

coached

OCTOBER - DECEMBER 2020

NEWS FROM THE COACH EDUCATION TEAM

UK Coaching Week 2020

BACKGROUND

UK Coaching week empowers athletes, coaches and the public to celebrate great coaching – centres on the need to ‘Support Your Coach’, kicking off with the #GreatCoachingPledge that calls on the nation to give some of their own time, sharing thanks and support for the coaching community.

Coaches have been absolute heroes keeping us active, connected and motivated both before the coronavirus pandemic and during the period of isolation and disruption caused by the lockdown. As restrictions are eased and more of us return to play, we will turn to coaches to integrate new controls to keep us all safe, so let’s ensure that we recognise and support our coaches across the UK for the vital work that they do.

In support of National Coaching Week, UK Athletics have been in touch with the women who participated in the *‘Women on Track’* photographic exhibition in 2018 showcasing female coaches to find out how they’ve continued coaching during the pandemic and what support their athletes have received.



WOMEN
ON TRACK

Introducing Carol Jackson

“As Lockdown struck we, as a squad of 16 athletes and 3 coaches, were already in the Conditioning phase of our preparations for the winter. We already had a Facebook Squad page to keep in touch and this proved invaluable in maintaining enthusiasm, sharing ideas and publishing training programmes. I began to write a weekly Adapted training Programme published every Weds and we continued to follow our Conditioning programme. There were very few changes / omissions made just adaptations. Runs were worked out between lamp-posts or football pitch lines instead of on a track, Circuits used stairs in the house or brick walls in the garden, hurdles drills were over kitchen chairs or done virtually. Otherwise most of our usual programme could be done in the house, garden or park. We arranged Zoom calls to do circuits together, we posed challenges which they solved brilliantly. HJ standing backs were done using music stands and a broom handle onto 3 bed mattresses piled on top of one another. They even challenged each other to reach the max target set by me for safety reasons. New drills were devised by all of us. New circuits developed to stop boredom and ease muscle fatigue. This continued to the end of June with occasional rest periods being thrown into the mix to avoid injury and fatigue.

Then as we began to look to competitions I introduced HJ specific drills without a bed, in the garden or park – run up work, final stride drills, etc and the athletes were sent videos of these to remind them of good practice. They then sent me videos back for analysis. Finally in late July we got back to the track and I was astonished to see how well they were jumping and how they had come through the Covid period. Since then we have had 2 competitions and most have recorded PB or close to PB results. I am so proud of how they have all coped with these strange times. Everyone followed the 3, 5 or 6 day programme, they all remained motivated for the next challenge and even when it seemed to be going on for ever they never flagged and continued to manage their injury risk extremely well.

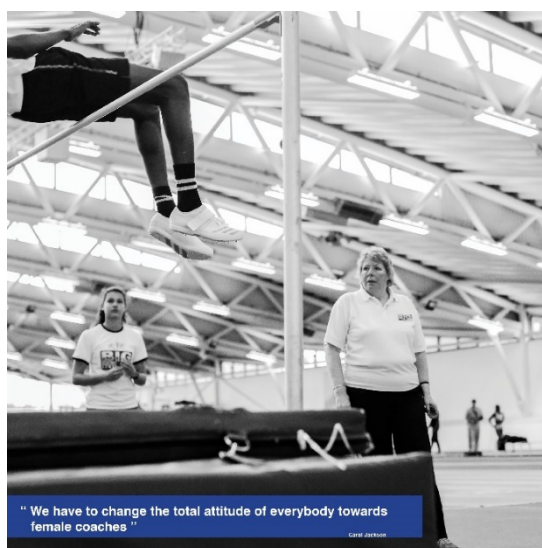
What my athletes said: “ Training has kept me sane when I could not do anything else”

“ Without a training programme I wouldn't have done anything except school work”

“ It has been great to train to balance the school work”

“We have got together on line to do our circuit sessions and we have worked so much harder when we have”

“ I am so glad you changed the circuit as my body was starting to complain!!” – one of the mums who was joining in all her daughters training sessions



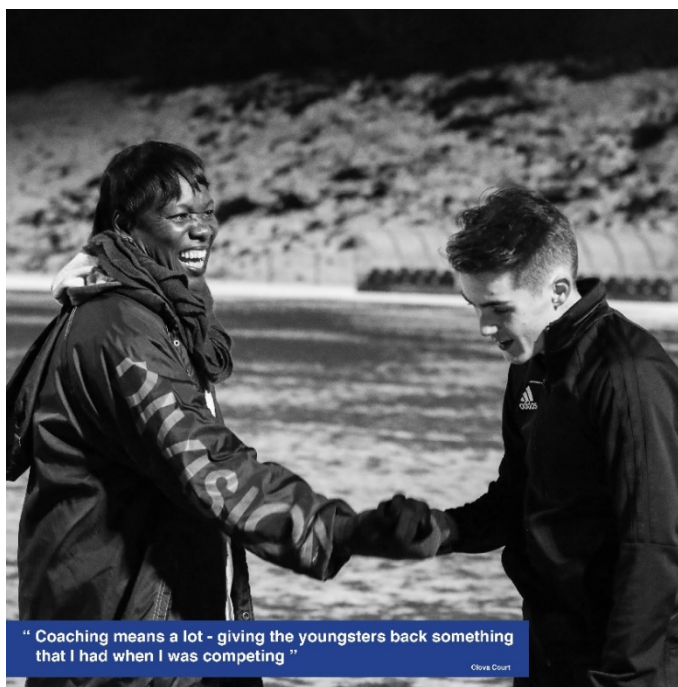
“ We have to change the total attitude of everybody towards female coaches ”

CAROL JACKSON

I also coach the Cambridge University HJ squad and I have written similar programmes for them throughout the last 5 months. We met at least weekly on Line to do the circuit sessions. I organised BIGish Jumps Fest at Lee Valley on the 22nd August which was very successful with over 40 athletes competing in HJ, LJ & TJ following very tight EA guidelines. And I have organised a BIGish High Jump Mini Series of 2 competitions at Chelmsford with over 80 athletes competing over the 2 days in mixed seeded competitions across all age groups and abilities. At the first one on 13th Sept there was a World Masters V50 record set and 10 Personal bests achieved in what was probably the nicest atmosphere I have ever attended in the UK. I believe this time has made my squad stronger, physically, as well as bonding us all together much more as a squad. And they are all now so motivated to move forward but as one said the other day “if we have to go back in to lockdown again at least we know how to train on our own” This summer has been a challenge but one which we have all risen to and one which has made us all better athletes and coaches. And I am so proud of EVERY ONE of them.

Introducing Clova Court

“Yes, it’s been an unprecedented time for us all and a challenging one for young people. Some needed that bit more in terms of motivation and time and we made sure that happened. Right from the start it was coaching via social media, phone calls, texts video etc. but a different kind of coaching in a way as it was not all about physical activities and physical fitness it was about mental health and wellbeing. As soon as it was allowed all athletes had a one to one sessions in our local park, it was not easy but we made it happen. Then moved on to groups of six as that became possible. Competition was very difficult to find in our region but travelled where we could so, all got something even if it was not there main event. The GCSE & A level athletes had different thoughts and stresses some were happy that exams were not happening while many were worried they were not, it was a balancing act to understand and be there for all , it was beyond being an athlete but from what I saw through this, young people young athletes will come out stronger. I already see it as we return to some normal.”



What my athlete said “The time and effort genuine care and attention shown to me is something that will stay with me always, physical activity was an important part but so was talking listening and laughing with us which we had plenty of.”

Introducing Dini Patel

As I lead all 3 for different groups as volunteer. Walking group has mainly retired folk, but very stimulating post walk lunches once permitted to meet. My cycling groups have been getting women confident and back on the streets, I have taken groups to local and further afield (Hyde park), plan is to recce a Kent ride so we can have a seaside end of season trip as I haven't been out of London this year. Running has been the slowest in terms of coaching as the club has been doing zoom HITT sessions, yoga and Pilates. I have been too busy with above, but I have been running VR sessions with EERR, set up my a-club member as we are missing Parkrun and trying to race. Weekly 5k, interspersed with other challenges. The biggest of which was "spitfire challenge". This was to try and have a goal as the annual 24 hour relay of 10k in Hornchurch was cancelled like everything else this year. I managed to bag 13 10k in a week. Bearing in mind I had run a single one for months. It began with a walking 3. So, I was running a 10k morning and evening, one of my friends who was struggling with 5k asked if we could buddy up. After we finished, I said "Do you want to do a 10k with me tomorrow? She thought hard and said only if we can walk / jog! "of course", I'm running out of juice and will have done 70k in a week. Lifetime best! And so she did the 10k, cane again the next 2 days. I clocked 140k in a week (lifetime best) and she SB 35k in a week. We are meeting weekly to run 10k now in the Olympic park. Today I was joined by someone also who read my post on FB. Little by little we are rebuilding our network from this strange life."



Home Country Coach Education web page links



For any Coach Education enquires please
contact the team on:
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