



# Coaching

Tony Lett, Head Coach, Trishton, Coast Road,  
Porthtowan, Cornwall TR4 8AQ Tel 01209 891101  
tonylett1@googlemail.com. mob.07982 590140

## A MERRY CHRISTMAS AND A FRUITFUL NEW YEAR

This issue was deliberately delayed to await the outcome of our bid to be in the first wave of Athletic Networks which is intended to put money into the clubs to develop our sport. The result of the first bid, due out last Monday, has been delayed until 19<sup>th</sup> December. However, this does not mean a cash handout without a development plan and feedback to England Athletics. Their requirement is to increase participation levels at ages 9-11 (K2) and under 17's upwards, improve integration of schools with clubs, more opportunities for clubs to bring their individual expertise together for the benefit of the athletes, and produce a pathway for future champions. Inevitably this will involve some coaches having to travel on occasions, therefore travel allowances have been built into the bid. The initial 5 clubs in our bid (CAC, Exeter Harriers, MBH, N&P, PAC) will form a steering group to produce a three years development plan that should include the expansion of the network to include any other clubs that wish to join

### Courses and workshops

I recently forwarded to you some information about workshops of strength and Conditioning etc. These came to me as a bit of a rush job from our Exeter office and there was some confusion about the exact location of the venues. As it happened, they were cancelled from lack of response, and I admit we were also very sketchy about the details. Can I therefore emphasise that if you are interested in any courses or workshops, that you contact Morag Ford at the regional office [mford@englandathletics.org](mailto:mford@englandathletics.org) O1392 879733

Sunday 14 <sup>th</sup> Dec	Fitness in Running and Walking at Bude
Sat/Sun 10 <sup>th</sup> /11 <sup>th</sup> Jan	Level 1 Plymouth Venue and course to be confirmed. If you want it, book it now.
Sat/Sun 31 <sup>st</sup> /1 <sup>st</sup> Jan/Feb	Level 2 core subjects Ivybridge College
Same weekend	Level 2 " " Truro Prep School
Sat 14 <sup>th</sup> March	Level 2 Speed module Ivybridge
	Level 2 Throws module "
Sun 15 <sup>th</sup> March	Level 2 Endurance module "
	Level 2 Jumps module "

BOOK NOW WHILST THERE IS STABILITY IN THE SYSTEM and watch the England Athletics/South West website for other courses.

### Sports coaching conference

This is one event that does have stability. Hosted by the Cornwall Sports Partnership on 26<sup>th</sup> April it will have something for everybody, and we can all learn from other sports. The programme is still being finalised but I know for certain there will be a demonstration and voluntary participation hour of plyometrics which are suitable for all disciplines of our sport. MARK THE DATE ON YOUR NEW CALENDAR. Times, venue and programme will be issued in the new year.

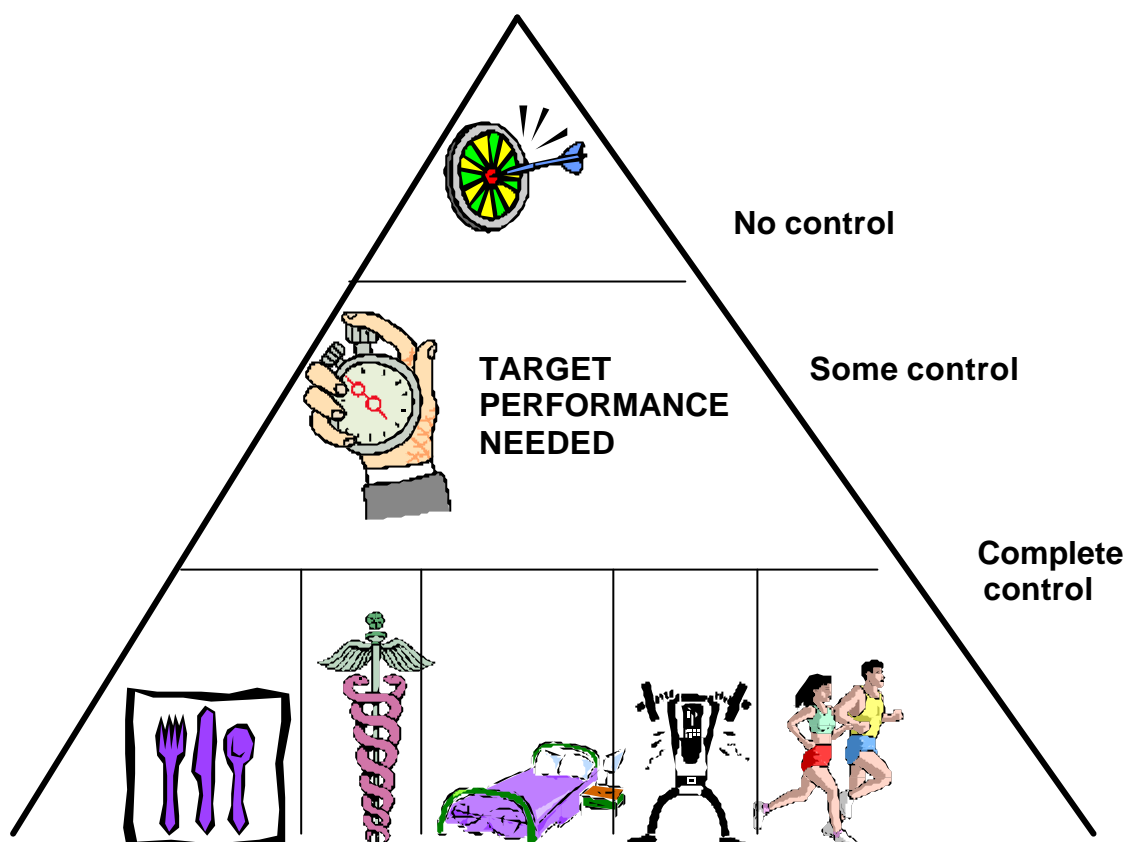
### SOUTH WEST INDOOR CHAMPIONSHIPS

These will be held at Cardiff in Jan. Go to [www.welshathletics.org/fixtures/all-other-fixtures](http://www.welshathletics.org/fixtures/all-other-fixtures) and scroll down to very end of the page Entry can be done on [www.athletics.uk.net/online.asp](http://www.athletics.uk.net/online.asp)

### ATTACHED

This is the time of the year for making resolutions. I am attaching the basis of a goal setting lecture given by Derek Redmond at a GB coaching squad development weekend.

**GOAL SETTING** from notes taken during a lecture by Derek Redmond at the UKA Speed Development weekend 9<sup>th</sup> March 2008, with adaptations by Tony Lett



**TARGET** You decide, whether it be achieving a pb, county record, English Schools qualifying, becoming an English Schools champion, UK champion, or go to the Commonwealth Games, World Championships, the Olympics or set a world record! Without a target to aim for you are lost in a wilderness. Once you are in shape to your target you are in the lap of the gods, dependant upon the weather, the track, road, pit or circle. Even the level of opposition can affect your achievement.

**TARGET PERFORMANCE.** Whether it be a time or a distance, you the athlete make that decision, aiming to be better than you are already. Once you decide what it is, write it down and stick it on your bathroom mirror. Now you have a positive direction, go for it.

**ACHIEVING YOUR TARGET.** The five major factors that you can control in order to achieve your target are food, health, sleep, strength and training. These are the foundations of the pyramid of achievement and if you let any one of them slip, then the rest may crumble. This is rather like a hut that only needs small and relatively weak foundations, but houses need a stronger and deeper base to withstand the external forces and elements.