



Welcome to the October edition of the newsletter. We are very excited to be hosting our Annual Awards Evening next month (Friday 22nd November) and look forward to welcoming award winners, family members and our special guest. It's a great evening which celebrates the tremendous achievements of our athletes so please do come along, tickets will be on sale early November.

Yours in athletics,

Rob Pinton, Club Chairman

Congratulations to
Amanda O'LEary on
gaining her Level 1
Track Official's
Licence

UKA Cross Challenge Cross Country

On 12th October Chris Mcleod ran in UKA Cross Challenge Cross Country fixture at Cardiff and finished an excellent 6th. The British Athletics Cross Challenge Competition is the country's premier Cross Country athletics series, and is attended by the premier athletes in the country, so to finish 6th is a magnificent result.

Maddy Whapples

Congratulations to Maddy who has been selected by British Athletics to join the Youth Talent Programme (YTP). The YTP is part of the talent to performance pathway designed to meet the needs of young athletes, aged between 16 and 18 years of age, with international podium potential. The programme will help develop a broad range of skills, abilities and behaviours needed for senior success through the delivery of practical training sessions and workshops.

New Members

A very warm welcome to 10 new members who have recently joined the club:

Lilla Whittaker, Max McDonald, Oliver Larkin, Joel Redden, Sophie Burtenshaw, Megan Kerrigan-Saunders, Amelia Turk, Emina Bolic, Sherya Karigan & Ellie Burrell.



SSHAC



Solihull & Small Heath Athletics Club

AWARDS PRESENTATION EVENING

FRIDAY 22nd November
7.00 for 7.30pm – 10.15pm'ish

Buffet Meal & Bar

Solihull Indoor Bowls Club
Brick Kiln Lane,
Widney Lane
Solihull B91 3LE

Special Guest – Graham Ravenscroft
(GB Team Coach)

For Information Contact:-

Yemisi Takwoingi
16 Easenhall Close
Knowle
Solihull
B93 9QA

England Athletics Volunteer Awards

At the England Athletics Volunteer Awards held in Stratford-upon-Avon last month Annette Brown was awarded West Midlands Official of the Year.

Annette said, "What an honour to have been nominated and an even bigger one to win! It's great to be recognised for the time we give and the work we do to support the athletes. I felt proud to represent Solihull and Small Heath AC and it was wonderful for the Club to be recognised for the second year running. I should like to thank everyone at the Club who supports me in my Official's role."

Congratulations to Annette!



England Athletics Run Leader Development Days at the University of Birmingham

England Athletics (EA) are committed to developing the knowledge and skills of all leaders and coaches by providing CPD opportunities outside the formal qualification pathway. The run leader development days were established in order to provide leaders and coaches with additional knowledge and expertise in order to successfully sustain and grow running groups and clubs all over the country.

The first workshop in the series is fully booked but there are still places available on the other two.

Day 2 – 18th January 2020

You will establish and enhance your skills to support and engage with runners, social rewards of exercise, training tips and building bite-size sessions to suit all schedules.

This workshop will also have practical elements of the Agility, Balance and coordination (ABCs) of fitness as well as a seminar on nutrition – fuelling for training and competition.

Day 3 – 7th March 2020

You will establish and enhance your skills to support runners to go further distances, structure sessions for training and races and manage a growing club or group.

This workshop will also have a seminar on the psychology of running – breaking through the wall, as well as a Q&A from a former professional athlete.

Bookings can be made via the Athletics Hub <https://www.athleticshub.co.uk/course-list/eng>.

Training Courses

The following courses are available locally. Other courses in various disciplines are being added so please look out for updates. More details can be found on the EA website at <https://www.athleticshub.co.uk/course-list/eng>

Officials Level 1

8 th November	Track, Timekeeper, Starter/Starter's Assistant	Oxford	booking deadline 6 th November
9 th November	Field	Oxford	booking deadline 7 th November

For these courses you must complete the Health & Safety module. This can be done online.

Leading Athletics

10 th November	Cheltenham	booking deadline 8 th November
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This workshop is an introduction to the coaching pathway and participants receive a certificate of attendance on completion.

Coaching Assistant

18 th & 19 th January	Tipton	booking deadline 10 th January 2020
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Athletics Coach – Days 1 & 2 of a 4 day programme

Once booked the candidate must select their Day 3 & 4 event technical option – Endurance, Speed, Jumps or Throws. All 4 days must be completed.

25 th & 26 th January 2020	Stratford upon Avon	booking deadline 17 th January 2020
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Leadership in Running Fitness

9 th November	Tipton	booking deadline 1 st November
30 th November	Nottingham	booking deadline 27 th November
7 th December	Oxford	booking deadline 29 th November
12 th January 2020	Dudley	booking deadline 3 rd January 2020
18 th January 2020	Gloucester	booking deadline 10 th January 2020
19 th January 2020	Leicester	booking deadline 16 th January 2020
2 nd February 2020	Burton on Trent	booking deadline 31 st January 2020
9 th February 2020	Stourport	booking deadline 1 st February 2020

Coach in Running Fitness

7 th & 8 th December, 16 th February 2020, 16 th May 2020	Nottingham	booking deadline 5 th Dec.
15 th & 16 th February, 28 th March, 4 th July 2020	Tipton	booking deadline 7 th Feb.

Regional Coach & Athlete Training Days

10 th November	Jumps	HiPAC Birmingham	booking deadline 9 th November
13 th November	Speed	Stourport	booking deadline 12 th November
4 th December	Endurance	Leicester	booking deadline 3 rd December
7 th December	Jumps	Nottingham	booking deadline 6 th December
8 th December	Throws	Nottingham	booking deadline 7 th December
15 th January 2020	Speed	HiPAC Birmingham	booking deadline 14 th January 2020
3 rd February 2020	Endurance	Stoke on Trent	booking deadline 2 nd February 2020
5 th February 2020	Speed	Stourport	booking deadline 4 th February 2020

Movement Skills

Part 1 - online

Part 2 – face to face

2 nd February 2020	Alexander Stadium	booking deadline 31 st January 2020
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Physical Preparation

16 th February 2020	Gloucester	booking deadline 14 th Feb. 2020
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The Physical Preparation workshop reinforces the key concepts introduced in Movement Skills workshops 1 & 2.

Event Group Training – Sprints & Hurdles, Endurance, Jumps, Throws

The Event Group Coach programme is designed to provide licensed Athletics Coaches with a greater understanding and awareness of the issues involved with coaching athletes at the Event Group Development stage. It is comprised of an online distance learning module and an in person 'Integration Day'.

Sprints & Hurdles Integration Day

1 st December	Alexander Stadium	booking deadline 22 nd November
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If you are interested in attending any of these courses, or would like further information, please contact Annette Brown (sshactraining@gmail.com). Although online booking is now available for some courses, you will need to obtain authorisation for attendance/reimbursement of fees before booking.