



Coaching

MARCH 2008 NEWSLETTER

I deliberately delayed this newsletter because of two issues I wanted to report from the first weekend of the month.

2012 PRE-OLYMPIC TRAINING CAMP

As I am sure you will have heard on the news by now, we have been successful in becoming an official 2012 training base, and will be published and presented to all 207 National Olympic Committee's in Beijing. Whilst we do not expect any immediate replies until 2011 we can expect some responses from countries that want to combine their athletics teams with other sports, and since sailing at Mylor, gymnastics at Helston and equestrian at Portreath are included, we stand a good chance of attracting more than one nation. So what benefits does this give our Association?

It means that on funding applications we can use the words 'Cornwall County Athletic Association has been included within London 2012's Pre-Games Training Camp Guide' which just may help to sway some funding sources in our favour.

Central to the bid was Carn Brea, with its extra facilities such as the indoor fitness centre, physio room, hub club, video/DVD playback, hospital location, café, etc, and because of this it will display the only Certificate that will be supplied by LOCOG, but let me assure all of the clubs in the county that they will be able to take some part if they wish, since the track at Newquay And Par was included and the road running facilities around the county are paramount to marathon runners. From past experience of training camps, a warm up road race or two would be very welcomed by athletes trying to acclimatise.

I shall be meeting Tessa Jowell, Seb Coe, and other members of LOCOG next week, so if you have any questions to ask, please get in touch before then.

COMBINE COUNTIES TRAINING DAY 2ND MARCH

It is six years since we last did a combined training day at Carn Brea with Devon, and last weekend was even more successful than previously. Nearly fifty athletes benefited from the services of nine specific event coaches, five of whom came from across the border. The morning was devoted to training in perfect weather conditions, whilst the afternoon session was essentially a friendly competition that saw some excellent throwing and included three ESAA qualifying marks.

A NEW LEVEL 1 COURSE

Earlier in the winter the only level 1 course to be earmarked for the county was cancelled because of insufficient applicants, well now there is another chance to get prospective coaches enrolled on 26th April at Penrice School, St Austell. Contact the regional office at Exeter Golf and Country Club, Countess Wear, Exeter EX2 7AE.01392 879733. It is still available with 50% discount, so don't miss out. **Other coaching courses** are being held around the region and can be found on www.englandathletics.org/southwest

REGIONAL CONFERENCE 1ST MARCH

Although this was not specifically for coaches, there was only one representative from the county (Mo Pearson) which did not reflect too good for us. Even myself was absent due to work. I would have thought one or two who lie nearer Exeter could have made the effort.

Neil Parsley, who visited the county on several occasions to discuss development and fund raising has now left the employ of England Athletics and therefore will not be available for advice.

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