

W.A.C. Coaching Committee.

Meeting held 22/7/02 at WAC.

Members present: Tony DEACON. Trudy DEACON. Ron MARSH. Kim READER. Sam BROWN. Terry BRANNAN.

Apologies: Alan HOLLAND.

Minutes of previous meeting agreed.

Matters arising.

Kim has established that there is level one coach training now available and had dates of them. She will pass them onto Mike SMITH (Hethersett) and David HAZLETON. There has been no further training planned for the higher levels by UKA. Terry did make mention of a friend who has qualified to level 4 recently? He said that he was willing to get him to come to the club to talk to the coaches and share some good coaching tips.

Coaching Reports.

Tony: Despite a big effort to run a group of schedules which include all types of runners in the club, he felt this had not been successful, particularly that it has been reported by the main committee that one or two runners in the easy pacers group had become injured. Furthermore it has been reported that some of the easy paced ladies have decided to set their own group up in Hethersett as they felt they were asked to run too far. (This is discussed later in the meeting). However the positive side is that some of the other groups have benefited and many have performed well this summer. Of the sessions at HOHS on Thursday evenings these have progressed very well, with a good quality session each week. Many positive comments and again performances have been heard and seen here.

Trudy: agreed with above comments and added that she is happy with the coaching on Monday & Thursday evenings as well as doing her stints at UEA on Tuesdays. She is now offering and carrying out 1-2-1 coaching as well as group coaching.

Terry: Reports being very happy with his summer and the results the faster runners have been achieving.

Ron: voiced his disappointment over the note from the main committee over the easy paced and new runners, (this was also agreed in general by the meeting). He felt that the schedules did give everybody a chance to be coached without feeling out of their depth. He has been happy with how he has coached and feels people have benefited from him. The problem with the easy paced/new runners is something that continues to give rise to complaint and despite the best efforts by

all will probably continue to do so. He also suggested that because of all the different activities throughout the summer that are being held on Sundays perhaps we may need not to offer structured coaching during this part of the summer.

Kim: Suggested that only 3 sessions were necessary on Monday evenings so that the coaches were given the opportunity for quality running of their own. This would of course depend on how many people turn up on the night to be actually coached. She based her comments on the fact that sometimes too much was offered to members on Monday nights.

Sam: Stated that she was more than happy to continue to concentrate on running with the easy pacers/new runners on Monday evenings.

Report from main committee regarding new runners/easy pacers.

This point was subject of discussion as an agenda item raised by Kim. In summary the perennial problem of not keeping new runners has been a concern voiced by the main committee and word that some of the ladies have left to run as a group at Hethersett has been muted. It was agreed that this was not the sole responsibility of the coaches to address this problem but that of the main committee. It was agreed that in principle the structured schedules did offer these runners with a fair way of improving their running. This will of course be reviewed with the forthcoming schedules for autumn but the question of ensuring these runners remain within the club is generally one for the main committee with the coaches offering their support in terms of advice and direction. Once again it was made clear that the club should provide a welcoming handout/book to new and prospective members as to how the club runs/works. Also perhaps as a club all should pull together in ensuring that these people feel welcome and part of the club not just the coaches.

Coaching Committee – Head coach/Secretary roles.

This issue was discussed due to the announcements from Tony and Trudy to stand down after 2 years in post.

In respect of the role of secretary Sam offered to take over the post and Kim seconded this. Trudy was formally thanked for her services in the past 2 years as secretary. Sam was thanked for volunteering and takes over after this meeting.

The matter of head coach was not so easily resolved with nobody on the coaching committee willing to take on the role. Tony stated that it had run its course for him as a head coach and admitted that he had felt it a strain to manage and maintain a standard of leadership without sometimes becoming either frustrated by other demands and being sometimes seen as dogmatic in his delivery. The debate then centred on a solution to this problem and it was put forward by Kim that the way ahead could be by having a coaching co-ordinator rather than a head. This was received positively by all and agreed upon as the best way ahead. This will be put to the main committee for their agreement. Tony stated that he would be happy to carry out this role working with the other coaches in handling

the club coaching issues and act as their spokesperson at Monday night mentions etc. He asked that he would want other coaches to play their part in finding out things to do with coaching as exemplified by Kim's enquiries about training for coaches rather than he being generally held responsible as before. There was general agreement to this. Other points raised included the issue of schedules with coaches to develop their own for club nights. The issue of a coach representative to attend every main committee meeting was also felt unnecessary so long as the main committee were aware of the coaches' intentions. On the issue of meetings it was felt that the coaching committee need only meet quarterly rather than attempt to have a bi-monthly format.

All members of the coaching committee agreed upon these proposals and these will now be put forward at the next main committee for approval.

Ron put on record his thanks to both Tony and Trudy for their work on behalf of the coaches in the last 2 years. This was supported by all present.

Tony commented that despite all the problems perceived or real in terms of what has been seen at the club this year, WAC has by far the best coaching structure of a road running club in the area and this is reflected with the good performances and medals won by members so far this year. There is no reason why this cannot continue.

A.O.B.

Trudy will co-ordinate the Thursday evening sessions at HOHS for circuit training this forthcoming autumn/winter. Ron and Terry did not wish to be involved and wanted to concentrate on track training at the UEA this year. Kim asked not to be included until November in order she completes her marathon training (Dublin). It is hoped that Nigel Poppleton, Steve Corbould and Margaret will help her along with Sam and Tony.

Kim requested that any articles are forwarded to her for footprints commencing 1/9/02.

9.15pm meeting concluded.