



# Welcome to our first 2016 Autumn Newsletter.....

*"athlete centred and open to all"*

### Photo Usage.....

We have been looking at our policy of photo usage with regards to our Under 18 Athletes.

We have checked permissions and wanted to confirm that all photo's taken unless opted out on membership forms) may be used in closed groups such as facebook.

We have agreed in the Under 18 working group that from now on any photos taken and wanting to be used on open site ie Poole runners web site we will seek additional permission from the parent of our under 18 Athlete's . If you see pictures being used inappropriately please let your coach know so we can take the appropriate action.



### Congratulations to our newly qualified Coaches

I am sure you will join us in extending our congratulations to our freshly qualified Assistant Coaches, I am sure you will all welcome them aboard and encourage them as they will make great additions to our teams

**Go.....Lea Short, Tom East & Dom Willmore.**

We also have Dave Ozanne & Alan Lewis completing their Coaching in Running & Fitness (CIRF) – this means we will have some onsite technical help with schedule plans for training following an injury and tech breakdown.

Are you interested in coaching, if so please see Annette or email her on [nett107@hotmail.com](mailto:nett107@hotmail.com)

### Have your say.....

We all know Autumn is closely followed by the cold wet windy nights so we are looking to introduce a new improved Junior kit.

Over the last few weeks we have been asking our Athletes what they wanted and have narrowed the choices down to a few selections.

Costs.....Please don't worry the kit is not mandatory we are trying to give you options and also idea's of practical Christmas presents to and from the family when they ask.....'what do they want from Santa!!'

### SPORTSHALL ATHLETICS

This is an indoor form of track and field for children between the ages of 8 and 16 and it provides a safe and warm environment for young athletes to train during the cold and dark winter months...this season dates are:

29<sup>th</sup> Oct

17<sup>th</sup> Dec

28<sup>th</sup> Jan

Are you interested in this please see Sue Cracknell or email her on: [sue.dee23@ntlworld.com](mailto:sue.dee23@ntlworld.com)

## Congratulations

to William who completed his 1<sup>st</sup> X country on 15<sup>th</sup> October . In the words of Coach Nettie

**" I can't believe how far this boy has come! 1.9km run with 2 whopping hills"**



## The first week in November will see the introduction of a register for training sessions.

There will be one for each coach so we ask that you make sure all athlete's are signed in for health and safety reasons.



## X Country dates

09 <sup>th</sup> Oct	Learoyd Road
15 <sup>th</sup> Oct	Farley Mount
06 <sup>th</sup> Nov	Avon Heath
12 <sup>th</sup> Nov	Kings Park
19 <sup>th</sup> Nov	Yeovil
03 <sup>rd</sup> Dec	Popham Airfield
11 <sup>th</sup> Dec	Canford School - Dorset Champ
08 <sup>th</sup> Jan	Exeter South West Champ
14 <sup>th</sup> Jan	Prospect Park Reading
28 <sup>th</sup> Jan	Parliament Hill – Southern Champ
26 <sup>th</sup> Feb	National Finals - Nottingham

## PEDDSA SCHOOL CHAMPIONSHIPS

15 <sup>th</sup> Sept	Baiter Park
13 <sup>th</sup> Oct	Sandbanks
10 <sup>th</sup> Nov	To be Confirmed
08 <sup>th</sup> Dec	Ferndown Upper School

**NB: PEDDSA open to school academic years 5 – 13 and is organized by children's schools)**

## A Message from Millie...



*On Thursday evenings we practice running in different distance groups. I am in the middle distance group. I like my group because it's nice to be part of a friendly team and I have a lovely coach called Annette. Everyone talks to each other, cheering them on and giving advice.*

*My favorite part of training is trying to improve and beat my PB's.*

*Poole Runners is a nice club to come to because everyone is so kind and willing to help each other.*

*From Millie Small (Aged 11)*

## Away trip Supervision for Under 18's

A decision has been made at club level that if the athlete's parent/responsible adult cannot be with them, the parent/responsible adult must ensure there is another suitable adult/friend over the Age of 18 available to take this responsibility. It is vital that no coach is responsible for one athlete at an event as this may affect their ability to carry out their role as a coach to all. Please can the coach be advised before the event who will be responsible person looking after your Athlete



- ❖ **Remove** spikes after use clean them and make sure they are dry.
- ❖ **Apply** vaseline to each individual spike before putting them back in. (the next time you need to take them out it will be much easier!)
- ❖ **Don't** eat anything "heavy" in the couple of hours leading up to training/races.
- ❖ **Do** eat and drink well in the hour following Training.
- ❖ **Don't** put off cleaning your spikes or it won't get done.
- ❖ **Do** wrap up well! You can't put on clothing you don't have when you are cold!



**Finally age doesn't matter!!!!!!**



**(added by a cheeky athlete!!)**

*Coach Alan*



Having finished the summer season with a vast number of PB's we are now entering the winter season which means a change of focus.

Cross country is now upon us and our squad continues its pattern of increasing in numbers every year. For the first time in years it is looking like we will require a Poole runners coach (with wheels) to transport us all to London and Nottingham, these are amazing events where you get to see top athletes from around the country whilst competing themselves.

No one is ruled out of competing and we have a good number of months training to prepare for the event. So expect mud galore, have your spikes at the ready. Heads up parents - wet wipes are not going to cope, your shower will look like a scene from Glastonbury but the stories and smiles on your athlete's faces will be worth it.

For those that do not want to do cross country the focus will still be on increasing endurance and improving technique so when spring comes we have what we need to build our speed work on.

Yes, Squad it's hard work! Yes we get the Results!

Yes we are a GREAT team!

*Coach Nettie*



Many believe sprinters head indoors or to warmer climes to train in our non-summer seasons but sadly we at Poole Runners do not have indoor tracks- there are the stairs at Ashdown and unless we can find a sponsor, will not be heading abroad.

Winter brings hard work. Increased distances run, not jogged and usually followed by the question, 'You what?' If it's over 200m they get altitude sickness and need to spend time acclimatising.

You need to wrap up warm in light layers, **thin** not white or sky blue! One should be a base layer, (Skins and Helly Hansen are expensive versions!). Layers can be removed as you get warm and replaced when on recovery runs or walks. You may be **HOT** but you'll soon cool and injure muscles.

.....**In fact** you need to come in leggings and possibly a tracksuit on top to wear home to keep the heat in. Watch sprinters at the start of races even in summer and they will remove layers to keep body warm after warm-up before racing.

You may also find that cold air will hurt as you sprint so build up. Don't blast without warming body to the cold.

Gloves and hats or headbands are also vital to maintain heat. As a coach I then don't have to listen to moans about then track being cold, as well as about the training.

I like to keep what they're doing a secret, or else they'll miss 'hard' sessions but I do have a smile that announces, *'I'm going to enjoy this but you're not!'*

Parents a lesson if you don't run, do not bribe your children to run PBs as they've learnt from the world greatest pole vaulters by breaking PBs by smallest margins, as many times as possible . Congrats to all the Valier clan and especially Mark's wife who had to keep him supplied with chocolate, for beating the most PBs in a season.

See you Michelin men/ladies down the track. Bad excuses may lead to 400m run repeats!!

Next edition... explaining coaches' speak

*Coach Les*

Do you have a story to share ?

Do you want to be involved ?

Come down to the track and see a coach....volunteers and helpers are always warmly welcomed and as our coaches say

.....Wrap up warm!!