



Isle of Man Athletics Association

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Athletics Development Officers Annual Report 2009/2010

Introduction

Mr Chairman, committee members, ladies and gentleman. I hereby submit my annual report to the association for the first year of my appointment as Athletics Development Officer.

The year has definitely flashed by in an instant with little time for reflection until now.

IOMAA Development Plan

Once in position my initial responsibility was to gain an understanding of the IOMAA Development or Network Plan and how to deliver the projects within it. The plan at this stage had enabled funding to be secured for the development officer salary but had not been given full approval from England Athletics to form an athletics network. By achieving Network status funding through McCain's sponsorship would be released to deliver the projects within the IOM Network plan and secure England Athletics continued support of the ADO salary. After reworking the plan to tie in with England Athletics key objectives of coach development, mass participation and youth development the Isle of Man Network was officially formed in August securing £30,000 of funding for the next three years.

Coach and Officials Education

Projects already benefiting from this money have been the recent Coaching Assistant Course which eventually got underway after the new and long awaited UKA coach education structure was launched this summer. Ten candidates from local athletics clubs were supported with a 50% discount on the course fee reducing the considerable financial barrier to some people being able to qualify as a coach. In terms of impact this was fantastic as Northern AC now have five new assistant coaches enabling the club to start a new junior training session on Saturdays. The Southern Athletics Group very much in its infancy have two new coaches assisting with sessions which will help sustain this group and hopefully see it grow into an popular affiliated junior athletics club providing the children in the south of the island the opportunity to participate in athletics.

Officials education was targeted with courses in generic level one athletics officials and a level two field official course aided through legacy funding to help the island prepare for the 2011



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Commonwealth Youth Games. The impact of the newly qualified officials was immediately felt at the IOMAA Track and Field Champs which benefited with a larger team of officials to deliver a quality event.

Coach Development

A snowy weekend in February saw a successful coach mentoring weekend with Syl Sampey and Dave Hoare delivering sessions for field events at the NSC and linked in with Manx youth games training sessions for the East and North at RGS. 10 to 15 coaches and volunteers benefitted from their workshops on jumps, throws and training periodisation and planning.

October saw the launch of the IOM Network Local Coach development Programme (LCDP) with two workshops delivered by Claire Buckle CCSO for Mersey, Lancs and IOM. Workshops were aimed at finding out the needs of local coaches to help the development committee and I arrange relevant workshops and seminars for them. The first workshop had six coaches in attendance and the second had five. Workshop two was also aimed at finding local experienced coaches who feel they could act as mentors to our new and developing coaches.

Strength and Conditioning Sessions at the Isle of Man Sports Institute for potential representative athletes have doubled as a coach development tool. S&C coaches have worked alongside athletes' coaches to share ideas and develop knowledge and expertise in this area of physical preparation. With two sessions per week approx 10 coaches have benefited from attending these sessions.

With the introduction of the Isle of Man Sportshall Athletics Squad trials and training sessions, coaches of young athletes have come together from across the clubs to deliver quality coaching sessions and also facilitate the development of a number of the new assistant coaches from the recent October intake.

Participation

In March I organised the Sainsbury's Sport Relief Mile on Douglas Promenade. The event went well with approx 150 entrants raising £9,058.70 for the charity. Milers received goody bags medals and information about how to get involved with their local athletics club. The event is biannual with the next one in March 2012. Better consideration of the fixtures schedule would be needed as this year almost clashed with the 20 mile run.



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Sportshall is now being introduced into the club athletics scene as an addition to the popular Judes Sportshall Event in January. Manx Harriers hosted a Pentathlon event in November which acted as a come and try it session for the club open to all comers aged 7-14. The event took 26 athletes on the night and hopefully will see new members get involved with athletics and Manx Harriers. Another Pentathlon is scheduled with Northern AC early December.

Sportshall is used to promote athletics to primary school children during the summer months with the SDU hosting a interschool festival for years 4, 5 and 6 in June. Exit routes for local clubs are given to children who take part and to qualify for entry into the festival schools must coach an after school club for a six week period. This is to prepare the children for the events in the festival but also to help keep them active more frequently rather than just doing the athletics in their PE lessons.

Manx Fell Runners asked for help in promoting their junior fell champs which was to be held as a standalone event. Using contacts at primary and secondary schools I distributed posters to promote the champs and announced the champs at school assemblies. Manx Fell Runners reported a very successful and well attended event.

Use SDU Athletics fun Athletics and Star Track Athletics Schemes to promote athletics clubs. These sessions are very popular and always well attended across all regions. Perhaps running our own athletics camps would be a move for the future to keep money coming in to IOMAA and also to ensure athletes are learning from our own UKA athletics coaches.

Commonwealth Youth Games

Upon appointment I was asked to undertake the co-ordination of the Commonwealth Youth Games Athletics. Since taking this on a Technical Delegate (David Littlewood) and Competition Director (Finlay Galloway) have been appointed from UKA. Quotes for purchase and hire of equipment have been received and are currently being reviewed by the Organising Committee and our UKA delegates to assess which are the best value and quality. The games legacy will be in officials and volunteers where we have currently benefitted with UKA covering the resource costs of our recent officials' courses. I am thankful of help received from various people in athletics namely Di Shimell, Liz Corran has recently expressed interest in being involved with organisation of the games and will assist with the co-ordination of athletics.



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Manx Youth Games

I have now taken on the co-ordination of the Manx Youth Games which I assisted Angela Haslett with last year. Problems were encountered last year with the change of venue due to the track closure. The track is now open and operational and we will be glad to see the games return to the NSC. Many thanks must go to Angela for her hard work and commitment in co-ordinating the games last year.

Looking Forward

With increasing budgetary constraints of government and England Athletics it is increasingly important to show what impact the various initiatives are having with clubs, from membership figures to numbers of coaches and officials as well as entries to races. It is vital that the initiatives delivered as part of the Isle of Man Network plan can become self sustaining so that we can continue to deliver such projects long into the future.

Closing comments

I can honestly say this role has been demanding, challenging and very rewarding. I am amazed at the time and commitment that volunteers put into this sport and these people deserve the utmost respect. The time put in by our volunteers further highlights the need for more of them in the sport to help sustain our clubs and reduce the pressure on the hardworking few.

I am confident that with the implementation of the projects within the Isle of Man Network plan and the hard work and determination from our clubs members that athletics on our Island will grow from strength to strength.

Trevor Christian ADO
January 2011