

COACHING NEWS

Volume 1 Issue 1

May 2009

Informing and Communicating

Welcome to the first edition of a periodic newsletter aimed at improving the way club coaches are informed as well as creating a better means of communication between coaches. In addition, there will be a new coaching notice board located outside the rear door to the main building and information will be placed on the club website.

Coaches are an important asset of the club and are vital for the development of athletes across all events and disciplines. Providing a means of internal communication is essential in order to bring together the knowledge and expertise of individual coaches and to exchange ideas on how to progress and improve coaching within the club.

One of the first things to do, something that has been agreed by the coaches, is to let athletes, parents and others know who the coaches are. Over the next few weeks it is proposed to take brief details of coaching qualifications plus a photograph of each coach for display on the coaching notice board. So bring a comb, wear something smart and generally spruce yourselves up ready for that photo shoot!

Support for Coaches

The club has funding through a Community Chest Grant to assist active club coaches with the costs of attending UKA Level 1 & 2 Coach Education Courses as well as appropriate workshops, conferences and seminars.

Information on education and training opportunities will be advertised as far as possible but all coaches should be proactive and look for suitable courses to update and maintain their knowledge. It could be a BMC conference, a sprints workshop, strength and conditioning, first aid course or any one of dozens of other activities.

Just let the coaching coordinator know, give as much notice as possible, and arrangements can be made to meet all or part of the costs.



Geoff Ward

Club Coaching Coordinator

Tel: 01978 361597 Mob: 07761710820

Email: g.ward28@btinternet.com

Schools Coaching

Through a grant from Welsh Athletics the club now has funding to allow coaches to coach in Wrexham Secondary Schools. To date club coaches have visited Darland, Ruabon and Rhosnesni schools covering a range of technical events that schools have requested assistance with. Sessions have been held during curriculum time and after school using indoor and outdoor school facilities. One school has arranged for a group of pupils to come down to the Queensway Stadium for coaching in the jumps events.

It is expected that more schools will request coaching over the coming weeks and that this will continue through next winter using activities such as Sportshall Athletics and additional technical coaching. If any Level 3 or 4 coach has existing school contacts and then please feel free to offer your services and that of other coaches – just let the coaching coordinator know.

Welsh Athletics Head Coach

Following a period of time where Wales has not had a head coach and tried a performance management structure Welsh Athletics have advertised for a Head Coach. Although interviews were due to be held at the beginning of May it was decided to defer these and possibly re-advertise. The reason given is because of further changes within UK Athletics.

Hopefully, this will be sorted in the near future and Welsh coaches, including our club coaches, will have someone to guide and lead coaching across the country. It should help this club with recruitment, retention and development of coaches.

An Indoor Facility for Wrexham

Not quite an athletics specific facility but discussions are taking place with Wrexham County Borough Council on the use of a suitable Sportshall for junior athletics activities, technical coaching and conditioning. One possibility is the former Groves Sportshall which is no longer used in the evenings and weekends and was once a facility the club used back in the early 90's. The advantage of this facility is the possibility of almost exclusive use for athletics throughout the week but the disadvantage is that it may be demolished in the next 2-3 years. Other facilities are being explored.

Coaches will be informed of developments but please feel free to discuss this with the Coaching Coordinator and offer your views.

Come Into Coaching

The club will never have enough coaches! For a club like Wrexham to fully cover all events and disciplines across all age groups requires a virtual army of coaches but we can do more to try and recruit more people. The single most important thing that existing coaches can do is to ask parents, older athletes and other contacts if they would like to try coaching. Help them as much as possible and let the coaching coordinator know in order for extra assistance to be provided.

