



# CORNWALL COUNTY AA COACHING

## December 2007 newsletter



### COUNTY TRAINING SQUAD



Beach training at Crantock in October will be repeated for the Middle Distance County Squad on Sunday 16<sup>th</sup> December 10am Cost £1.

Meanwhile the next Carn Brea day for the County squad will be on Sunday 2<sup>nd</sup> December 10am £2

We are in the process of arranging a joint training day for the county squads of Devon and Cornwall in March. Watch this space if athletes want to be in the county squad

Part of the last Carn Brea day is pictured below.

### REGIONAL NEWS

Several of the county's athletes are enjoying the benefits of training in Bath, along with others from the region.

There is also an interest from individual athletes in the county to go to the Regional Indoor Championships on Saturday 8<sup>th</sup> December.

Looking forward to March 1<sup>st</sup>, the Regional Coaching Conference will once again be held at the Exeter Golf and Country Club, but this time will incorporate the dinner on the same day.

### UKA proposed rule changes

There are several proposals to be considered for incorporation into the 2008 rule book, and some of these effect road runners. The Age change business is put on hold for the time being. I am attaching the proposals, which you may or may not have already seen.

### GETTING LEVEL 2

If you need this qualification, or the level 1 for that matter, then you will be well advised to get it soon before the new type qualifications come out.

### PRE OLYMPIC TRAINING BID

The second bulletin has gone out to 31 countries, promoting Cornwall as a good centre for small teams.



### MY SPORT

UKA Education department, through Sharon Morris, have launched a website for all registered coaches which offers free software download to Quintic video player if you register before Christmas. It is a fairly painless operation, and being totally new there are not many members yet, but the plan is that you can access training material, video and a wide library of coaching resources. Frankly you have to be a computer freak to get the most use out of it, which I personally never have time for, but that is not to say it is not worth bothering with, since I have already registered. It is Child Protection friendly etc and worth going for, and it is FREE

<http://register.mysport.net/athleticscoach.aspx> You will need your licence handy when registering

### WORLD CLASS THROWING FORUM

Loughborough, 15<sup>th</sup> December for Javelin, discus and shot. 16<sup>th</sup> December for the hammer. There are some superb speakers/coaches present. If you want to go let Dave Varney or myself know for an application form.