



# CORNWALL COUNTY ATHLETIC COACHING

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## **JANUARY 2008 NEWSLETTER**

**A NEW YEAR RESOLUTION.** If you have not thought of one by now, then try some of the following. (1) I will prepare my training three weeks in advance (2) I will reflect on the successes and failures of each week's session. (3) I will try to get one of my squad to the English Schools competition. (4) I will help someone to reduce their 10km time by 30 seconds this year. (5) I will pay more attention to detail

### **COUNTY TRACK AND FIELD SQUAD**

The next county squad meeting is Sunday 13<sup>th</sup> January, Carn Brea. 10am £2, except for middle distance runners who will meet at the same venue on 26<sup>th</sup> January

The February 24<sup>th</sup> date has been cancelled in favour of the following.

### **THE DEVON AND CORNWALL TRAINING DAY**

Yes, it happened many years ago, well now it is going to happen again, for all track and field disciplines **SUNDAY 2<sup>ND</sup> MARCH AT CARN BREA** FROM 10am to 3.30pm. The morning session will be event specific training, with a mixture of athletes and coaches from Devon and Cornwall. Following a 12 o'clockish lunch there will be a big screen showing in the Hub Club of parts of the final day at the 2007 ESAA championships. Then we should have an international athlete to tell us about his/her training and answer any questions. At the moment we do not know who it will be as UKA only work on 6 weeks advanced notice. Finally, I hope there will be an opportunity to warm up with the said athlete before the Inter County Competition. A Throwathon will be for lots of teams of two to cover the four throws, and for runners we hope to make up as many teams as possible to run a 3000m relay (100,800, 400, 200, 100m). The qualification to be included is a AAA Grade 3 or a good performance in cross country will be considered. Invitations to athletes will go out early in January.

### **COACHING COURSES**

As levels 3 & 4 move towards the new system it is still possible to qualify for level 1 and 2 under the old scheme, which is not only shorter, but cheaper, even with the 50% discount that is still available. If you know anybody even thinking about it, please get them to act asap.

Level 1 St Luke's College Exeter 12<sup>th</sup> Jan

Level 2 St Luke's College Exeter 2<sup>nd</sup>/3<sup>rd</sup> Feb for the core weekend. Event specific days are 8<sup>th</sup> March for Endurance and Jumps at Ivybridge, and 9<sup>th</sup> March, also at Ivybridge for jumps and throws. Other dates are available on request for further afield in the region.

Level 3 phase 2 9<sup>th</sup>/10<sup>th</sup> Feb at Taunton or Mentoring On 16<sup>th</sup>/17<sup>th</sup> Feb at Yeovil College  
For all the above, apply to the regional office at Exeter Golf and County Club, Countess wear, Exeter, Devon EX 2 7AE or Tel 01392 879733.

### **UKA**

You may have read in the press about UKA slimming down by up to 50 staff members, some of those who will be going are part time staff already holding down jobs elsewhere. One major reason for this is to diversify more responsibility to the regions where they will come under the Sport England umbrella.

**REGIONAL CONFERENCE** will be at Exeter again, on 1<sup>st</sup> March and can include dinner afterwards.

**REGIONAL COACHING CONFERENCE** It looks like being the 12<sup>th</sup> April at Exeter office. Feedback on what you would like included, plus any interest level, be it negative or positive, will be welcomed.