



**Cheshire**  
*Athletics Network*

# Year 2 Document

# June 2011

## FAQs

### What is the Cheshire Athletics Network?

The **Cheshire Athletics Network** is a cluster of clubs working strategically with other local key partners to develop the sport of athletics in that area. There is a mixture of track & field and road running clubs working together to achieve the project areas set out in the 'Development Plan'. The main aim of the network is to drive up the quality of coaching and develop the all round quality of provision within clubs in the network. The following clubs are currently part of the network

- Macclesfield Harriers
- Vale Royal AC
- Spectrum Striders
- South Cheshire Harriers
- Crewe and Nantwich AC
- West Cheshire AC
- Warrington AC
- Halton and Frodsham
- Helsby RC

### What are the overall outcomes to the Cheshire Athletics Network?

The CAN is one of over 50 networks across the country and is part of the **McCain Athletics Network** project created by England Athletics to increase the development of athletics. The ethos behind the McCain Athletics Networks is all about working in partnership with local clubs, coaches and wider organisations such as Local Authorities, schools, facility providers and County Sport Partnerships. The network project strives to raise standards in many areas of athletics; it does this by:

- Growing and sustaining participation levels in the sport through club development
- Improving the quality of experiences for all participants
- Improving levels of athlete performance through coach development
- Laying the foundations for the next generation of champions
- Establishing sustainable club environments

This impact is measured by the following *Success Factors*:

- Coach Development
- Club Development
- Club Sharing
- Wider Partnership
- Growing Participation
- Sustaining Participation
- Developing Participation
- Sustainability

## Who funds the McCain Athletics Network project and the Cheshire Athletics Network?

England Athletics have invested millions of pounds into the Athletics Network project. The money has come from sponsorship from McCain as well as from Sport England. As this money is public money (from Sport England) the network is obliged to report back on its spendings in detail every quarter. Due to the nature of the funding, it is essential that whilst the networks can mould a plan (Development Plan) specifically to their area, they must also adhere to the overall outcomes set out by England Athletics (mentioned above).

## Who delivers the Cheshire Athletics Network 'Development Plan'?

There are a number of clubs which are currently members of the CAN. It is the responsibility of all the clubs to deliver the plan which is broken up into various project areas which is identified in the Development Plan.

CAN also has a part time coordinator who's role it is to work alongside the clubs to ensure success of the project. The role of the coordinator is to work in partnership with the network to deliver the 'Development Plan' which has been agreed by England Athletics. The **Cheshire Athletics Network Coordinator** role is hosted by Sport Cheshire (the County Sport Partnership). The coordinator works alongside EA and the Club and Coach Support Officer Sarah Friday to support the success of the network.

If you require further information about the Cheshire Athletics Network please contact:

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## Cheshire Athletics Network Year 2 Plan June 2011- June 2012

1	<p><b><u>Generic Coach Development</u></b> Delivering a Winter Coaching programme focussing on generic coaching issues and building upon those discussed within the first year.</p>	<ul style="list-style-type: none"> <li>• Produce a calendar of workshops around the general coaching issues which effect all event groups.</li> <li>• X 10 'generic' coaching workshops'- Injury prevention, nutrition, tapering, goal-setting, strengthening and conditioning, nutrition for growing athletes, competition preparation and Race Day requirements, core stability, Rehabilitation.</li> <li>• Link in with the LCDP programme and increase coaches on the programme to develop mentoring opportunities within the network.</li> <li>• Link in with Sport Cheshire Coach web for coaches to access development opportunities.</li> </ul>
2	<p><b><u>Specific Coach Development</u></b> Continue with the improvement of coach education and athlete performance in event specific areas, prioritising Polevault, hammer and discus building on the first years development.</p>	<ul style="list-style-type: none"> <li>• Produce a calendar of workshops around specific events (prioritising in polevault, hammer and discus)</li> <li>• X 6 Flying coach visits specifically around throws and polevault.</li> <li>• X 6 event specific workshops (Flying Coach Visits) around sprints and jumps including disability events</li> <li>• Monitor the progression of the coaches involved via the LCDP programme and power of ten.</li> <li>• Monitor the progression of athletes involved via the Power of 10.</li> </ul>
3	<p>Increase the number of higher qualified coaches within the county</p>	<ul style="list-style-type: none"> <li>• Support the funding of the England Athletics 'Coach' course to approximately 13 coaches.</li> <li>• Look for other sources fo funding to support the cost of coaching courses.</li> </ul>
4	<p><b><u>Club Sharing and Network Promotion</u></b> In preparation for 2012 and legacy. Clubs and network to get prepared for influx of new members due to the 2012</p>	<ul style="list-style-type: none"> <li>• Produce and deliver a 'Network Marketing Strategy' to raise the profile of local athletic events and clubs and give the network an identity.</li> <li>• X 4 Roadshows around various clubs to support development of club governance with regards to volunteer recruitment, finance and event planning.</li> <li>• Clubs to produce case studies of good practice to be presented at workshops / roadshows, newsletters etc.</li> <li>• To continue to work closely with wider partners such as Cheshire County AA, Sport Cheshire, Local Authorities to support roadshows</li> <li>• Assisting network clubs to gain and share volunteers, officials and team managers.</li> <li>• Promotion of network through marketing amterials such as t-shirts and other merchandise.</li> <li>• Recruiting new volunteers to support the delivery of the network</li> </ul>
5	<p><b><u>Development of endurance events</u></b> by improving participation and performance, including road and multi-terrain</p>	<ul style="list-style-type: none"> <li>• Create a Road Running Club forum to discus specific issues around the sport. This forum will act as a working group to orgainse various workshops and events.</li> <li>• X 2 workshops for race organisers- tips, licence applications, event signage, safety SAGs, Police, Medical, race day communication, on-line entry, down-loadable results, traffic management, marshals and race referees.</li> <li>• X 3 "Off-Road Development" workshops to increase participation and performance within off road, trial and fell running.</li> <li>• X 3 Endurance Flying Coach workshops based around track endurance events.</li> <li>• Identify support required for specialisd events such as Race walking and steeple chase.</li> <li>• Income from coaches paying for workshops.</li> <li>• Link in with Run England Project</li> </ul>
6	<p>Review and improve the utilisation of county based indoor facilities</p>	<ul style="list-style-type: none"> <li>• Working group to be formed with representatives from all clubs to identify potential indoor training facilities, where possible condiseration given for an indoor polevault facility.</li> <li>• Complete an audit of facilities within the county (using <a href="http://www.activeplaces.com">www.activeplaces.com</a>)</li> <li>• Group to work towards sustainability plan (utilising Sport England tool kits eg, Win:Win) including identification of funding sources for future operations of training facility.</li> <li>• Once indoor facility is sorced, allocate money for initial start up costs from network funds.</li> <li>• Once up and running host specialist workshops and coach development opportunities within the facility including weekly sessions.</li> <li>• Host Local Coach Development Programme (LCDP) workshops</li> </ul>