



Youth Academy Committee Meeting

Location : Quibell Park

Date : 08/10/2016

Record produced by : D Chappill

Next Meeting (time, date and venue) :

Chair : N Smaller

Present : D Chappill, A Gibbs, A Clements, T England, S Joseph

Apologies : R Carpenter

Distribution : Those present, apologies, posted on website

Agenda

- Review of Actions
- LAYAS – award categories/prizes and event funding
- Training – session changes
- Go Ride summary – AC
- Matters arising from the coaches meeting 30th Sept – TE
- LTAD programme, current status and timelines
- Coaching youth for triathlon – SJ
- Coaching courses – AC
- A.O.B

Actions	Action By	Target Date	Status
Coaches – different abilities, target areas. Awaiting next coaches meeting	TE	30/09/16	Open
Flag bases to price. Prices are around £27. See also option below for ground spikes.	NS/DC	31/09/16	Open
Text messaging service to be used to inform parents .SJ to look into putting this in place. SJ intends to set up a phone group as a first step and keep a low tech approach at this time.	SJ	30/09/16	Completed
Shelving for container	TE	30/09/16	Open
DBS check for Triathlon Coaches/Run Leader	TE	30/11/16	Open
Dates and Venue for Youth Christmas Party and Awards Ceremony	AC	30/11/16	Open
LTAD Programme publish in Coaches section of the forum	DC	30/11/16	Open
Training of other coaches	TE		Open
Cycle Inspection/Repair Agreement	DC		Open





Review of Actions

The actions taken on by members of the committee from previous meetings were discussed and reviewed.

- DBS checking – it was agreed that a DBS check, whilst not required with BTF, should be in place for all coaches. This will be mandatory. SJ commented that these are free with some voluntary groups. The Coaching Secretary, TE, to arrange for all those coaches that are not DBS checked to arrange for this to be completed were appropriate.
- It was agreed that the unit does still require shelving, prices for fitting and fixing required. TE to organise.

LAYAS

After much discussion it was decided that the Youth Academy Awards would be separate from the adults this year. The Christmas party and the Awards night will be amalgamated together, first and foremost that the party would be an activity venue this year with a meal and awards thereafter.

AC is looking at venues and dates for the LAYAS.

The nominations this year remain the same with an additional award for Coach of the Year, to be voted for by the youth of the academy only.

DC to post onto the forum and fb regarding nominations.

Action:- NS to sort trophies and £10 vouchers for the winners.

It was decided that LYA would subsidize the event for its members.

Invitations will be extended to the coaches and the Youth committee.

Training Charges

The current charges for training sessions are as follows:-
£2.00 Run
£2.50 Swim
£3.00 Bike

Again discussion entailed with AG stating that they should remain the same as the venues we used are not changing their prices at present, however, it was stated by TE that North Lincs Council tend to change charges as and when they feel able. It has been noted that on some occasions there has been a lack of attendees resulting in monies paid in not covering the cost of the facilities used. However, numbers are once again increasing, especially now that we are coming into winter training.

It was final agreed in principle to increase the price of the swim sessions to £3.00, although as of yet a date has not been allotted for this change.

Go Ride

AC gave us a summary of what has been happening in the world of Go Ride. The races has been a fantastic success again this year, with more entries than ever and new members to Lincsqquad coming from there.



2016 – 118 entries

2015 - 97 entries

That's 3.5 extra per race this year from last year.

We have had some fantastic reviews from competitors and parents alike, very well received and enjoyed by all that took part and those that supported, encouraged them.

Going on from Go Ride, it was discussed by the committee as a whole, a possibility of extra races particularly over the winter months, AC/MC will look into this and advise.

This could be quite an exciting addition to the Go Ride calendar.

Matters Arising from the Coaches Meeting on 30th September 2016

TE updated the committee on LTAD, as stated below. British Triathlon have now renamed the programme to Long-term Personal Development so that the training can be used across the varying ages of athletes, so that it is now not exclusive to youth development.

TE also brought up the subject of our Sunday swim session and the lane changes for athletes. It was suggested and implemented by the coaches that lanes 1-3 become solely for youth/beginners with the more advanced using L3. Lanes 4-8 would be for the adults usage only. Any changes will be made upon the assessment of each athlete by the coaches.

The coaches also agreed that the swim session would become progressive, with all coaches working from the same session plan across all lanes, with some modifications to suit the lane occupants. The new swim rota will show which lanes the coaches are allocated to coach and what is the focus that week for training.

LTPD Update

This is now being trialled at run sessions at present, hopefully to rollout across the three disciplines. The initial feedback is very positive.

A booklet has been produced – this will be used as a record on the personal development, training, etc for each athlete. It allows coaches, parents and athletes alike, to oversee their training and record any changes in development. These will be printed and given to athletes by December 2016.

It has been suggested that Pete and Jeff train the coaches in LTPD, therefore ensuring that all are familiar with the exercises, warm-ups, cooldowns, main sets etc.

There are 12 training plans within the remit at the moment, these are to be published on the forum as that all coaches can access these at any time.

Coaching Youth for Triathlon

SJ introduced this topic with all the conviction to get us discussing triathlon and it certainly worked. As SJ stated there is no triathlon cycling specific coaching within the club at present for beginners, adults or the youth section. It was discussed across the committee, how coaches had the knowledge and ability to coach all three disciplines but were presently only coaching two of them.

NS asked the question what are the coaches trained to do with regards to cycling. As there were two coaches sat at the table he was given a detailed account on what they are trained to coach.

It was agreed that a triathlon cycling specific coaching session would be made available, these would include brick sessions (two disciplines back to back), transition, cornering, braking, changing gear etc etc



Initially an information gathering post will be placed on the forum to gauge interest and responses, a date will be allocated from there, hopefully going onwards towards a monthly session.

Coaching Courses

AC asked the committee, if it could be explained why coaching courses had been put on hold for now. TE and NS both stated that this is so that they can initially see how many coaches Lincsqquad has as a whole, what their qualifications are and if need be how many more we require.

TE stated that there was a need for more coaches L1 and L2 triathlon and a British Cycling Coach, however, this has been passed back to the main committee as an item for discussion at their next meeting.

AC asked if she could be put forward for coach training, stating that she could to straight on to the L2 Cycling.

DC asked TE, coach co-ordinator, if that in future the committee approached members rather than place a post on the forum asking if they would like to be coaches. This then gives the committee some control regarding coaching courses as coaching involves more time and commitment than was initially realized and that we are not sending members on courses when they are unable to give up their time as often as they may be required to do.

Any Other Business

Cycle Inspection/Repair Agreement

DC submitted a proposal from Cycle Route on servicing and repairing the bikes in the unit. This is in it's initial stages and a further meeting with Tim Higgins is required. DC and Mark Clements to attend and discuss what is required and how this can be taken forward and implemented should it be carried forward. DC to send proposal around the committee for further comments.