

Basingstoke & Mid Hants Athletics – Progression & Training Groups 2015

Primary (Under 11) Group

Lead Coaches - Cheryl Ragan & Liz Flitcroft

Assistant Coaches - Jez Clarke, Terry Wegg & Jo Breeds

This is the beginners group for younger athletes looking to start in athletics aimed primarily at children in school years 3 – 5.

The group offers a wide range of running activities to give an introduction to the key sessions in athletics. This includes sprints, long distance, intervals, hill runs and relays to include the whole group.

The coaches also offer an introduction to the vortex throw (mini javelin) and long jump, which are the two main field events available to juniors in the under 11 age group.

The group regularly uses the track but most sessions are on grass.

Junior Beginners Group (Age 11+)

Lead Coach – Sue Pett

This group is for children of secondary school age although in spring/summer term, some year 6 children will begin in this group.

The group offers an introduction to training predominantly in sprints, middle distance and long jump before the athletes themselves move on to one of the established training groups.

Athlete Progression

On attaining year 6 there is a desire to move athletes onto one of the senior training groups that are more specialised.

The decision as to where athletes progress to is a 3-way process that takes into account the preferences of the athlete, their parents and also where the coaches think they would benefit the most.

On no account is any move permanent, and we strongly advocate that if an athlete is unhappy they talk to their coach, or if preferred, the primary group coaches.

There is also nothing to stop athletes training in one group on Tuesday/Thursday, and undertaking specific training (hurdles, throws, jumps) with another coach. Out of courtesy it is strongly recommended your coaches know which other group(s) you train in.

The following groups are primarily for junior athletes aged 11-18

Middle Distance Group

Lead Coach – Ian Byett

Assistant Coaches – Leigh Henderson, Mark Richards, Donna Mulholland

The main focus of this group is middle distance running with an emphasis over the winter on the cross country races. The group is divided into three groups (A, B & C) based primarily on age and ability, with younger joiners moving up from the U11 group initially joining group “C”.

Most training is on grass, although some sessions are on the track.

Progression through the groups is subject to the wishes of the athlete and suitability as specified by the coaches.

Short & Middle Distance, Throws

Lead Coach – Pete Bolton

Assistant Coach – Dave Ragan

This group has a wide focus on the shorter distances on track from sprints up to 800/1500m.

Training is primarily on the track, although some sessions do take place on grass.

Pete also offers additional training before the regular session which focuses on the throws.

Sprint Group

Lead Coach – Lisa Hill

This group focuses on all the technical elements of sprinting building up to the use of blocks for those obtaining a high standard. It covers all the shorter distances from sprints up to 800 and relay training. Training is primarily on the track although some sessions are done on grass.

There are 30 minute fortnightly sessions on throws and sometimes long jump - this can encourage further training for multi events with Andy Sleaf and is a chance to learn other disciplines for those that cannot attend other sessions times.

Lisa welcomes athletes from any group to the 30 minute sessions with the request that the athletes advise their lead coach and contact her ahead of attending. This is so that numbers for the session are appropriate.

Multi Events

Lead Coach – Andy Sleaf

Assistant Coach – Rod Finch

Andy's group offers athletes the opportunity to train in a range of disciplines geared towards multi-events.

The club Tuesday and Thursday sessions (track and grass) cover sprints and middle distance with some throws. In addition Andy offers further Monday and Wednesday evening sessions in the track season and all year weekend sessions geared towards hurdles, jumps and throws.

These extra sessions are also open to athletes in all other training groups (regular attendance especially in the winter is essential as most of the technical work is done in this period with tweaking during the track season), subject to space; please contact your own coach for further details. All members of the group are required to compete for the club.

Athlete Progression

Progression to the senior groups is again subjective and is based upon the requirements of both the athlete and their coach. There is no obligation for over 18s to move up from the junior groups.

Senior Groups - Late teenagers - Adults

Sprint Group

Lead Coaches – John and Debbie Davis

A specialist group aimed at those athletes that have attained a high standard in the sprint events.

Middle Distance

Lead Coaches – Barry Kitcher & Martin Tarsey

A group for older teenagers and adults that have reached a competitive standard. Focused on middle distance of 400m up to 5000m on the track and a strong emphasis on the cross country over the winter months.

Multi Events

Lead Coach – Rafer Jospeh

Adult group for athletes of competitive standard at multi events with a strong emphasis on jumps and throws.

Sprint/ Middle Distance for adults

Lead Coach – Tracy Cornell

Tracy runs a coaching group for adults wishing to take part in sprints and middle distance on the track, as well as cross country over the winter.

Road & Trail Running Group

Lead Coaches – Tim Fowler, Don Powell, Dave Meacock

Assistant Coaches – Ray Gartland, Terry Wegg, John Bigg

A mixed adult group of all ages and abilities with the focus on road and trail running over distances of 5k up to marathon and beyond. The group also take part in cross country, fell and hill racing.