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**GATE
GATE**

**HIGHGATE
HARRIERS
NEWSLETTER**

highgateharriers.org.uk

JULY 2010

ISSUE NUMBER 15

Following the feedback received the Committee decided that it would be best to replace The Gate magazine with this Newsletter. A shame, as it is a big part of our history, but costs and the effort involved in producing the Gate is prohibitive. We will aim to produce at least one special issue a year for which we will be seeking contributions. You may also have noticed that we have renamed this Newsletter to keep the name going. We must record our grateful thanks to Jeanne Coker who kept the Gate going for so long.

EDITORIAL

.In this edition we have an article on the Coaching pathway submitted by our England athletics rep, Sarah Porter. Next month we shall hopefully have a piece on how to become a qualified Official, a vital job that is often forgotten about. Also in this issue we have a piece from Issie Beesley of Pro-Active Camden outlining the Camden Sports Legacy projects and how they affect our club.

We provide many athletes for the Camden London Youth Games team in athletics and our girls did the Borough (and the club) proud by coming 4th of the 34 Boroughs. Juliet Kavanagh team manages Camden so well done Juliet! The finals of the Games are held at Crystal Palace and I saw many of our youngsters also representing Camden in hockey, swimming, netball, cycling, aquathon and many other sports!

QUADKIDS

Around 40 under 11's competed at our second QuadKids event held at Parliament Hill on Sunday 11th July, all of whom received a certificate with their total points recorded. Medals were also awarded to the boy & girl who recorded the biggest improvement on their previous QuadKids performance – Mika Fitzpatrick and Lenna Segal.

Many thanks to all those that made this event possible – Kate, Deborah, Barbara, Natalija, Lindsay, Terry and a special thanks to Amy, George, Georgia and Georgia for dragging themselves out of bed to run the long jump and vortex throws! Next QuadKids is again at Parliament Hill on 8th August.

Full results, and photographs, of the QuadKids results are available on our website.



TRACK & FIELD

Senior Men – another great performance from our men winning the latest match, held at Parliament Hill, which means they sit proudly in 3rd place in the 24 club 1st Division. Full results from this fixture are available on our website.

10/7/2010 – Parliament Hill

1. Highgate Harriers	135.5
2. Thurrock	110.5
3. Tonbridge	109.5
4. Portsmouth	101
5. Newbury	79.5

1st Division table to date (top 5)

1. Nene Valley	25 points
2. Reading	24
3. Highgate Harriers	22
4. Brighton & Hove	21
5. Met Police	21

Best wishes to Martin Holland, who broke two bones in his foot at this meeting when a hammer fell from the netting, while Martin was helping officiate the event. Speedy recovery Martin!

Senior Women had a disappointing result at their last match, finishing in last place but given it was all the way at Norwich probably not unexpected. However our women sit 14th of 19 in their division, a very promising 2nd season for them.

Young Athletes did very well at their last Young Athletes League match at Ilford, finishing in 2nd place – with only 3 girls! If we had had a decent amount of girls out we would have won comfortably so **we need you out for the final match at Mile End on 18th July!!!** We stand a good chance of winning the Division if we can get good numbers to the last match.

Worth mentioning a few outstanding performances from our youngsters:

Grace Mee broke the clubs Under 13 high jump record when she jumped 1.42m at the London Prep Schools finals at Eton, and qualified for the National Finals in both high jump and 70m hurdles. In the Nationals, held at Birmingham, Grace had a knee problem and finished 6th in the high jump with a clearance of 1.31m but made up for any disappointment by coming 2nd in the final of the 70m hurdles.

Stanley Harrison decided to concentrate on the 800m this season, rather than his usual 1500m, and has made amazing progress culminating in his selection for the Middlesex team at the English Schools finals.

Alexander-Machin Paley received his County selection letter after winning the 1500m at London Schools at Mile End Stadium.

THANKS BECKY!

Many thanks to Becky Penty for clearing out our 'club room'. Becky managed to do this through a 'volunteers day' scheme at her work, and has done a brilliant job.....now we just have to keep it as clean and tidy as it currently looks! When it is this tidy it is definitely called the club room, otherwise it reverts to the boot room!

CLUB HOODIES

Rachel Lasserson, mother of one of our young athletes, has sourced club hoodies, black with white 'HIGHGATE HARRIERS' lettering on the back and our logo on the front. Rough estimate of cost would be £12 child, £15 adult depending on order. If you are interested let me know.

CONGRATS TO JULIET AND THE GIRLS!

In the editorial I mention how well Juliet's team of girl athletes did at the London Youth Games. The 'stop press' is that at Camden's games celebration evening Juliet was awarded Camden's Outstanding Team Manager trophy and the girls were given the Outstanding Girls Team award. Well done indeed!

Coach Education

an article by Sarah Porter, our England Athletics representative

Anyone involved in the sport of Athletics in recent months will have noticed that the Coach Education system in England has been undergoing a period of change. There have been a series of new, updated courses released since April, with the first Coach course being piloted in July in London. The new courses include an ‘**Athletics Leader**’ course for people such as parents just looking to help out at club sessions. Below is a brief summary of the new courses:

Athletics Leader

What is it and who’s it for?

- One day course with no assessment
- Primarily for those working with young athletes or athletes in the early stages of the athlete development pathway.
- Aimed particularly at adult club helpers.
- One day to complete with no formal assessment.
- Minimum entry age of 16.

What will I get from the course?

- You will learn the basic principles of running, jumping, throwing with lots of activity ideas
- Cover the core skills of organisation, safety, instruction and explanation, organising groups and managing behaviour.
- Deliver fun and exciting warm ups and task card activities for children
- Able to work under the supervision of an Athletics Coach in audible and visible range in a club environment.

Coaching Assistant

What is it and who’s it for?

- Two days to complete with no formal assessment.
- The course is primarily aimed at adults – athletes, ex-athletes and parents.
- First step on the coaching pathway
- Minimum entry age of 18.

What will I get from the course?

- Technical coaching knowledge to underpin run, jump and throw activities.
- Delivering safe warm ups/ cool downs/ basic sessions.
- Operate from task cards and session plans provided by the Supervising Coach.
- Understanding of basic biomechanics of movement
- Insured to assist in the delivery of all aspects of an outcome focussed session whilst being supervised by a Coach.
- This course can be taken without having to take a Leader award.

Coach

What is it and who’s it for?

- Four days to complete including formal assessment.
- For existing Assistant Coach, or UKA qualified coaches
- Anyone wishing to manage their own coaching groups
- Minimum entry age of 18.

What will I get from the course?

- Ability to apply fundamental principles of running, jumping, throwing to technically develop athletes
- Understanding of athlete development, energy systems and physical preparation
- Able to plan progressive training programmes for athletes
- Insured to coach unsupervised
-

There is further information on all of the new courses on the England Athletics website www.englandathletics.org as well as details of upcoming courses and how to book. All athletics clubs need more coaches so if you think you might be interested in helping out then speak to Graham Norris on a club night for more information on how you can join in.

Camden's Olympic Sports Legacy Projects **an article by Issie Beesley**

The launch of the borough's Olympic sports legacy projects took place on the 30th June at Mornington Sports Centre. The three projects are The Camden Sports Academy, Camden Community Games and Pro-Active Camden Ambassadors. The overall aim of the three projects is to increase participation in sport, increase the opportunities for competing and promote and develop excellence.

One of the key areas of the Sports Academy is to support the development of clubs in the borough. As a key club in the borough the Sports Academy will be working closely with Highgate Harriers to help with their development.

It was a pleasure to announce Highgate Harriers athlete Simone Williamson as Camden's Sports Legacy Champion. He kindly gave up his time to attend the event. Unfortunately as he was leaving his house the random drugs testers arrived so after a made dash across London he made it in time to answer some questions, meet Camden's junior boccia team and smile for some photos!

For more information on the projects and to see a promotional film please go to www.camden.gov.uk/olympiclegacy

Alternatively contact Isabel Beesley (Sport Legacy Project Manager) Isabel.beesley@camden.gov.uk

DIARY

July 2010

17 th	LICC	Lea Valley
18 th	YAL	Mile End
31 st	SML	Peterborough

August 2010

7 th	SWL	Parliament Hill
14 th	LICC	Parliament Hill

September 2010

4 th	SWL	Exeter
15 th	Open Meeting	Parliament Hill

SML = Southern Men's League,
SWL = Southern Women's
League, YAL = Young Athletes
League, LICC = London Inter-
Club Challenge