

TIME TO SUPPORT AND BACK UP OUR COACHES

Seize the opportunity to strengthen West Cheshire AC's voluntary coaching staff

EVERY single coach at West Cheshire AC devotes their precious time, effort, and advice completely free of charge to ensure our athletes are educated and prepared for competition.

Our coaches seem to have become a rare breed in this age of the so-called Big Society.

But the coaching situation at West Cheshire AC has become a focus of serious attention in recent times.

None of our coaches are getting any younger, but our popularity as the only local athletic club has attracted a sizeable increase in the numbers on our attendance register.

The time has arrived for the West Cheshire AC management committee to urgently address the issue.

The club is seriously considering the idea of hosting an Assistant Club Coach Award course at the Stanney Track, Ellesmere Port, in the near future.

But we need to draw up a list of people who are interested in attending the course - a first step on the road to becoming a qualified UK

Athletics-registered assistant club coach.

Parents, friends, and even older athletes are always being encouraged to get more involved at West Cheshire AC, and this is an ideal opportunity to be part of the club's future.

West Cheshire AC is willing to pay the coaching course fee of any parent of a current member or for older athletes wishing to enrol to obtain a qualification and assist at club training sessions.

West Cheshire AC is treating the coaching issue as a top priority and sees the initiative as an investment towards the future for the club.

If you are interested in enrolling on a coaching course please email your name to: dennis.wall1@ntlworld.com

FIXTURES

JUNE 2011

- Sat 4 - Northern T&F League Round Two (Warrington).
- Sat 4 - Hollins Green 5k Road Race.
- Sat/Sun 4/5 - England Athletics U20/Senior Comb Events Champs (Bedford).
- Sun 5 - Young Athletes T&F League Round Three (Bebington Oval).
- Wed 8 - Birkenhead Park 5 Miles Road Race and Young Athletes Races (7pm).
- Sat 11 - Cheshire Schools T&F Championships (Year 8 and above) at Macclesfield.
- Tues 14 - Playground The Podium Disability Athletics Day (at Stanney Track).**
- Thur 16 - Ellesmere Port and Neston Year Seven Minors Athletics Championships (Stanney Track, 4pm start).**
- Sat/Sun 18/19 - Northern Senior & U20 Junior Championships (Manchester).
- Sun 19 - Young Athletes T&F League Round Four (Crewe).
- Tue 21 - West Cheshire AC Committee Meeting (Stanney Track, 8pm start).**
- Wed 22 - Wirral AC Track 1 Mile Race (Bebington, 7.45pm start).
- Thurs 23 - Warrington Woolston Park 10k.
- Sat/Sun 25/26 - Aviva U20 and U23 Championships (Bedford).
- Sat 25 - Lymm 10k Road Race.
- Sat 25 - DASH Quadrathlon, Sport City (U9-15)
- Sun 26 - Cheshire T&F League Round Two (Crewe).
- Tues 28 - Cheshire Schools Year 7 Minors Champs (Warrington).
- Wed 29 - Chester Primary Schools Athletics Championships (Stanney, Field, 1-3pm, Track 5-8pm).
- Thur 30 - Ellesmere Port & Neston Schools Quad Kids Competition (Stanney).

SPORTSHALL TARGETED FOR ADDITIONAL WEDNESDAY INDOOR TRAINING SESSIONS...

BRIAN STOAKLEY is keen to start a Wednesday night training session at Stanney Sportshall within the next month to help improve technique and discipline through a series of drill lessons.

The one hour session will be thrown open to members in the Under 13 age group and older athletes wanting to improve their preparation for events.

Brian is hoping to start the Wednesday sessions between 7-8pm during June. Please look out for further details or ask Brian for further information.

The Inside Lane

DISABILITY ATHLETICS

A Playground to Podium County Athlete Assessment Day will take place at Stanney Track, on June 14.

North of England Disability Support Officer, Shelley Holroyd, is inviting representatives of West Cheshire AC to the event and is also setting up a mentoring programme for coaches who are interested in coaching disabled athletes.

Shelley can be contacted on: 07912 070625 or at: sholroyd@englandathletics.org

OLYMPIC RELAY

NOMINATIONS close on June 29 for London 2012 Relay Torchbearers. If you know someone who could be a candidate find out more at: www.london2012.com/olympic-torch-relay

COPY DEADLINE

THE deadline for copy to appear in the next Newsletter is June 21. Email to: dennis.wall1@ntlworld.com

ON THE MAILING LIST

ANYONE wanting the Newsletter by email should contact Mike Lamb.

NORTHERN FORMS

ENTRY forms for this season's various Northern Track and Field Championships are now available from the Stanney Track Office.

CHESHIRE LEAGUE

WEST CHESHIRE AC will continue it's Cheshire Track and Field League campaign at Crewe, on Sunday, June 26, (1pm start).

Members ranging from Under 11s right through to veterans are invited along to compete in the second league match.

Any parents wishing to come along and volunteer as helpers or officials would also be welcomed.

HELP NEEDED

WEST CHESHIRE AC is looking for volunteers to help assist at this year's Ellesmere Port & Neston Minors Athletics Championships, to be held at Stanney Track, on Thursday, June 16, (4pm start). Anyone who can help should contact Jill Gore.

SPORTING GRANTS

CHESHIRE West and Chester Council have launch the new sporting grants scheme, Spring into Sport, designed to provide financial help to local athletes. Closing date for applications is Sunday, June 19, and further information can be found at: www.cheshirewestandchester.gov.uk/sport_and_leisure/sport/2012_olympics/spring_into_sport.aspx

FEMALE COACHING

AN England Athletics Female Coaching Workshop is being held at Sport City, Manchester, on July 23, (1-5pm). Contact Alison Potts for further details at: apotts@englandathletics.org

Handing Over The Chester Half Marathon Baton...

WEST CHESHIRE AC officials have agreed to pass the Shell Chester Half Marathon baton to Chris Hulse and Andy White of Active Leisure Events Ltd.

West Cheshire AC has organised the event for the last 18 years.

Alan Morris, chair of the race organising committee, said: "The half marathon is a very popular event but the current course can't cope with all the runners that want to take part.

"For the race to grow it needs a new route.

"West Cheshire AC's organising committee is made up of volunteers who cannot take on the considerable work involved in planning and staging a significantly larger event.

"We have therefore signed an agreement with Active Leisure Events Ltd to take over the organisation of the race from 2012 onwards in partnership with the athletic club.

"Active Leisure Events Ltd have the skills and resources needed to expand the Half Marathon."

West Cheshire AC will continue to provide volunteers and officials for the half marathon which continues to raise significant sums of money for local charities.

Hulse said: "We are privileged to become custodians of this iconic race.

"West Cheshire AC will be continuing to help on race day and we are delighted to be supporting our local athletics club.

"Many of our team are veterans of the Chester Half Marathon and hold in high regard and affection.

"We have exciting plans to develop the race into one of the UK's premier half marathons."

Morris added: "I am confident the Chester Half Marathon is in safe hands and will go from strength to strength."

REPLACEMENT SPIKES

6mm, 9mm and 12mm

Pack of 12 spikes available
from the club office - £1.50
per pack (NO singles)

Club Kit For Sale

WEST CHESHIRE AC members are being invited to buy a range of club clothing stock after Tuesday night club training at Stanney Oaks Track.

Jill Gore and Ellen Molloy should be approached in the Club Office to purchase any of the following items:

Showerproof jackets £20 each
Adult running shorts £3 each
Running Vests £10 each
Sweatshirts £10 each
T Shirts £5 each

All enquiries at Track Office on Tuesday night or Saturday.

FOR SALE...

NEW

West Cheshire Athletic Club

Hoodies

Sizes: S M L XL

MONEY must be paid on ordering!

For all Orders -
Please see Debbie Baker.

Please make a note in your diary:

Your help is needed when
West Cheshire AC help
organise:

Ellesmere Port & Neston Minors Year 7 Athletics Championships

On Thursday, 16th June
2011,
At Stanney Track,
4pm start.