- Hugh Jenyns
- Chris Lees
- Phill Heward
- Elsa Styles
- Ruth Hancock
- Diego Segura
- Dave Oldacres
- Kay Kelly
- Alice Inglis
- Richard Schofield
- Anna Bonner

Hopefully we will see more members wanting to take part and come and support next season.

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 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 due primarily to my availability. I hope to be able to resume these soon, and hope that in the medium term I will be supported by additional coaches. We are also in discussions to get a Bedale training venue.