

# COACHED

October - December 2019

NEWS FROM THE COACH EDUCATION TEAM



## NEW CLEAN ATHLETICS AWARENESS COURSE FOR COACHES & ATHLETES

### MEET THE BRITISH ATHLETICS CLEAN ATHLETICS TEAM

#### DAVID HERBERT

**Job Role** Clean Athletics Manager  
**Describe your job in one sentence** Managing the Clean Athletics department of UK Athletics which aims to promote Clean Athletics within the UK and support athletes and their network with their anti-doping responsibilities



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

**Favourite athletics moment?** The USA/ GBNI duel in the men's 4x400m at the 1991 World Championships

**Biggest achievement?** I feel very privileged to have worked for the sport I love for 17 years (and counting!)

#### DAVID WALSH

**Job Role** Clean Athletics Education Coordinator  
**Describe your job in one sentence** Ensuring that as many athletes and their support personnel have the information that they need to make informed Anti-Doping decisions



**Favourite British Athlete, past or present?** Given I work with so many of them, I couldn't possibly say!

**Favourite athletics moment?** London 2012 Olympic and Paralympic Athletics programmes, yes, the whole lot! (Super Saturday and David Rudisha's World Record were very special)

**Biggest achievement?** Managing the delivery of the athlete Outreach Education at the World Athletics and World Para-Athletics Championships in London 2012.

#### ELLEN BUTCHER

**Job Role** Clean Athletics Senior Coordinator  
**Describe your job in one sentence** My varied role within the Clean Athletics team requires that I provide active support to testing pool athletes, coordinate athlete TUE applications with the relevant TUE Committee, organise



in competition testing and provide general day to day advice.

**Favourite British Athlete, past or present?** Richard Whitehead MBE. I saw Richard win 200m T42 at the 2012 Paralympics and followed his 40 marathons in 40 days from John O'Groats to Land's End.

**Favourite athletics moment?** Super Saturday in the Olympic Stadium. It was an incredible atmosphere to experience first hand and an unforgettable day.

**Biggest achievement?** It has to be raising my two sons. I see how polite, respectful and hardworking they are, and it makes me extremely proud.

### INTRODUCING THE CLEAN ATHLETICS AWARENESS COURSE

Introducing a new interactive module that has been created to provide coaches with a basic level knowledge of Anti-Doping rules and regulations. With all the doping issues that surround sport it is essential that the coach and athlete are aware of the risks and consequences of any actions they take.

The course will go live on 01/11/19 and the cost of is £5.

Please click the [here](#) to book onto the course.

We have asked two coaches to review the new Clean Athletics Awareness Course. The review gives insight into their experience of the module, how it would inform their coaching and benefit the athletes they work with.

#### PHIL AMOS

**COACH BIO:** Level 3 Coach

I have been coaching for 20 years approx. specialising in coaching children and 400m event specialists. I have been coaching children as part of a team of coaches - SJAC ([www.sjac.co.uk](http://www.sjac.co.uk)). We create sessions that promote enjoyment, learning and performance. Our focus is to build athleticism, skill and a love of athletics.

**REVIEW:** As a coach I found this module very useful, highlighting my responsibilities as a coach, making me aware of my behaviours in the context of "Clean Athletics" and the potential messages I could be sending to the athletes I coach. This module helped me:

- To define accountabilities and responsibilities.
- Know where to find relevant information.
- Know who to contact regarding information and procedures.

This course cemented my understanding of "Clean Athletics" but also helped me gain some new knowledge particularly around the topic area of "In competition testing" and "Out of competition testing".

#### ANDREW NEAL

**COACH BIO:** Level 4 Performance Coach

I have been coaching since 1986 and my main event is throws. I coach a full range of abilities from Novice to Olympic level.

**REVIEW:** I found the Clean Athletics online module really very useful. It had been updated since I did the course some time ago. It contained new material delivered in a fresh and modern way. No long podcasts or slide shows - very refreshing! The video of the testing procedure highlights the detailed protocol that athletes need to be aware of, along with their responsibilities - very powerful. If any athlete can be tested, every coach shared a responsibility of helping educate that athlete. I can thoroughly recommend the course to all coaches.

For any Coach Education enquiries please contact the team on:  
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