

# coached

APRIL - JUNE 2020

NEWS FROM THE COACH EDUCATION TEAM

## NEW DISABILITY INCLUSION TRAINING MODULE FOR COACHES

### INTRODUCING THE DISABILITY INCLUSION TRAINING MODULE

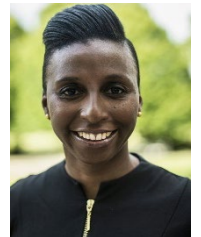
The British Athletics Disability Inclusion Training; Athletics and Running course was developed in partnership with the home country disability sports organisations, home country athletic federations and Mind. It provides knowledge and understanding to overcome barriers to participation, ensuring that athletics, running sessions and activities are more inclusive for everybody. The module is an interactive eLearning course and takes approximately 2 hours to complete.

The course will go live on 03/04/2020 and the cost is £20

For more information and to book, please click [here](#)

## EQUALITY, DIVERSITY & INCLUSION STATEMENT

Aside from Coronavirus, Equality, Diversity & Inclusion is the buzz word within society at the moment and Coach Education is not exempt. Everyone has different ways of learning, different interests, but ultimately, everyone wants to feel included. The approach the Coach Education team takes is just that; by being inclusive in all of the course delivery, taking into account the pace of learning and who the coaches will be coaching once they are qualified. It is important to understand the needs of the coaches attending courses so that the Coach Education can make reasonable adjustments in order for them to participate and maximise their experience. The team will continue to engage and take on board feedback so that coach education has continuous improvement. *Donna Fraser*



## MEET THE BRITISH ATHLETICS COACH EDUCATION TEAM

The British Athletics Paralympic Performance Pathway aims to identify, develop, prepare and support potential Paralympians towards World Class level

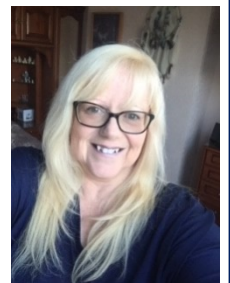
### SARAH BENSON

**Job role** Paralympic Pathway Manager  
**Describe your job in one sentence** Leading a team who recruit and classify new para-athletes and deliver a programme of development activities to support their progression to elite level para-athletics  
**Favourite British Athlete, past or present?** Kelly Holmes  
**Favourite athletics moment?** Kelly Holmes double gold Athens 2004 Olympics  
**Biggest achievement?** Raising a young family!!



### JANANNE RICHARDS

**Job role** Paralympic Pathway Coordinator and PA to Paula Dunn MBE  
**Describe your job in one sentence** I look after all the logistics, reporting, finance and offer full administration support to the Pathway team, along with being Paula Dunn's PA



**Favourite British Athlete, past or present?** Phillips Idowu and Andy Turner – I am a photographer and they were both really good and fun to snap.  
**Favourite athletics moment?** Paralympics 2012 – being in GB House and Stadium with all the athletes  
**Biggest achievement?** I love organising things and being part of things, so all the Pathways camps are an achievement for me.

## JOB KING

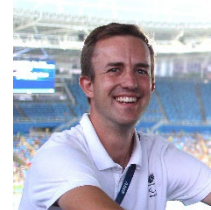
**Job role** Paralympic Talent Development Coordinator, Wheelchair Racing, Race Running & Endurance (400m upwards)

**Describe your job in one sentence** To identify, develop and support future Paralympic athletes and their coaches. Coordinate the domestic Para-Athletics Calendar.

**Favourite British Athlete, past or present?** Alf Tupper

**Favourite athletics moment?** Super Saturday 2012

**Biggest achievement?** County XC Champion – Junior & Senior / Coaching 3 Paralympians to Rio 2016 (plus 2 who competed for GB in other sports).



## SHELLEY HOLROYD

**Job role** Paralympic Talent Development Coordinator - Throws

**Describe your job in one sentence** To identify, develop and support future Paralympic Throwers and their coaches.

**Favourite British Athlete, past or present?** Jan Zelezny

**Favourite athletics moment?** Qualifying for the Olympic Games in 1996

**Biggest achievement?** Competing in the Olympic Games



## CORAL NORRICE

**Job role** Paralympic Talent Development Coordinator – Sprints & Jumps

**Describe your job in one sentence** To identify, recruit, develop and support new para athletes and their coaches.

**Favourite British Athlete, past or present?** Kathy Cook

**Favourite athletics moment?** Marie-Jose Perec - winning the double over the 200m & 400m in the 1996 Atlanta Olympic Games

**Biggest achievement?** Coaching a GB athlete to European U23 200m Gold in 2017.



## KIRSTY ALLEN

**Job role** British Athletics Classification Manager

**Describe your job in one sentence** Managing the National Para Athletics classification system, including providing national classification opportunities for domestic athletes, supporting GB athletes through international classification and delivering national classifier training.

**Favourite British Athlete, past or present?** Jessica Ennis-Hill

**Favourite athletics moment?** As an Australian, Cathy Freeman winning gold in the 400m in front of a home crowd at the Sydney 2000 Olympics

**Biggest achievement?** Being accepted for a full scholarship to study my master's degree in Adapted Physical Activity in Belgium, which essentially brought me to the UK!



## PERTH STRATHTAY HARRIERS SHOW GOOD PRACTICE FOR INCLUSION

In this feature we focus on Perth Strathtay Harriers in Scotland who we recognise for delivering good practice for Inclusion for athletes and connected learning.

Lindsay McMahon, National Club Manager for Scottish Athletics attended a club night to experience the coaching at this club and reports below:



I visited Perth Strathtay Harriers on Tuesday 10/3/20. During my visit I observed several sessions going on during the evening. Firstly, they had an inclusive run, jump and throw session on for 8 years + and several of the athletes had a physical, sensory or learning disability. The young athlete's took part in a range of activities and were all coached and encouraged in the same way, there were no obvious differences evident between mainstream and supported athletes.

Once the young athlete's session finished, a number of different groups turned up to train. This included a group of race runners/wheelchair athletes and a discrete disability group, or Jim's group as they like to be called. Each of these groups trained alongside the mainstream athletes and did a variety of activities. Jim's group stayed inside for the majority of the winter phase session and participated in running and jumping activities before taking part in circuits. The club volunteers were on hand to support and reassure if any of the athletes needed a bit of assistance. The race runners/wheelchair athletes had been doing track work which wasn't easy as they had to battle against an extremely cold wind. What was interesting is that they use the track at the same time as other athletes and to avoid any collisions, they re-enforce track etiquette to all the athletes. The athletes were all very supportive of one another and offering encouragement during the session.

On speaking to race runner, Graeme's gran, she was full of praise for the club and how they support her grandson and have done since day one. They had tried another club before joining Perth Strathtay Harriers but felt it wasn't suitable for his needs. He has been at the club for approx. 4 years and competing in distances from 100m – 1500m regularly over the summer. Graeme and his gran don't live locally and although there are a couple of athletics clubs closer to home, they travel approx. 50 minutes each way to make the sessions with Perth Strathtay, which is testament to the club's friendly, supportive and welcoming approach.

One of the assistant coaches, Louise Brett has been a member of the club for 12 years and started out as an athlete taking part in Sportshall athletics at school before joining the club. She has seen the Harriers grow and develop as an inclusive club over the years and how they make adaptations (discretely) to accommodate the needs of the athletes. Louise competed as a T37 sprinter reaching national standard but due to injury had to give up sprinting. She is now back running in 5km events as a club member in addition to being an active coach. She enjoys coaching and helps with different groups as required which is helping her gain varied coaching skills and knowledge, working with other coaches. Louise can be seen a role model for all the athletes in that she doesn't let her disability hold her back and has a greater understating of the barriers supported athletes have to overcome.

What I observed throughout the night was a club demonstrating a model of good practice for inclusivity through being friendly, welcoming and most of all, having an understanding of the needs of athletes with a disability or who just need a bit more support. What was also refreshing to see was the number of parents/carers who stayed throughout each of the sessions to watch and support the athletes



### Home Country Coach Education web page links



For any Coach Education enquires please contact the team on:  
[coacheducation@britishathletics.org.uk](mailto:coacheducation@britishathletics.org.uk)



**BRITISH  
ATHLETICS**