



**Greenhead Athletics Centre
Greenhead Road
Utley
Keighley
BD20 6EB**

October 2009

Dear Junior Athlete

We are now coming into autumn and there are a few things that you and your parents need to know about arrangements for training and competition over the coming winter.

This is an especially unusual time for us in that, as you know, work has started on the construction of the new Greenhead and Beechcliffe Schools and thus there are temporary arrangements and accommodation that we will all have to adapt to in the coming months. **Please read this carefully as it explains changes to;**

- **Training sessions which from week commencing 27th October will be on Thursday only for the winter months**
- **Training charges**

Many of you will also know Claire Spence who has been the lead coach for the past 3 years. She will be moving on and we would all like to thank her for her fantastic and enthusiastic contribution to the club, she will be missed and we wish her every success for the future.

The good news for the club and for us all is that when it is all complete (in 2010) we will have one of the best athletics facilities in the region right on our doorstep and much better facilities as a club, not only in terms of athletics but also in terms of social space for all ages on club nights. An artist's impression and some plans of the finished site are attached – it has been a long haul (over 10 years or so!) and has involved much work with a variety of people, including Greenhead School, Bradford Council, Sport England and many others to make sure that the track will be preserved and enhanced and that we get some great new club facilities.

This has involved grant funding from various sources in excess of £700,000 and commitment from partners such as the school who have added over £100,000 to this.

The club is also now a key partner in the newly formed Bradford Athletics Network, which has gained funding from England Athletics to promote all aspects of athletics, especially in terms of wider participation and opportunities to maximise yours and all our members' athletics potential and enjoyment.

However, while the building work continues we do not have access to the track and certain other facilities so we need to adapt for the winter by using the infrastructure around us. This will mean going out on the pavements surrounding Greenhead, something that we have traditionally done over many years. The standard loop (that does not involve crossing any roads and which has a continuous street-lit pavement all the way round) is Greenhead Road/Spring Gardens Lane/Earl Street/Skipton Road/Greenhead Lane (1.7 miles).

To make this as safe as possible, and to make the training as productive as possible for everyone, the following is proposed:

- **We will hold formal sessions on Thursday nights only until Spring 2010; The last Tuesday night junior session will be held next week on the 20th October.**
- The younger/beginner groups will still have sessions in the sports hall and/or gymnasium, as usual.
- Older athletes will be divided into smaller groups (based on current fitness and ability rather than age) and assigned to a specific coach/group leader.
- Other groups will continue to warm-up and warm-down together and will do similar sessions each week, but the scale and intensity will vary between each group.
- There will be a 4-weekly cycle of training, as follows (but flexible):
 - o Week 1 Hills (Glenlyon Drive)
 - o Week 2 Fartlek (Speedplay) (Standard loop – see above)
 - o Week 3 Chinese Relay or Indoor Session
 - o Week 4 Time Trial (to measure progress)
- All of the sessions are designed to help you develop your stamina and strength over the winter months and build a base for some faster running in the Spring.
- **The Thursday sessions will cost £2 per athlete but where there are brothers and sisters the cost will be £1 for each additional athlete. This will apply from the 29th October** and is required to help cover the cost of coaches and opening Greenhead

We need you and your parents to help with the following:

- Make sure you wear bright clothing (preferably a high visibility tabard) that is appropriate for the weather conditions. The club has some tabards available for purchase at £3 each or for hire at 50p per session. **Please note that if you do not have a hi-vis tabard you will not be allowed out with the group and will have to take part in the Sports Hall session.**
- Make sure you know who your group leader is and that you have his/her contact details. It is always helpful to leaders if you could let them know when you are unable to attend sessions. Likewise, they need to be able to get in touch with you if for any reason sessions are cancelled, with race information or whatever.
- Listen to what the coaches say and try to do the training required. You only get out what you put in. However, remember that you are still growing so you will be advised not to do too much!!
- Make sure that you obey instructions during sessions and that you stay on pavements at all times.
- If selected for a team or entered for a race, please make sure that you turn out, or at least let someone from the club know if you cannot take part in plenty of time. Remember that your clubmates are relying on you.
- Please promote the club in a positive way amongst your friends and family. Ask your friends if they would like to come along.
- If you have a problem, please don't bottle it up but let us know immediately.
- If there is a special event you would like to do, just ask.
- If you have an injury, a medical condition or even if you are especially tired because you've done a lot at school, please let us know before training.
- Ask your parents if they can help out (there are lots of things to do!) It may be that we will need to undertake a CRB check on adults wishing to help out. Although this seems to be a bit of a pain it does also ensure that all athletes are protected and it is a central part of our Clubmark Child Protection Policy.

Hope this is all OK – if you have any queries always feel free to ask!

Best wishes,

K&CAC Junior Section