



Coaching

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A note to webmasters. It is fairly obvious that your site is only as good as your monitoring, but from this comes the impression you create to others. For example, the officials on Truro Cycle Club website are nearly 3 years out of date and two other clubs (Swallows gymnastics & Carn Brea Swimming Club) have never answered their contact us address. It even took 3 weeks and two attempts, to get an answer out of ESAA who promise to reply within 48 hours, and we still do not know why our senior women relay team were disqualified at Gateshead in July.

BEIJING A cyclist at Beijing said their association did not try to improve everything by 100%, rather they took 100 points and improved them each by 1%, and surely this is applicable to our sport, from the top and the bottom, and as we are the one's at the sharp end, we can improve by looking more closely at improving each part of our coaching by 1%.

PLANNING This is the time of the year when all good coaches are planning their year, and this should include trying to upgrade or do some self improving. The current UKA scheme looks set to continue for a while as Sports Coach UK who are developing the future Coaching Certificate, are busy restructuring, so get in there whilst you can because you can be sure that any changes will call for longer training workshops and be more expensive. Now is the time to look at the winter training courses for levels 1-3 on www.englandathletics.org and select South West.

Remember, there is still an opportunity to have 50% of the fee refunded.

Finally, there are no courses planned to be held in this county, but if there is sufficient demand within Cornwall, tell Mo Pearson what you want and we shall try to oblige.

2012 The London website is up and running and I can updated it every three months. I tried to show aspects of the county in addition to running tracks. Any contributions should come to myself. Meanwhile have a look at www.london2012.com/trainingcamps click athletics and put Cornwall into the SEARCH window. You will see that we are promoting both running tracks and road running.

The celebrations of flying the flag at Carn Brea on the 24th August went off successfully with radio and TV coverage, a sizeable crowd and 12 teams in addition to the Taekwondo display.

HIGH JUMP There was a high jump Masterclass in August at Birmingham, the coach running it was Mike Dolby, but to save the expense of travelling so far, England Athletics, with a little bit of help from the two clubs concerned, brought him to Cornwall to run workshops at Par and Carn Brea, and whilst his methods did not appeal to everyone, it should be remembered that he had a 2,30m jumper in Beijing. From my experience, most athletes learn to sift useful information and draw their own conclusions

A WORLD CLASS JUMPS CONFERENCE is planned for Loughborough on 4th/5th Oct, with long and high on Saturday, triple and pole on Sunday. Log onto conferences@ukathletics.org.uk to show an expression of interest, then ring Morag at the regional office in Exeter to see if there are any supplements available

TEAM COACHING. Last year several athletes at CAC spread their coaching between more than one coach and the results have been positive, so this winter five squads are cooperating to share their coaching, a practice I would commend to other disciplines, after-all, none of us knows everything about everything.



Left: Mike Dolby talks to athletes and coaches at Carn Brea. **Right:** Olympic flag raising at Carn Brea by Dave Buzza, Steven Green, Connor Robinson, Katie Knowles and Debbie Fleming accompanied by Redruth Town Band.

