

Head of Performance (Athletics)

Update Report – February – November 2010

Summary – Objectives of the Role

- - Help talented individuals reach their potential and complete at the highest level possible
- - Help raise standards
- - Help ensure that support is distributed on needs and talent
- - Liaise with other bodies on Performance issues
- - Promote the sport

During my short time as Head of Performance, I have focused on ensuring that athletes and coaches are aware of my role and the potential support that is available to athletes who are competing and have aspirations of competing at Commonwealth, National (Great Britain) Island Games, Regional, County, and National (Isle of Man) level. I have also endeavoured to ensure that coaches are involved in any support or processes that are engaged or offered.

Below I have outlined the key events that have taken place in relation to the role:

May 6th – Organised a nutrition workshop delivered by Kathryn Sentence, this was also used as a platform to introduce myself to the audience highlighted above. Attendance: athletes and coaches 24.

June – Produced a 'sign posting' card (credit card sized) for athletes (those who attended on May 6th) which detailed information regarding practitioners (support services) i.e. physiotherapists, sports therapists etc.

September 8th – Organised a second meeting for athletes and coaches, Chris Quine delivered a short presentation on goal setting, also there was additional interactive group work, the objective being to get athletes from different events and training groups to work together. Attendance: athletes and coaches 44.

September 29th – Strength and Conditioning sessions commence. These sessions were set up with the support of Isle of Man sport. Sessions split, 6.00 – 7.00pm (power athletes) 7.00 – 8.00pm (endurance athletes). Instructors Trevor Christian, Andy Watson and Eve O'Hare. Attendance: 23 athletes.

October 30th – Squad Training Day, this day was used to firstly offer athletes the opportunity to train as a squad, and help generate team unity in preparation for Island Games and over representative opportunities. Additionally, it offered an opportunity for coaches to work and learn from each other. Coaches were asked to invite their current and potential 'stars'. Attendance athletes 32, coaches 10.

November 17th – Drug Awareness Seminar, Heather McKenna will deliver a presentation outlining information on over the counter remedies, and diet supplements that should be avoided.

- - Although the above reflect the key activities that I have organised, below I have detailed meetings and other relevant areas related to the role:
 - Working with the Commonwealth Games Athletics Team Manager, help set up a training link for Tom Riley with the National 400m coach Tony Hadley who is based in Birmingham. Ultimately, Tom did not make Delhi, however, Tom has remained in contact with Tony, who is advising Tom on elements of his training.
 - Attended four IOM AAA meetings to update the committee.
 - On the 26th June, attended a Heads of Performance meeting, organised by the performance coordinator Chris Quine.
 - Have liaised with a number of athletes and their parents to offer direction and where necessary set up training opportunities with appropriate training groups and their coaches.

The future

My role is very much in its infancy, however, the next 6 months are very important when you consider it is an Island Games year, subsequently, ensuring these athletes have the best preparation and support that can be offered is imperative. For future Island Games, Commonwealth Games and numerous other representative opportunities covering all disciplines of the sport, it is essential that talented athletes have a clear route into the sport and the necessary support to develop and flourish.

Forthcoming activities/events

- - Second squad training day – 29th January 2011
- - Sports Psychologist presentation – January 2011
- - Specific power and endurance training sessions i.e. sand dune sessions, high jump coaching
- - Third squad training day – April 2011

Gianni Epifani
Head of Performance
November 2010