



## TE Northwest Coaches Network Meeting Minutes 9/01/20:

Venue YHA Liverpool 6:45pm

### Attendance

Terry Bates

Peter Heron

Ken King

Paul Sutton

Stuart Dillingham

Ian Mostyn

Laura Ferguson

Joe Best (Guest, FixMyRun)

### Apologies

Christine White

Clare Shannon

Oliver Heald

Ray Mc Gloin

Tony Fowler

Gemma Roberts

Vicky McKinnon

### Introductions

Joe Best - Presented running technique and common faults in Triathletes - Covered in depth using some good examples relating to performance, injuries, analysis and correction methods. This created good group discussion, question and answer session. Very relevant to coaching in Tri Clubs. Presentation has been forwarded by Joe for interest. Joe has also offered a free taster session for regional club coaches/members.

Previous minutes covered: Asked the questions relating to previous presentation research. Craig was behind us using the Edge Hill facilities for the proposed CPD day. Due to his present difficult personal circumstances the arrangements have been put on hold. Will follow up and make any future intentions known to all. Discussed possible venue alternatives. Input and ideas appreciated on this.

RM Report: Opened NW Site to identify courses with places available for Activator and Coaching courses.

OH has been updating site with Coaching related topics being covered, minutes from these meetings and points of interest.

Covered relevant items from TENW AGM 10/10. Explained the selection of the TE committee members for the region and items covered including main questions asked. Main positions voted for from list of applicants. Official representatives TBC.

TriMark – Now beyond the date for Clubs to have completed the process (31/12/19). OH will inform current status as necessary.

TF link sent out for free online training course. This has been trialled PS said it was worthwhile and useful. <https://www.open.edu/openlearn/health-sports-psychology/coaching-others-coach/content-section-overview?active-tab=description-tab>

Two 1 Day First Aid (Tri Specific) have been completed since the last meeting for regional club coaches – Mersey Tri (13) and Knutsford Tri (8)

Regional Academy Coach Katie Hewison (Covered points sent in prior to meeting for information)

- Took over as lead coach in November.
- So far 6 training days have been held using previous existing locations of Edgehill and Blackpool.
- Successful team building bike-run camp held in Rivington, with the budget being used to spread across smaller camps throughout the year rather than one long camp abroad (and to reduce cost charged to parents) including Georgia Taylor Brown attending and speaking.
- Key messages enforced of Academy enhancing their home environment and supporting individuals/coaches on athlete's home programme.
- Parent workshops introduced to help re-enforce coaching messages in home environment and involve in the process.
- Individual coaches involved in feedback/training programme schedule.
- Lead coaches from NW clubs were contacted to invite on a rotating voluntary basis for winter programme to provide opportunity to open up the academy to club coaches where possible. With thanks to Rivington Tri, Bolton Tri, Rochdale Tri Club, Chorley ATC who have all supported at 1 session. (Not sure I have the correct email address for all clubs with junior sections or those interested in working with juniors as response was lower than expected, spring/summer dates to be sent out soon).

Going forward:

- Integration with other academies including Yorkshire, East and Wales for collaborative IRD training opportunities.

- 6 day camp at HPC Loughborough in February rather than previous Portugal camp to help show the options for those transitioning to university, with EIS guest speakers and training set up on the Performance Assessment course of Prestwold.
- New intake for Sept 2020 Academy will see different levels of support to help athletes aspire and move through the pathway onto ENG and open up more options for those outside Brit Tri Academy criteria.
- Inclusion/integration of summer sessions with IRC team to develop the pathway through the age groups.

Covered Junior events for season (IM) had list of events and explained reasons for changes with focus on swim and run by TE. Adult Series IM, Worked with PE and KH to establish a joint event list to incorporate both Junior and Senior series – 8 in total (with selected awards), has tried to prioritise club events where possible. Intend running a relay event weekend (details TBC) Less events this year, aim to lessen grass events, see website for list of all with dates and procedure for IRC selection. IM has plans for series to grow in popularity with some possible incentives for clubs. Will be requirement for club volunteers at events with benefits.

Coaches Newsletter – Will make enquires to add all from our network distribution list plus any others that you/others feel may be wanting to receive this. Perhaps get a link to NW site (OH request). Covered some areas of this.

Also covered some points from the Performance Coaching Conference (Dec 19). Running techniques – value of Lower HR training and focus on skill with conditioning. Created discussion covering relevant adaptations from above. Nutrition – fuelling for energy output (periodisation). Individual variations to be considered. Care with advice. BEAT – eating disorder charity. Swimming programming for Olympic swimmers – value of varied training methods and use of drills. Discussion re sessions created. Coaching diversity and importance and value of mental health awareness when dealing with athletes of all ages and genders.

PH – Club Spark (Mersey Tri trial) Offer by BTF to all affiliated clubs as part of 2020 initiatives. Presented the general areas covered and advantages of using this system. Shared members database. Ability to link to all members for a range of common information including sessions, events, shared activities etc. Cost saving eg not necessary to pay for web-hosting, security, integration with all member activity. Facility to book and pay for sessions online (not yet apparent how to access using PayPal).

Member insurance – covered different levels and cover offered.

Skills School – DP – No news, nothing to report re forthcoming activity.

Reciprocal Training Sessions – Reminder of this concept and value to region. Please feel free to add sessions to include other options perhaps from other clubs. Will then update sessions on TENW website and advertise for additional club involvement for the benefit of NW Tri Club members. (As above) Clubs please forward details if interested. PH suggested more to be arranged for inter-club sessions and possible competition.

AOB SD mentioned whether it would be possible to utilise coaching cover for sessions from other clubs. Perhaps an addition to the Reciprocal Training Program with links to coaches in region. Will discuss this with OH for methods of action.

Date of next meeting – Proposed (TBC) 5<sup>th</sup> March. Ray Mc Gloin may look into possibility of using David Lloyd (Bolton) as venue for this. Otherwise likely to be the same as YHA. Full details to all. Please advise if you know of others who would like to be added to the distribution list.