

# RUNNING BRIEFS

Team Southampton

September 2005

## One year on

It barely seems possible that we are approaching our first birthday; the merger discussions seem like only yesterday. Perhaps then this is a good moment to pause and reflect on what we have achieved over a hectic twelve months.

One thing seems to be certain – the merger has worked very well and proved that the efforts of the respective representatives from the old Southampton City and Team Solent were worth it. Many can take credit for the merger success – Committee Members, Coaches and Team Managers, all of whom who have gone about their business without discrimination or recrimination. Principally though it is the athletes who have ensured that we have knitted together so well. It has been a pleasure to see the way in which new team-mates have been drawn together and worked towards achieving their best for the Club.

This is not to say, however, that we should be content with our lot. Whilst our Young Athletes and Women's Southern League Teams have deservedly achieved promotion other teams – such as our senior men – have struggled. If the team ethic of our name is to be lived up to we have to work as one to move on in areas such as competitive opportunities, coaching excellence, fund raising and recruitment.

Our sport faces many problems and issues and we cannot divorce ourselves from those. You will see on page 2 details of the proposals for change brought about by the Foster Report, this does affect us and we must contribute to the process.

Your Committee is determined to go forward with energy and commitment – we need your continued support and active participation.

### CLUB HONOURS 2005

#### Rebecca Gough

English Schools Team for Home International

#### Kieran Kelly

GB European Under 20 Championship Team

#### Sian Scott

GB European Under 23 Team - Bronze Medal 400m Hurdles, Silver in 4x400m Relay  
England Commonwealth Games Team.

### NATIONAL CHAMPIONS

#### Rebecca Gough

English Schools Inter 1500m

#### Sian Scott

AAA Under 23 400m Hurdles

#### Louise Webb

AAA Under 15 1500m

NOTICE IS GIVEN HERE THAT THE

## ANNUAL GENERAL MEETING

OF

## TEAM SOUTHAMPTON

WILL BE HELD ON WEDNESDAY 26 OCTOBER 2005, 7.30PM

AT

OAKLANDS SCHOOL, FAIRISLE RD, LORDSHILL

THE GENERAL SECRETARY BY MUST RECEIVE NOMINATIONS FOR OFFICERS AND COMMITTEE, PROPOSED ALTERATIONS TO THE CONSTITUTION AND ANY OTHER BUSINESS TO BE INCLUDED ON THE AGENDA BY **12 OCTOBER 2005.**

PLEASE NOTE ALL NOMINATIONS MUST CONTAIN THE CONSENT OF THE NOMINEE AND THE NAMES OF THE PROPOSER AND SECONDER. VOTING IS RESTRICTED TO PAID UP MEMBERS OVER THE AGE OF FIFTEEN ON 26 OCTOBER 2005.

## **THE FOSTER REPORT – CLUB ACTION REQUIRED**

If you read Athletics Weekly you will already be aware that as a result of the Foster Report major changes are proposed in the organization of our sport. After a nationwide series of consultations over recent months clubs are now being asked to express their views on the proposed plans which will completely restructure athletics and will, hopefully, through “decentralization” bring the governing and organization of our athletics into closer contact with the clubs and their athletes.

As a result clubs are being asked to express their views on four issues in an independent poll conducted by the Electoral Reform Services with the deadline for voting being October 21<sup>st</sup>.

The issues are:

### **1 Does your club support the proposals for the decentralization of athletics delivery?**

A key recommendation of the Foster Report was “decentralization taking athletics delivery as close as possible to the athletes, clubs, coaches, schools and other volunteers that make up the grassroots. This is already happening in Scotland, Wales and Ireland now under the new body, England Athletics it is proposed to create nine hubs/regions

### **2 Does your club support the proposed accountability plans for athletics in the UK?**

A new governance structure for athletics in the UK is proposed which will connect England Athletics, the English regions and the Celtic home countries directly with UK Athletics so that there is a clear pathway of accountability from grassroots through to the top.

### **3 Does your club support the proposed financial direction for athletics in the UK?**

Long term financial planning and a commercial strategy is vital including additional levels of new money for grassroots investment.

### **4 Does your club support implementing the membership scheme as presented here.**

England is behind the other home countries on the subject of membership schemes. England Athletics proposes a mandatory five pounds fee in addition to any existing club subscription. It is suggested that numerous benefits will result as well as there being an accurate picture of the overall membership and participation.

The afore mentioned points are only an outline of the proposals and more detailed information can be obtained from Athletics Weekly and the various web sites.

### **What is VITAL is that the club has your views before we vote.**

Be in no doubt the decisions on the matter at national level will affect your participation in athletics – make sure that you make your opinions known.

Some of the issues are, to say the least, controversial and in some case need clarification. For example – With the set up of nine English hubs/regions what happens to the South of England AA and the County Associations?

Who will be responsible for the operation of a compulsory membership scheme? Does the club become responsible and if so what benefits does it gain?

How will competition be organized so that that it benefits everyone and not merely the elite at one end of the scale and the young athletes at the other?

These are just some of the issues involved, there are numerous other examples Overall though be in no doubt athletics must progress and radical change is part of that.

**PLEASE DO THINK ABOUT THE ISSUES AND LET US KNOW YOUR FEELINGS NO LATER THAN OCTOBER 15<sup>th</sup> BY E-MAILING US AT [teamsouthampton@hotmail.com](mailto:teamsouthampton@hotmail.com) OR TO THE SECRETARY AT 10, PRIESTWOOD CLOSE, THORNHILL, SOUTHAMPTON SO18 5RN**

# Coaching News

## **Regional Athlete & Coach Development Days**

Good standard athletes (AAA grade 1 to 3) in the Under 23, Under 20 and Under 17 age groups or coaches of any level may like to consider applying for a place on the South Region Squad days to be held during the winter at the Thames Valley Athletic Centre. These are organised by the AAA of England and staffed by level 3 or 4 coaches. The dates are 2 October, 27 November, 22 January and 2 April – the cost is just £6 per day. For further details please contact Christine Benning, Regional Development Coordinator AAA of England, Upper Market Street, Eastleigh SO50 9FD

## **Free Access for County Sportspeople (F.A.C.S)**

Hampshire County Council has released details of the above scheme. Backed by all of our local councils F.A.C.S is an initiative to support County level performers from disadvantaged backgrounds by providing limited free access to a number of the County sport and leisure facilities. Further details and application forms can be obtained from – The Sports Development Officer, Hampshire County Council, Sports Section, Mottisfont Court, High Street, Winchester SO23 8ZF or online at [www.hants.gov.uk/sports/performance](http://www.hants.gov.uk/sports/performance)

## **Southampton City Council Coach Education Programme 2005-06**

Southampton City Council offers a range of courses from Good Practice & Child Protection to Injury Prevention/Management and Diet & Nutrition. These are designed to enhance coaching skills and most only involve an evening attendance. The full programme details can be obtained online at [www.solent.ac.uk/sport](http://www.solent.ac.uk/sport) or from Kevin Harris, Sports Development Officer, Sport & Recreation Services, Southampton City Council, Civic Centre, Southampton SO14 7LP

## **A must for every coaching library**

Crowood Press are in the process of publishing two further technical books in the “High Performance” range – Middle Distance Running by David Sunderland and Sprinting by Mike Smith. Mike is a former British Association of National Coaches Coach of the Year, a Master Coach and, of course, Chairman of Team Southampton. Fully illustrated (with photos of several Team Southampton athletes) this highly recommended book, priced £12.99, will be available from early October. (Crowood Press, Tel 01672 520320 or enquiries@crowood.com)

## **Young Athlete Winter Training Venues**

Team Southampton is delighted to be able to offer an increased range of Young Athlete training opportunities this winter.

Your existing coaches will be able to give you details of their training sessions and full details can be obtained on application from the Membership Secretary – Carol Dawkins, 11 Blackwater Mews, Calmore, Southampton – or from the Team Southampton website at [www.teamsouthampton.co.uk](http://www.teamsouthampton.co.uk)

Our principal venues are:

**Thornden School** (Chandlers Ford), Tues & Thurs for Sprints/Hurdles

**Tauntons College** (Southampton), Tues & Thurs for Middle Distance

**Oaklands School** (Lordshill), Thurs for Sprints, Hurdles & Jumps

**Southampton Sports Centre**, Tues, Thurs & Sunday mornings for Middle Distance

**Mountbatten School** (Whitenap), Tues for Throws

**West Hill Park School** (Titchfield Common), Weds for Multi events

Please note that fees may be charged for the above sessions. These are only to help offset the cost of the hire of the facilities (which are subsidised by Team Southampton), no charge is made for the coaching you receive – all of our coaches are qualified but volunteers

As our minimum membership age is 11 years the above venues do not include those under that age, however multi event sessions are available to children aged 10 or under on Wednesdays at Weston Park Boys School – contact Brian Fisher (023 80695938).

**Amazingly a significant number of you who are reading this Newsletter have not yet paid your 2005 Club Subscription. You know who you are (you have been written to more than once) so make contact urgently with our Membership Secretary to make payment.**

## Final Track & Field League Positions 2005

British League Division 4  
6<sup>th</sup>

UK Women's League Division 2  
4<sup>th</sup>

Southern Men's League Division 2  
25<sup>th</sup>  
(Relegated)

Southern Women's League Division 2  
1<sup>st</sup>  
(Promoted)

Southern Men's League Division 4 West  
5<sup>th</sup>

National YA League Division 2 South  
2<sup>nd</sup>  
(Promoted)

Wessex League  
2<sup>nd</sup>

## New Officials Courses

Hampshire Athletic Association will be holding free courses in Track, Timekeeping, Field and Starter/Marksman on Wednesday 16 November 2005 at Mountbatten School, Romsey (7pm – 9.30am). This will be followed by a written examination the following Wednesday.

If you have been helping out at meetings this year or are interested in helping in the future please take this opportunity to attend, learn and qualify as an Official. Please don't be put off by the prospect of an exam, it is very basic and attendance on the course will give you all the information you need to pass.

This is likely to be the last opportunity to qualify under the existing system. In future it is likely you will only qualify after a much longer period of practical assessment and course attendance for which you may be charged.

To reserve a place on the course or for further details please contact Eileen or Terry Williams at 73 Marrowbrook Lane, Cove, GU14 0AE, tel 01252 664455 or e-mail [eileenandterry@ntlworld.com](mailto:eileenandterry@ntlworld.com)

## Drug Free Athletics

With winter approaching and therefore the spread of colds, flu and other ailments not far off, it is in the interest of athletes to know what is permitted for the treatment of such illnesses. Many over-the-counter medications for common illnesses often contain prohibited substances. Cough and cold remedies for example may contain stimulants such as ephedrine. You are advised to check all medications and substances either with your doctor or governing body medical officer, or by visiting online at [www.uk sport.gov.uk/did](http://www.uk sport.gov.uk/did) or telephoning the UK Sport Drug Information Line: +44 (0) 800 528 0004. Athletes are solely responsible for any prohibited substance found in their system.

To help you avoid the making serious mistakes that could lead to suspension from the sport (it is not just high profile athletes that are tested) Team Southampton will be publishing on it's website a list of common ailments and the medication permitted as treatment.

The Club bears no responsibility for the accuracy of this list (it does come from UK Sport though) as in all cases the responsibility for being drug free rests with the athlete whatever the ability or age.

## Principal Winter Fixtures 2005-06

### Hampshire Cross Country League (all ages Male & Female)

**8 October** - Farley Mount, **5 November** – Goodwood, **3 December** - Ashe Meadows Overton,  
**14 January** - Prospect Park Reading, **11 February** – Wimborne.

### Cross Country 6 (Senior Male & Female not exceeding specified standards)

**23 October** – Denny Wood, **13 November** – Manor Farm Country Park, **11 December** – Fritham Plain, **22 January**  
Ampfield Woods, **19 February** Stoney Cross, **12 March** – Dibden Inclosure.

### Cross Country Championships (all ages Male & Female)

**7 January** – Hampshire County, **28 January** – South of England (Exmouth), **4 February** – Hampshire Schools,  
**25 February** – English National (Parliament Hill), **25 March** – English Schools