

Coaching Co-ordinator  
Report to AGM  
2016

**The Coaching Coordinator role was new this year - it evolved out of the C25K co-ordinator role which had changed over the past few years. So I, along with the captains and committee have been shaping the role in this first year and I'm sure the next incumbent (Anna) will do a great job of developing it further!**

**Idea of role was (in a nutshell):**

- 1) to represent coaches and leaders and their concerns to the committee
- 2) Develop leaders across all pace groups, be the point of contact for those exploring "LiRF" and run leadership, support people through LiRF
- 3) Support new coaches, assist with the application/training process and offer any help they may need during training.
- 4) Work with other coaches/leaders to increase training options, look at where we might need additional formal training options
- 5) Identify funding for LiRF/CiRF training
- 6) Keep an eye on training opportunities for LiRF/CiRF leaders.

**What has been done this year**

- 1) I've worked on developing leaders across all pace groups: We've supported 5 new LiRFs this year (Elaine Bisson, Elaine Jennings, David Case, Rachel Toth, Jan Ellis) with a couple more approved and yet to undertake their training (Jill Young and Richard Hall). These leaders have all got stuck in as much as they have been able to and offered a nice range of runs so thank you.
- 2) I've set up an admin trail for LiRF applications, each applicant completes and signs an application form confirming their willingness to volunteer at Striders and then each application is considered and is subject to approval by the committee.
- 3) Attended County Durham Athletics Network meeting and obtained match funding for LiRF and CiRF. Two CiRFs available, one match funding Fiona, one still available.
- 4) We currently have four qualified coaches and in a club of our size, we probably we need more! Geoff has almost completed his Fell CiRF and Fiona starts her CiRF in November. All club coaches work with individuals plus groups, much of that work is unseen but the hours are considerable. We recognise it is difficult to help everyone in such a large club but all coaches try and offer individual help where we can and people simply need to ask us if they'd like some help. I have worked with the captains to ensure that we offer balance of training on Wednesday night, Fiona, Jon and I feel that the coaches should have more involvement in planning weekly training to take the burden off the captains so the hope is that will happen over the next year.
- 5) We have offered some additional formal training options - mainly all membership led/requested: Fell tasters (both Saturday and Wednesday thanks to Geoff and Susan and David Shipman). 10k development group over summer led by Fiona, First timers half marathon group led by Debbie, David and Jan. We offered a Spring Marathon surgery which had a small uptake.
- 6) I've been slowly working on getting profiles of all the LiRF leaders onto the new Website, this is an ongoing project with Dougie and unless Anna has a burning desire to take that on I'll happily finish it - which means I'll be nagging all those who haven't currently sent me a picture and a brief bio!

Huge thanks are due to fellow committee members who've been so much fun to work with and such a great support. Thanks also to those who've given up their time to lead groups and offered up their time to train as a LiRF and use that for the benefit of Striders and beyond.

Am sure there is much to be done to develop the role even further and all the best to [Anna] as she takes it on and works with us all!