



Coaching

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JUNE 2008 NEWSLETTER

TRACK AND FIELD. Do we have athletes or just people who enjoy training?

After the last series of competitions I am beginning to wonder why our athletes are athletes. The Carn Brea Relays would have been a disaster if Mounts Bay Harriers had not turned up, even CAC failed to make an appreciable appearance, some having lame excuses, others having none at all. Then at the Par Open there appeared to be more CAC than the host club, and at the County Champs there were definitely a lot of athletes missing, regardless of the fact that Launceston AC is now defunct. Just how much do we encourage our athletes to attend competition?

BRITISH LEAGUE. The complexity of forming a joint county club in order to contest this men's league, which definitely offers a higher level of competition, was not worth getting into, compared to being able to appear as a guest competitor providing you apply by the Sunday preceding the competition. Dates for the nearest division 2 or 3 competitions are 7th June, 5th July, 2nd August, and 16th August. There is a £100 bonus for the athlete(s) of the match at each meeting. For more information go on the web for British Athletics League. I looked at the British Women's Athletics League website but could find no reference to guest competitors, and similarly with the Young Athletes League which has a comparable standard to the South West league

A NEW REGIONAL PERFORMANCE AND DEVELOPMENT COORDINATOR. Recently appointed Matt Foad replaces the hard working Neil Parsley. See the regional website for his details.

REGIONAL SPECIFIC EVENT COACHES. All of these have now been appointed on a part time (17½ hrs per week) basis. See the regional website for details. If any coach needs specific event advice or would like their regional event coach to make a visit then you should not be afraid to ask. That is what they are there for.

EXCUSES

Athletes or their coaches often make excuses that they cannot compete on consecutive days in case it affects their form. Should we really be encouraging premedona's? One athlete I know has just done 5 races in 3 days and the final race produced a massive pb. Which makes a nonsense of lame excuses.

ENGLISH SCHOOL'S

Coaches or parents who are thinking of flying to Gateshead for the ESAA championships should think about booking early with Airsouthwest, because the cheaper tickets always go first. As it is, the 0735 flight on Friday 11th is up to £102 and the return at 1350 on Sunday is still at £84 (There is no Saturday flight after the Championships end). That is assuming that we have a team. If every school follows Redruth's example by refusing an entry from a boy who finished 2nd in the County AA championships, then not many pupils will be turning up at Par on June 14th

DISABILITY ATHLETICS

Whilst most of us are concerned with able bodied athletes, four coaches have been training children with disabilities from Doubletrees School, and now four of them have been selected for the national championships.

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Further discussions about pre training camps were held in Exeter this month and a meeting of the interested sports in Cornwall is due to be held very soon. ROAD RUNNING is high on the agenda to attract marathon runners to Cornwall