

COVENTRY GODIVA HARRIERS AGM

Coaching Coordinator Report

2010-11

This last year provided the opportunity to review support for our sprints coaches. Building on the excellent work done by David Dix in supporting CPD sessions for endurance coaches we convened meetings of the sprints coaches at the end of the summer to discuss sprints coaching in the club. This formed the basis for winter CPD programme.

The club's outstanding strength and conditioning facility and England Athletics through regional coach development funding were a huge support again this winter.

Principal Activities:

Coach Development

We continue to benefit on the endurance side from the University of Warwick endurance academy with sessions on nutrition, training loads for juniors progressing to seniors and of course hosting the National Marathon Conference this spring.

On the speed side, the coaches identified a need for a strength and conditioning update programme. We were extremely fortunate in that England Athletics put in support to enable us to secure Jared Deacon (UKA talent coach) and Steven Fudge (UKA conditioning coach) as the leaders of this 3 weekend programme that was designed to cover areas previously in the now defunct strength and conditioning module of coach development. Entitled strength and conditioning for speed, the programme was opened up to non CGH coaches as part of the regional funding support. Ten coaches completed the course which was hailed by our most experienced sprints coach (Charlie Kelly) as excellent in its content and delivery. As a distance coach I certainly learnt something as those watching the Midland League 4x400m may confirm (or not!)

Programme Graduates:

C.Kelly
R.Williams
O.Wint
W.Nicely
P.Jassi
A.J.Marshall
B.Darby
J.Ferrie
A.Twomey
G.Diaconu
L. Kaziow

Coaching Structure

Coaching structure in the club remains a challenge. Whilst some work has been started with the sprints coaches, it remains difficult to create a structure from what has been a collection of passionate volunteers who form strong relationship with individual athletes over time. A loose structure for sprints was reviewed with two lead coaches operating over the range of young athlete to senior, but there are still gaps at entry/Godiva Kids transition. Throws and jumps have their own challenges; Carol Parker continues to be a stalwart but desperately needs help to ensure continued week on week delivery, and both Paul Harrison and Mark Powell coach at other tracks as well as Coventry. We do have some rising talent and we will try and use this to focus some technical coach capacity.

The new club house offers exciting opportunities and I will be soliciting ideas from the coaches as to how we can make best use of this facility in support of their work.

The greatest challenge of this role is that we are all volunteers with limited time; I remain passionate about coaching and committed to help the club in any way I can although my day job sometimes makes this difficult. I hope that my contribution is helping and I remain willing to step aside should someone with the same inclination and more time wish to get involved.

Z.Hyde Peters

July 2011