



Tamworth Athletic Club Newsletter

Volume 3, Issue 1

June 2009

ACTIVE
ACCESSIBLE
ACCREDITED



Pushing the records!

Of course we would love to publicise all the great results so far this season, but to keep this section of the newsletter from taking over the whole thing, excuse us for listing just the following highlights. A number of Club Records have already been broken so far this year. Our congratulations to:

Senior: Nathan Woodward
400mH, 50.41 secs
Alex Berrow
Hammer, 49.95m

U15: Samantha Lawton
Hammer, 28.38m

Masters 40: Andrew Wright
5000m, 16.30.7mins
Fiona Meldrum
Triple Jump, 8.47m

Masters 45: Rachael Eastland
800m, 2.52.8mins; 1500m, 6.07.0mins;
3000m, 12.59.2mins
John Culshaw
Javelin, 36.60m
Nigel Fisher
1500m, 5.34.4mins

CPP becomes Tamworth AC main sponsor

Thanks to some nifty groundwork by John and Chris Graves, and the recent follow up work from the new club officials, we now have CPP as a main sponsor for Tamworth AC. CPP are a credit card insurance company based in York, but with additional offices in Chesterfield and Tamworth, at the Centurion by the A5/M42 Junction 10. They want to support community sport initiatives. There are two main areas where we are planning to use their sponsorship support. One is for the Kingsbury Water Park race in August, and the second is for the Community Athletics Coach position. For further details of what this sponsorship entails please contact Dave Williams or Andy Day.

News in brief:

CLUB TRAINING SESSIONS

Over the summer we plan to continue training as follows:

Monday Nights 6.30-8.00pm
Excluding 31/8

Tuesday Nights 6.00-9.00pm

Thursday Nights 6.00-9.00pm

Sunday Morning 10-12.00pm
Excluding 14/6, 5/7, 12/7, 19/7, 26/7, 2/8

See notice boards in club for late changes!

VOLUNTEER MARSHALS PLEASE FOR KINGSBURY WATER PARK EVENT

Please see Howard Bush—he needs to find 26 willing and happy volunteers for the morning of Saturday 1st August. PS Could do with some runners too ☺ see page 3!

Coaches and Team Managers REMINDER

There is always that annual push 'n' shove about whether some club athletes are asked to do too many events at league meetings etc. The basic rules about this are very clear:

- The team managers invite athletes to participate in certain events.
- The athlete then decides which of those events he/she wants to do.

The rules always get strained at events due to athlete availability and injuries etc.

However, for the avoidance of doubt, particularly for athletes who are working towards school, county or other championship events please make sure that Team Managers have been told explicitly about coaching and preparation plans. The responsibility for this lies with the coaches!



Athletes of the Month

November 2008
Samantha Lawton
Sports Hall

December 2008
Thomas Randolph
Junior Cross Country

January 2009
Luke Taylor
Senior Cross Country

February 2009
Josie Cassar
Sports Hall

March 2009
Jacob Hughes
Rosliston Burton League

April 2009
Hannah Sargeant
National Junior League

So who are the new Club Officers, and who is doing what?

Here's an update on recent changes following the AGM at the end of March. It is a Changing of the Guard in some respects and so the first thing the new club officials really have to do is start with a big vote of thanks to John and Chris Graves for their great efforts and dedication to Tamworth AC over the last decade. You can be sure we will still be seeing them around though!

Chairmen...

As Vice-Chairman, Andy Day had been acting Chairman since John Graves resigned during 2008. At the AGM, Dave Williams was elected Vice Chairman, on the basis of a hand-over period with Andy. This plan is for Dave to take over as Chairman as of September (2009!).



John continues to be very busy with his role as Chairman of England Athletics, but we are firmly hoping that he will continue to be involved in the coaching and athlete development side of life at Tamworth AC. Andy will continue as Vice Chairman.

Club Development Officer

Catherine Pendlebury is the Club Development Officer. This role involves developing school and club links in Tamworth, North Warwickshire and the surrounding areas working with the School Sport Partnerships. Developing projects with higher education, Sportshall in schools, Startrack, finding funding opportunities, coach development and monitoring and evaluation.



If anyone would like any further information or has any ideas for projects, school club links or any aspect of athletics development please talk to her at the club (Thursday nights) or email her at cependlebury@aol.com

Secretary

Chris Graves has been Secretary of the club for some time and specialised in taking on all sorts of extra work on behalf of the club. For the future it was clear that Chris would have to relax just a little bit more.... At the AGM, Malcolm Perry was elected Secretary and has been spending plenty of time with Chris understanding just how much there is to look after! Again we are hoping that Chris will continue to look after a number of things, particularly on the information and communication side.



Treasurer

Kevin Wood had asked for volunteers to take over the role of Treasurer and so boldly, Matt Hargreaves stepped forwards. (He is actually an accountant by profession, so he did have a head start on the rest of us!) Matt is learning the ropes as quickly as possible but Kevin is thankfully keeping himself available to help. Kevin has kindly agreed to take on administration of the athlete development scheme.



Communication and Information

Chris Graves will continue a role with editorial responsibility for updates to the Tamworth AC website, and articles for Tamworth Herald etc. Dave Williams is going to do the editorial side of the newsletters. Please note the key word here is editorial, which means you lot (athletes, coaches, parents) have to get on and write some content! Club Team Managers in several cases have volunteered to write reports from club events, but it is not something they are obliged to do! Particularly for Championships, Open Events etc anyone can write a report! Send them to Chris at TamworthAC@aol.com

Similarly if you think something needs to go into the newsletter, then get your pen or keyboard out and send Dave the content at

dave.williams@wildsystems.net

Athlete Development Scheme

Kevin Wood will now be administering the athlete development scheme. Athletes receive points for performance in league and championship events. (The point scoring process has now been modified to remove results from Open Events and to remove the U17s from National Junior League). Their performance is against the AAA standard scheme with an extra club standard added. Full details and qualification criteria are available at the signing in desk.

Events Round Up

With the summer season underway, the Club is proud to be able to offer its members a wide range of competitive opportunities. We have teams in various leagues, covering all age groups. These are detailed below, along with the names of the respective team managers. All the team managers are volunteers and running the teams is a demanding task - why not help the team managers out by letting them know you would like the opportunity to compete?

Midland League Div 2
(Male & Female - Seniors, U20, U17 & Masters)
- Rob James

Midland League Div 7
(Male & Female - Seniors, U20, U17 & Masters)
- Matt Hargreaves

National Junior League
(Male & Female - U20 & U17)
- Ricky Hallam & Matt James

National Young Athletes League
(Male & Female - U17, U15 & U13)
- Mandy Challis & Caroline Woodward

Heart of England League
(Male - U17, U15 & U13, Female - Senior, U17, U15 & U13)
- Mandy Challis & Caroline Woodward

Midland Masters League
(Male & Female 35 years+)
- Paul Tasker & Fiona Meldrum

Junior Away Meetings

Please note we always provide subsidised club transport to these events. The more athletes/parent/helpers use it the better it is for the club!

Track and Field Officials

This year we seem to be really struggling to find officials and helpers, particularly for the junior league events. There does not appear to be any short term magic fix for this but we really do need to try and get more volunteering into this area. Be prepared to have your arms twisted on this subject!

Please just come along on the day and help out if you can spare the time.

Kingsbury Water Park 12k Race

We are organising this event which is the 7th of 8 in the Burton and District Summer League, held on 1st August. Tom Orton is the man in charge and there is a "Gang of Four" (Tom plus Dave Williams, Howard Bush and Malcolm Perry) helping to prepare things. We will need all the help we can get on the day to support the usual functions of handling entries, timekeeping, race marshalling, car parking etc. We have managed to get sponsorship from CPP which we hope to use to cover publicity, race numbers, marshals tops, course signs etc. Please help if you can, we will be trying to get a plan of who can do what in the very near future! As a small incentive, Tom is working on a secret beer reward scheme (don't let him know I told you!). Entrance to the park will be free for all helpers and officials so why not make a day of it – help your Club and let the family enjoy a day out in this beautiful setting. There will be a Junior event plus Fun Run too so bring everyone along!

Tamworth Open Event

We will not be holding the Tamworth Open Event this year. There are several reasons for this, starting with one of the issues currently facing the Club which is the lack of qualified officials. This combines with other significant factors. Clearly there is a great amount of work involved in putting on the event, which has to be balanced against the benefit to the club. In recent years, despite some sponsorship arrangements, the event has not made a significant profit, and perhaps more significantly has not attracted a large entry from within Tamworth AC itself. Thus the event had become more for the benefit of others rather than Tamworth.

For next year, who knows, but this year you all get August Bank holiday off, you just need to keep 1st August free in your diaries!

Calendar of Events

Sat 13 th June	English Schools County Qualifiers	Various	U19, U17 & U15
Sat 13 th & 14 th June	England Athletics Combined Events Championships	Stoke	Senior & U20
Sun 14 th June	National Junior League	Telford	U20
Sun 21 st June	Midlands Senior & U20 Track & Field Championships	Alexander Stadium	Sen – U20
Sun 21 st June	National Young Athletics League Midland Premier	Derby	U17-U13
Sat 27 th & 28 th June	England Athletics U23 & U20 Championships	Bedford	U23 – u20
Sat 4 th July	Midland Joint Track & Field League	A at Cheltenham B at Telford	Senior –U17
Sun 5 th July	Heart of England	Tamworth	U17-U13, Senior Ladies
Fri 10 th & 11 th July	English Schools Track & Field Championships	Sheffield	U19, U17 & U15
Sun 19 th July	National Young Athletics League Midland Premier	Tamworth	U17-U13
Sun 26 th July	National Junior League	City of Stoke	U20

Star Track Back at TAC by Popular Demand!!!!

3rd August to 7th August 10:00am—2:00pm

Athletics Coaching Scheme For 8-15 year olds (separate groups for the different ages/ability)
The whole week is all about Fun, Fun, Fun!!! Whilst enjoying trying many athletics events.

What is involved?

Each day is structured to allow athletes to rotate around groups and try different events. These include; sprinting, long-jump, high-jump, javelin, hurdles, race walking and even pole vault! To name a few. All equipment is safe and suitable to the age of the children. There will also be fun games and the chance to record your own times and distances. We may also have a "famous face" to speak to you and sign autographs. On the final day there is a team competition and parents are welcome to come along to watch.

What is the cost?

Full week—£35 or per session £7—minimum 2 sessions. *You will receive a goody bag and t-shirt.*
 Application forms available at the club NOW or email Catherine on cependlebury@aol.com.

Athletics Network Grant Approved

South Staffordshire Athletics Network

Tamworth Athletics club along with 4 other clubs boldly began the process of applying to be one of England Athletics - Athletics Networks in March of this year. After getting through several stages of the application process the South Staffordshire Network was chosen to become a new athletics network and the process of setting this new and exciting opportunity to work with other local clubs to develop athletics is underway now. The other clubs in the network are; Cannock & Stafford, Stafford Harriers, Burton AC & Washland Women Runners.

To explain a little more about what an athletics network is here are some things we cut from the England Athletics website;

England Athletics, in partnership with UK Athletics and sponsors McCain, are seeking to roll out a nationwide network of Athletics Networks across England in 2009-2013.

What Are Athletics Networks?

Athletics Networks are clusters of clubs working locally to develop the sport of athletics in that area. Normally comprising an average of five or six clubs in each area, networks will seek to drive up the quality of coaching, links with community groups such as schools, competition in clubs (inter and intra club) and also seek to develop the all round quality of provision within clubs in the network.

About Athletics Networks

Athletics Networks are local clusters of athletic clubs that will work collaboratively through formal agreement, to develop the sport in the local setting. The four major drivers are:

- To grow and sustain participation levels in the sport
- To improve the quality of experience for all participants
- To improve levels of athlete performance
- To lay the foundations for the next generation of champions

The benefits of McCain Athletics Networks can be summarized as follows:

- Direct investment into local clubs to develop both structure and activity
- Collaborative working between clubs and local partners, maximizing resources
- Improved standards of athletic delivery and performance

Community Athletics Coach

Tamworth AC's latest commitment to increase participation and excellence in athletics at the local club and to enable more young people in Tamworth's primary schools to engage and progress in athletics, begins now with the search for a Community Athletics Sports Coach.

The club is working in partnership with Tamworth Schools Sports Partnership to appoint a part-time paid coach whose hours would include Tuesday and Thursday evening training sessions and a new Sunday morning 'academy' at the athletic club and one after school athletic club per week during term time.

The successful candidate will be employed by the Tamworth Schools Sports Partnership and take up a part-time coaching position in a successful and forward looking partnership. The coach will have the opportunity to work in primary schools and Tamworth Athletic Club and he/she will play a significant role in developing athlete pathways into the local club.

For an informal chat and /or for an application and full details of the post please contact Ben or Catherine (details below)

This is a very exciting role for the Club, but not restricted to Club members, so please pass on details to anyone you think may be interested.

Contact details:

Ben Bullyment, Partnership Development Manager, Tamworth School Sports Partnership - 0773 421 509 or e-mail bb@rawlett.staffs.sch.uk
 Catherine Pendlebury - 07866 464 567 or email cependlebury@aol.com