**Basingstoke & Mid Hants Athletics – Progression & Training Groups 2018**

# Primary (Under 11) Group

Lead Coaches - Cheryl Ragan & Liz Flitcroft

Assistant Coaches - Jez Clarke & Terry Wegg

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  
Assistant Coach – Michele Byrne

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 (in summer) 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 specialized.

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, Steve Ladhams, 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.

**Junior Middle Distance Group**

Lead Coaches – Jo Breeds & Dave Ragan

Assistant Coaches – Jamie Lamport

This group trains for middle distance running with an emphasis over the winter on the cross country races. Most training is on grass, although some sessions are on the track.

# Junior Sprints & Throws

Lead Coach – Pete Bolton Assistant Coach – Nick Wells

This group has a 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 throws coaching before the regular session begins.

# Sprint Group

Lead Coaches – Lisa Hedderly & Doug Burnett

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.

**Multi Events**

Lead Coach – Andy Sleap

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.   
For jumps and hurdles the sooner the athlete starts the better, so if any year 5s are interested please speak to Andy.  
  
All members of the group are required to compete for the club.   
  
**Multi Events**

Lead Coaches – Ben Hazell & Claire French

This group is aimed at coaching multi events with an emphasis on throws and jumps.

**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.

**The following groups are generally for late teenage, Senior and Veteran athletes**

**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 an emphasis on the cross country over the   
 winter months.

**Senior Middle Distance**   
 Lead Coach – Rod Finch  
 Assistant Coach – Tracey Joseph

A group for older teenagers and adults with an emphasis on middle distance of 400m up to 5000m  
 on the track and an 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.

**Road & Trail Running Group**   
 Lead Coaches – Tim Fowler, Don Powell, Ray Gartland, Jenny Froud, Michael Hickey &Terry Wegg.

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.

Sub Groups (Tuesday Only):  
 Adult Track led by Michael Hickey

A coaching group for adults wishing to take part in sprints and middle distance on the track

Marathon Group led by Terry Wegg & Ray Gartland   
 An 18 week training schedule from December to April.