



Coaching

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

EARLY FEBRUARY 2009

LEVEL 2 31ST Jan/1ST Feb at Truro Prep school. This is a final reminder of a chance to do a level 2 in Cornwall under the old scheme, otherwise there is an Ivybridge alternative on the same weekend for those living in the east of the county. There is still 50% sponsorship available from England Athletics if you get in quick and call Morag at the Exeter Office on 01392 879733.

BOOK THE 26TH APRIL NOW. No, not to run the Tresco or London Marathons, but to attend the Cornwall Sports Partnership Club and Coaching conference at Truro college. For seven years the county Athletics Association have run successful conferences and now it is the turn of the Partnership. Their advantage is a wider scope of coaches, officials and administrators which means a bigger and varied programme.

WORKSHOPS FOR COACHES to choose from. 1) Practical plyometrics, 2) Winning is a state of mind, 3) Working with Disabled Athletes 4) Practical workshop getting stronger, fitter, better 5) Injury Prevention 6) Practical workshop on Flexibility and Focusing 7) Mental coaching.

WORKSHOPS FOR CLUB OFFICIALS 1) Finding the Funds 2) Are you a successful club? 3) Are you a welcoming club? 4) Working with your School Sports Partnership 5) Do you need more help? 6) Promoting your club

The cost is £20 including lunch and refreshments, and good at twice the price. Closing date 20th March, with full details on www.cornwallsportpartnership.co.uk

SPORT LEADERSHIP AWARDS & STEP INTO SPORT.

These awards are being promoted by Sport England and the Youth Sport Trust to encourage young volunteers to get into sport. Truro College have already had 25 students through the system. If your club is interested in benefiting from a placement with them then contact Karen Edmond or Natasha Howard at the Sports Partnership. They come with the approval of UKA where some parity with qualifications has been agreed.

ATHLETICS NETWORK After speaking to the man concerned at England Athletics, it appears that our application was lost in the post and therefore we were not considered for inclusion in the first round of selection, which included the Plymouth Forum Happily, we are now back in the mix with everybody else.

Each network will have a Clubs Development Officer and it looks as if Sonya Ellis will cover Cornwall, Devon and Somerset. There will then be an overall development officer for the Midlands and South West.

COUNTY SQUAD TRAINING

Following the success of the last county training day we have decided to opt for the same venue on Crantock beach on Saturday 21ST February at 10am cost £2. The programme will be varied but hopefully different to last time. A full day is planned towards the end of March at Carn Brea. More news later.

SOUTH WEST INDOOR CHAMPIONSHIPS at Cardiff were poorly attended, probably due to the lack of publicity and difficulty in entering.