

THE JUNIOR SECTION

Your Team Managers NEED your support

Having "team managed" the Sportshall teams for many years, that task has passed to Carolyn , Michelle, Sandie and Michael. I hope that parents and athletes appreciate that there is a lot of hard work in their own time that goes into organising these events, with many phone calls, e-mails, texts and face to face conversations when picking teams. Therefore, it is very annoying and frankly stressful to have to sometimes revamp the whole team just before a match starts after the team managers arrive at Coventry thinking all athletes will arrive only to be told by other athletes that their team mates will not be coming. If an athlete has injury has been sustained then this is unavoidable or even if because they've "had a better offer", the team managers need to know as early as possible to enable changes to be made to the team sheets and hopefully give another athlete the chance to compete.

For athletes or parents to not notify the team managers that they will not be competing is really very disruptive and disrespectful to the team managers who put so much into giving the athletes a chance to compete and when athletes are given letters asking them to compete all the team managers phone nos. are printed at the bottom. Hopefully they will be used in future to make the team managers lives a bit easier.

Thanks

Paul Bearman

Recent Awards

At the recent Stratford District Council Sports awards, Andrew Pozzi was crowned Junior sportsman of the year for 2007 after an outstanding year. His citation read like a shopping list of achievements across numerous events and marked him down as a serious contender for more honours in the future, assuming he keeps working as hard and shows the same dedication that he has so far in his fledgling career. A delighted Andrew was pictured with former Olympian David Moorcroft.

Dean Bartram, the editor of the Stratford Herald was full of praise for the clubs PR man Keith Hawkes who won the inaugural Amateur Press Correspondent of the year award. He said that "Keith was Mr Reliable who had his copy of the weekend events, which is always full of interest and wit, on his desk ready for publication on a Monday without fail". Bartram added, "Keith is an editors dream and makes my life easy, which is why it was a relatively easy decision to make Keith the winner of this award".

Edward Caswell who competes for the U11's was nominated in the Junior sportsman of the year, for his success in Triathlon.

West Midland Regional Squad seminars

Charlie Burn, Amanda Evans, Andrew Pozzi and Chris Bartlett are part of the West Midland Regional squad. As a part of the programme, they are given seminars about lifestyle topics which can affect their training and performance. So it makes sense that the information they hear about is spread across to all athletes and two of the subjects that they've heard about so far this winter on Goal Setting and Planning are listed below. Hopefully you'll find them interesting and if you have any queries please contact me.

Paul Bearman

Stratford athletes chosen for the Warwickshire County team

The Sportshall teams are doing very well in the Warwickshire league and to prove how well the Stratford Athletics Club athletes are doing, we've had an unprecedented number of athletes chosen for the Warwickshire County team to compete in the West Midlands regional Finals in Worcester in February.

Congratulations to:

Under 15 Girls
Georgie Evans
Isobel Burn
Katie Taylor
Imogen Green

Under 15 Boys
Will Blackmore
Bryn Stretton
Henry Warrender
Adam Snow
James Warrender

Under 13 Girls
Anna O'Leary
Chloe Adams
Eleanor Johnson
Molly White
Jenny Carus

Under 13 Boys
Alex Grant
Jordan Harris
Adriano Ritchie
Connor Guest
Patrick Eaves
George Mitchell
Oliver Snow
Jackson Goodrum

U/15 Sportshall

With half the season now gone the U/15 girls and boys are competing hard to retain their sportshall titles. The boys are being pushed hard by their rivals who are pulling out all the stops to halt Stratford's dominance. But with strong performances from Bryn Stretton, Will Blackmore, Marco Rodriguez, James Johnston, Adam Snow James and Henry Warrender the boy's title will be a close thing at the end of the season. The girl's competition is once again being dominated by Stratford, who have won all three meetings so far this season by some 20-30 points each time. Great team spirit is being shown by the girls with, Lauren Stephens, Isobel Burn, Jemma Lane, Georgie Evans, Imogen Green and Katie Taylor, making up a very strong team. The forthcoming Warwickshire sportshall team will hopefully be dominated by our boys and girls. This season has seen Stratford enter a second team in the U/15 groups, which enables me to give all athletes an opportunity to experience the excitement of sportshall competitions. This is proving to be a good season for these teams as well as they came second to Stratford "A" in the first meeting and have consistently beaten many of their rivals.

Mike Lane U/15 Team Manager

U/13 Sportshall

The Under13 teams have made a good start to the season and what's also been encouraging is the number of athletes including many new faces who we've been able to give a chance to compete and with over half of the athletes improving their personal best performances already.

We have taken two teams of boys and girls to each match giving as many athletes as possible a chance to compete. The competition favours the 'allround' athlete with strength in both track and field events so by taking two teams we are able to develop skills, try different events, give athletes competition experience and build their confidence.

All the athletes have performed particularly well at the last 2 matches with both the Hawks girls and boys winning both the matches and the Swifts not too far behind. The encouraging thing has been, that despite strong competition mainly from Rugby, since the first match every member of the team has raised their game and performed to their potential which has meant everyone scoring good points which has made the difference.

This does mean a very busy night for the Team Managers with up to 30 athletes in 3, 4 or 5 events so thanks to Gail, Amanda and Chris for helping to ensure everyone knows what they're doing on match nights.

The excellent all round performances have meant that the majority of the County team going to Worcester for the regional finals will be made up of Stratford athletes where they will take on the might of Birmingham plus the the other regional teams, but I'm confident having seen the determination and quality in the squad that the Warwickshire athletes will more than hold their own and certainly give them a run for their money and hopefully emulate the success of the Under 11s in the recent regional match.

The girls have shown their strength by coming first in all three matches, winning all of the Obstacle relays, the 8 lap parlauf and two 4x2 relays.

Nine girls including Chloe Adams*, Jenny Carus*, Zoe Chandler, Annabelle Ford*, Eleanor Johnston*, Anna Laws*, Anna O'Leary, Hannah Taylor* and Molly White* have all achieved first places in the A or B teams in field events.

Georgie Cooper, Sarah Evans*, Alex Preston*, Alice Burn, Nicole Ricardo*, Holly Pyne*, Ellen Scholes*, Ellie Turner and Olivia West have all competed gaining valuable points for their team and mostly 2nd and third places.

The boys came second to Rugby in the first two matches and joined the girls in first position in the third match. They were also first in three Obstacle relays one 8lap parlauf and two 4x2 relays.

Conor Guest*, Jordan Harris Oliver Snow*, Patrick Eves, Jackson Goodrum, Alex Grant, George Mitchell*, Troy Stephens* and Joe Strauss have all come first in the A or B teams in field events.

Scott Ballard, Alex Cranninx, Patrick Featherston, Dominic Metcalfe, Tom Watkins, Tom Watkins*, Howard Allison, Sam Cooper, Owen Fenton, Joshua French, Connor Lawson Evans and William Philips made a valuable contribution to the team scores.

Scores	Oct	Nov	Dec
Girls Hawks	1 st 245	1 st 246.5	1 st 245
Swifts	3 rd 193	3 rd 187.5	4 th 170
Boys Hawks	2 nd 236.5	2 nd 229.5	1 st 246
Swifts	3 rd 205	3 rd 187.5	4 th 105.5

Sandie Evans, U13 Team Manager

U/11 Sportshall

The U11's have competed with enthusiasm and we have been fortunate enough to host two teams in some of the Sportshall meets.

The U11's girls A team have won two competitions and come 2nd (to Rugby in a close call) out of the four competitions. The girls B team have come 5th and 7th. The U11 boys A team have had three 2nd places and one 3rd place and the B team have been placed 4th and 8th. All of the children and parents that have made the effort to come on a Friday evening should be congratulated! There have been some outstanding performances from Jeniva Chambers and Abbie Brooks in their 2+2, Chloe Connor and Felicity Bee in their 6 lap, Lexi Bannister and Bethany Stokes in the 2+2, Abigail Flynn in the speed bounce, Alex Kempton in speed bounce, Stefano Vernaschi in standing long jump, Ben Taylor in his speed Bounce and Vertical Jump, Tom Drake in the 2+2 with Alex Kempton. Ella Jackson ran very well in the 2+2.

We could carry on but instead would like to recognize all the other children who competed: Laura Giles, Abbie Gardener, Rachel Chandler, Jessica Carter, Ailie Rennie, Rhiannon Proctor, Harry Huckerby, Guy Russell-Wilks, Luke Beardsmore, Nathan May, Joe Noble, Matias Watkins. If we have missed any, our apologies, but well done to all and many thanks to all the coaches for their time and energy in co-ordinating and managing the teams.

Under 11 Regional Sportshall Competition

Eight of our athletes performed exceptionally well at the Sportshall Regional Event on Sunday 13th January 2008, helping the Warwickshire U11 girls and boys teams become Regional Champions. Four girls and four boys from Stratford Athletic Club were selected to compete for the Warwickshire team following their performances over the winter season at the Coventry Sports Centre.

Our girls, Abbie Brooks, Abigail Flynn, Jeniva Chambers and Bethany Stokes all sprinted well on the track, helping to take 1st places in the 4 x 1 lap relay, Over & Under Relay and the Grand Prix. They competed equally well in the field, Abbie taking 1st place with a score of 53 in the speed bounce and Jeniva with 2nd place in vertical jump, jumping 50 cm.

Equally our boys Alex Kempton, Luke Beardsmore, Stefano Vernaschi and Matias Watkins competed against some tough competition but still took 1st place in the obstacle relay and performed well in the field. Alex achieved 60 bounces in 20 seconds in the Speed Bounce coming 1st, whilst Matias balanced calmly on the beam also taking a 1st place. Matias also went on to win the javelin with a superb throw of 20 metres. Luke and Stefano both jumped well in the Standing Triple Jump and Standing Long Jump respectively.

Well done to all eight children, you all made a fantastic effort and were a credit to your club!

Carolyn Johnston and Michelle Bartlett U11 Team Manager / Head Coach

Children In Athletics Course

On Sunday 2nd December Imogen Green and I attended a Children in Athletics course at the Alexander Stadium in Birmingham. The course was run by Christina Boxer, who is an ex Olympic long distance athlete. The course was a mixture of theory and practical demonstrations (which Imogen and I did, as we were the youngest people on the course). The course showed us how to coach young children aged between 8-13 years old. It focused on communication skills, leadership skills and the health and safety aspects of coaching. It also showed us how to encourage young children and to keep them interested in all aspects of athletics. It was a long day as the course was between 9am until 5pm but it was all worth it and enjoyable, I learnt a lot of things that I didn't know before, I'm sure these will be useful in the future as I would like a career in sports. I would recommend others to take part in a similar course if they are interested in coaching 8-13 year olds. Thank you to Paul for recommending me for the course and I look forward to helping in the under 11's soon.

Jemma Lane

Borth - Bag Packing

On Sunday 30th December all those that were chosen to go the Borth for "warm weather training" were asked to do some bag packing at Marks & Spencers, to raise some money. There were about 10 of us and we all did it in 2 hour shifts, starting from 10:30 in the morning all the way through until closing time, 4:30. It was good fun, not as bad as I thought it was going to be and the time flew past. The customers were all very polite, and were grateful that we packed their bags, most of them gave donations, although on our collection buckets it said "Training for the 2012 Olympics" which probably made them give more generously. We also had to wear these gorgeous red t-shirts, that were too big for most of us, they did make us look rather attractive though!! The day was a great success as we managed to raise £501 toward Borth 2008. I am looking forward to going to Borth, and training with the older group, although I know it is very hard, it should be good fun and be good for our fitness levels.

Jemma Lane

Forthcoming Events:

Sportshall League in Coventry:

1 February; 7 March

Under 13/15 Regional Final Worcester 9 February

Any articles or information you would like to share with us in the Junior Section please email Lauren Bannister at lauren@stratfordpilatescentre.co.uk

Planning and Goal Setting

Why do I need to plan?

Failing to prepare is preparing to fail!

How?

1 The planning process

2 Goal Setting

There are a number of different goals that you can set as part of your planning:

Process Goals – Focuses on what to do in order to achieve a performance or outcome e.g. keep my head down and stay low for the first 20m out of the blocks.

Give an example for your event

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Performance Goal – Focuses on the quality of the performance or aspect of the performance e.g. throw an English Schools qualifying distance of

Give an example for your event

.....

Outcome Goal – Focuses on results compared with others e.g. finish in the top 3 at the English Schools

Give a relevant outcome goal for yourself

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By setting a mixture of process, performance and outcome goals you will improve your chances of reaching your goals.

You should also set goals with varying time scales, this can help to keep you motivated at different times.

Dream Goals – Allow you to project in to the future without any limits

My dream goal is

Long Term Goals – Typically one season to numerous seasons down the road

My long term goals are

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Short Term Goals – Set between 2 weeks and a month to serve as stepping stones for long term goals

Daily Goals – Set to maintain focus and motivation in training

There is space on the diary pages below, for you to write in your short term and daily goals

Remember! Be an intelligent athlete and set **SMART** goals:

Specific – Identify your target area as precisely as possible and be clear in your own mind

Measurable – Allows you to monitor progress e.g. times, distances but can be rating scales e.g. 1-10

Adjustable – If progress towards your goal is faster or slower than expected change to a more appropriate target

Realistic – Goals should be sufficiently beyond your current level of ability so that they make you work hard over a period of time. **DO NOT** set goals that you won't achieve!

Time-based – Identify a point in time when the goal has to be achieved