



Coaching

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MORE ON THE NEW COACHING STRUCTURE

On the UKA coaching website is a structure chart and podcast interview with Kevin Tyler, UKA Coaching Development Officer, about the new coaching structure, and if you have an hour and ten minutes to spare!! Then it is worth listening too, otherwise, here is an abbreviated version.

The new structure actually makes sense as it moves more towards 'what to coach' rather than 'how to', and the UKCC courses that were to be introduced did not have enough depth in specific event technical detail. Even the old UKA system only accumulated five days training in the build up to level 4 whereas the new system will have 8 days for the equivalent qualification. So, all the different levels from 1-4 will disappear, but those with current qualifications will retain them forever and have the option to advance through the new system if they wish, but need not worry about transferring over or anything like that. **THE NEW SYSTEM.**

LEADER 1 day course that crosses some of the current L1 area

ASSISTANT COACH A 2 day course that includes some of L1 and L2

COACH 3 days plus 1 day practical assessment. This award will have various options including Children Coach Award, Athletics Coaching Award, Off track coaching Award, Event Coach Specific Award.

MASTER COACH This will not be an honour award but done by technical assessment. Anybody with an L2 upwards can apply for it but Kevin does advise that it might be worth going for the event coach group award first, and will be applicable even to children coaches, therefore not just available to coaches of International athletes.

Event group learning will be available on an off line in advance of the relevant coaching course.

COSTING Some guide figures are available on the website, but the accumulative cost will be cheaper and home countries should have access to funding to support coaches connected to clubs rather than those who are doing it simply for their cv or because it is an education course requirement.

WHEN? Pilot courses are planned to be running now with others coming on stream in July. Others are in the process of being developed.

PHOTOGRAPHING ATHLETES

During a conference at Truro College on Saturday 23rd Jan the Chief Constable for Devon and Cornwall reiterated what I have always maintained, that there is no law against taking photographs of children, which applies to Athletics and school sports.

PHYSIOTHERAPIST

I contacted Daniel Laurence, the physiotherapist who has had two excellent articles in AW recently and is obviously sympathetic towards athletes. Although his tel number is not in the book he is open to treat athletes on 07737 092012 or daniell@truro-penwith.ac.uk

BROOKS FOOT ANALYSIS

At Cornwall Running Store on Saturday 30th Jan offering a free gait analysis, advice on footwear. Call 01208 815009 to book a slot. Unit 6 Bess Park Road, Tenant Industrial Estate, Wadebridge

SPRINTS ON 20TH FEB AT PAR

The afternoon session of the County Training Day will be for the 4x100 relay.

CHEAP PRINT CARTRIDGES on the web www.thinkpinkcartridges.co.uk

LICENCE RENEWAL Don't forget to check your licence date, as outlined last month