

# McCain Athletics Networks

## Section 1: Athletics Network Application Form

**\* It is strongly advised that you contact your Club and Coach Support Officer (CCSO) for advice and support prior to completing this application – details of your CCSO can be found at [www.englandathletics.org/regions](http://www.englandathletics.org/regions)**

Section one: Club Network contact details	
Name of Club Network	Cheshire
Name of person completing the application	Andy Garnett
Position within Network	Network coordinator
Contact details of person completing the application	
Email address	<a href="mailto:andy.garnett@amec.com">andy.garnett@amec.com</a>
Contact number	01925 675420 (w) 01606 888319 (h)

Section two: about the application		
Please list the name of the Partners forming the Athletics Network		
England Athletics Affiliated Athletics Clubs:	Other partners (including non-athletic)	
Currently engaged clubs: 1. West Cheshire AC 2. Spectrum Striders 3. Vale Royal AC 4. Crewe & Nantwich AC 5. Macclesfield Harriers 6. South Cheshire Harriers Future engaged clubs: 1. Warrington AC 2. Halton & Frodsham AC	County Sports Partnerships: 1. Cheshire CSP Local Authorities: 1. Cheshire East 2. Cheshire West and Chester	School Sports Partnerships: 1. 2. 3. 4. 5. Others: 1. Road Running Grand Prix & Handicap organisers 2. Cheshire County Association



Please tell us why you believe that your Athletics Network will help England Athletics in changing Athletics in your local area:

Response (500 words max)

Cheshire is a broad county geographically, with a relatively low population (approx 1m). It has 4 synthetic all weather tracks equally spread at the main population centres. Of the 32 affiliated clubs in the county, currently 7 have strong Track & Field links, but the majority are Road Fell and X Country based. It is good that 2 of the 6 clubs that are initially taking part in the partnership plan are exclusively Road & X Country based, with the other 4 covering all disciplines.

The network will bring together clubs with similar issues and common problems both for immediate and for ongoing benefit.

It will promote discussion at several levels between clubs, in a convenient and engaging way, allowing relationships to be created and developed over time to identify and achieve bigger common goals.

All the benefits are athletics related, ranging from simple coaching initiatives to encourage best practice, including mentoring and sharing of ideas; sponsoring wider coaching opportunities through using National level coaches and athletes or using equipment and venues more efficiently and increasing general interest through inter-club activities.



**Section 2: Athletics Network Plan - YEAR 1** Delivery Start Date.....January 2010.....

Project		Delivery	Outcome	Lead	Time scale	Targets			Cost			Priority (Red/Amber/Green)
I.e. What?		I.e. How?	I.e. Impact on club environment?	I.e. who?	I.e. 12 months or 3 months (Dec-Feb)?	<b>1</b> How many will benefit from project (Total)? <b>2</b> How many will benefit within the club environment? <b>3</b> How many coaches will benefit from project?			<b>1</b> EA Network request? <b>2</b> Partner funding? <b>3</b> Totals?			Green – High priority  Amber-Medium priority  Red-Low Priority
						1	2	3	1	2	3	
1.	Developing club structures	Through seminars and workshops, challenge current club structures and ensure consistency in progression of athletes and coaches. Carry out SWAT analysis. Promote the getting together and engaging of geographically distributed clubs by providing an incentive or funding a particular promotion, for example presentation/seminars with high profile coach or club who has shown the benefits of adopting developmental structures. High level coach presenting a particular topic, talks by sports injury specialist etc, at a focused event and seminar day with multiple activities.	Adopt best practice. Increased participation, retention and performance for all areas of the clubs.	Clubs working with all partners	12 months	525 - 625	500 - 600	25	1500	360	1860	High
2	Increase participation and performance in hammer and discus in which we are currently weak	Through monthly event sessions, bringing together local coaches to share best practice and learn from each other by providing a structured programme utilising national and local coaches.	Raising the number of throws coaches and the standard of throws coaches, improving the numbers and performance of athletes	Designate d throws coach from each of the 4 T&F clubs	12 months and then ongoing	66 - 86	60 - 80	6	1000	500	1500	Medium – high



## Athletics Networks

3	Develop coaches knowledge and ability to deliver fundamental skills, such as strength & conditioning, movement skills	Through practical sessions introduce these essential elements across all event groups to identified coaches who can then mentor their fellow coaches to ensure information is circulated. This would be developed from generic skills to event specific requirements.  Led by recognize experts to provide an additional incentive to meet. Make use of coaches from other sports with skills in gymnastics and plyometrics to improve athletes fundamental skills	Ensuring current and future generations of athletes are well prepared for a career in sport and have the basic transferable skills for all event groups.	All club coaches from the 6 clubs	12 months and ongoing	550 - 650	500 - 600	50	2500	0	2500	Medium
4	Pole vault	As above (3)	Raise standards and numbers of athletes experiencing pole vault. By utilising the facilities clubs have, making clubs aware that pole vault can be introduced and coached without top class facilities	Rod Grant Smith	6 – 12 months	30	25	5	300	300	600	Medium – high
5	Endurance	Holding educational talks and practical sessions about topics such as nutrition, tapering and mental preparation.	Improve coaches and athletes knowledge and focus	Lead endurance club coaches	12 months	325	300	25	1000	250	1250	Medium
6	Volunteer utilization	Utilise the volunteers and coaching staff that the clubs already have in a more effective manner (linked to 1.) Approach local schools for interested teaching staff and senior pupils and introduce a volunteer's scheme for interested pupils. Encourage students in further education i.e. FE colleges and universities to assist coaches relevant to the courses they are pursuing at college/university to gain hands on experience.	Improved links to schools and HE and providing a pathway young volunteers	LAs CSP MMU Cheshire Club support officers	12 months and ongoing	30	20	10	250	250	500	Low – medium
6	Networking with schools	Work with selected secondary schools to increase number of pupils wishing to enhance their athletic skills in technical disciplines, and to engage newcomers	More athletes with improved skills joining athletics clubs	SSPs PDMs 4 junior clubs	6 – 12 months	50	50	0	500	0	500	Low – medium
7	Marketing and promotion	Promoting the clubs to a wider audience including schools, local volunteering agencies and others	Increase the profile of athletics locally and increase numbers participating in athletics as athlete's coaches, officials and other volunteers.	LAs MMU	6- 12 months	30	20	10	1000	0	1000	Medium
8	Network coordinator	By employing a network coordinator they can pull together all the projects be the main point of contact and initiative activity	Have a positive impact upon the numbers of volunteers and coaches	CCSO CSP Clubs	12 months	680	600	80	15000	0	15000	High
<b>TOTAL</b>						2506	2295	211	£23050	£1660	£24710	

## Section 3: Athletics Network Vision Year 2 and 3

### YEAR 2

Project		Outcome	Cost		
	I.e. What?	i.e. Impact on club environment?	1 EA Network request? 2 Partner funding? 3 Totals?		
			1	2	3
1.	To hold pole vault sessions all year round within the county	To ensure coaches learning is reinforced and to increase knowledge and performance of coaches and athletes	2500	500	3000
2	Endurance training camps for athletes and coaches engaged in Cross Country, Fell Road and Track endurance running	Improve athletes performance, and coaches and athletes awareness of the importance of mental and psychological aspects of endurance running	1000	500	1500
3	Schools athletics Provide talent identification at identified schools Clubs to work together to improve numbers of secondary school pupils taking part in athletic disciplines and to provide best practice for athlete retention in clubs.	School – club links developed and strengthened Increased numbers of teenage club athletes.	500	500	1000
4	Inter club network competitions	Quick short form competition Developing the social environment of clubs Competition for athletes of all standards in an appropriate environment to increase standards and participation.	600	0	600



## Athletics Networks

5	Throws Building on year 1 Ongoing support, education and mentoring of coaches Recruitment of additional coaches within the clubs	Providing a pathway for throws coaches and athletes	1000	600	1600
6	Core athleticism skills Building on year 1 Ongoing support, education and mentoring of coaches Recruitment of additional coaches within the clubs	Reinforcing skills Improving performance and staying injury free	1500	500	2000
7	Network coordinator	Continued development of the network	10000 – 15000	0	10000 - 15000
<b>TOTAL</b>			£22100	£2600	£24700



## Athletics Networks

### YEAR 3

Project		Outcome	Cost		
	I.e. What?	i.e. Impact on club environment?	<b>1</b> EA Network request? <b>2</b> Partner funding? <b>3</b> Totals?		
			1	2	3
1.	Ongoing elements from years 1 and 2 – throws, pole vault and endurance	Improved performance across all identified events, and ensuring ongoing development of coaches within clubs. Increased numbers in Power of 10 rankings	6000	1000	7000
2	Event specific inter club competitions	Improved performance across all identified events, and ensuring ongoing development of coaches within clubs. Increased numbers in Power of 10 rankings	1000	500	1500
3	Further engagement with the wider partners ie. Schools, FE and HE	Increasing participation and performance Increase partnerships	1000	500	1500
4	Network coordinator	Ongoing network development	15000	0	15000
5					
6.					
<b>TOTAL</b>			£22000	£2000	£24500



## Section 4: Supporting information

### 1. How will you employ any network staff? (club, network or host)

We are currently in discussions with the Cheshire County Sport Partnership to host the post.

### 2. How do you plan to sustain the activities of the athletics network after a 3-year partnership with England Athletics?

All the projects put in place are designed to develop club structures, club sharing and coaching. By the end of 3 years sustainable activity will be delivered within the county that will allow for ongoing development work. The clubs will be in a position of sharing and working together to achieve common goals, and therefore we envisage the network will provide a forum for the clubs and wider partners to further develop the sport.



## Section 5: Financial breakdown – Year 1

Cost Breakdown			
Item	Total Cost	Partnership £	Amount Requested
Total Cost from stage 2 Athletic Network Plan (above)	£24710	£1660	£23050
Other costs not reflected in Network Plan (i.e. hosting costs, admin cost, employment on-costs)			
Employment on costs	£2000		£2000
Totals	£24710		<b>£25050</b>

### PLEASE NOTE CAREFULLY THE FOLLOWING IMPORTANT FINANCIAL INFORMATION:

**1. England Athletics are unlikely to award more than £75,000-£85,000 over three year period. How this is profiled is up to the networks (up to max £40,000 year 1).**

**2. England Athletics offers a hard commitment for 1 year period and in- principle awards after that time.**

Please detail your expected financial amount over three year period.	Year 1 (as above red box)	Year 2 (In-principle)	Year 3 (in-principle)	Total



## Athletics Networks

	£25050	£22100	£ 22500	£ 69,650
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Partnership funding contributions Year 1. (Please add more rows is required)		
CLUB Contributors:	Amount:	Confirmed or unconfirmed?
1. facility hire	£ 750	Confirmed
2. volunteers time in kind	£ 300	Confirmed
3.	£	
4.	£	
5.	£	
6.	£	
OTHER Contributors:	Amount:	Confirmed or unconfirmed?
1. LA's, Manchester Metropolitan University	£ 610	Unconfirmed
2.	£	
3.	£	
4.	£	
5.	£	
6.	£	
<b>TOTAL</b>	£1660	



## Section 5: Final check and Conditions of Grants

### PLEASE CHECK THAT ALL INFORMATION HAS BEEN COMPLETED ACCURATELY.

I confirm that all above information is true and accurate and that any funding received will only be spent on items requested as part of this application

SIGNED

Andy Garnett

DATE 29th October 2009

### Conditions of Funding

1. All monies released by England Athletics must only be spent on the eligible items applied for.
2. Any funding found to be spent on items not on the eligible items list, will mean all funding for the original item could be reclaimed by England Athletics.
3. Funding for some eligible items might not be sent to the club directly, but will be deducted from payments normally made to England Athletics (eg. Workshop places)
4. Applications will be assessed by England Athletics National Athletics Networks panel. Applications may be approved in part only.
5. Any promotional materials associated with the funded item(s) will be required to display the England Athletics Logo and credit part funding to England Athletics.
6. Networks must **endeavour** to support England Athletics by:
  - 6.1 Implementing induction level programmes for young people – delivering the principals of Superskills (more information to follow here through your allocated CCSO);
  - 6.2 Adoption of innovation competition formats for young people working with Sportshall and Quadkids (particularly at ages 9-15);
  - 6.3 Supporting the National EA Awards & Hall Of Fame Programme through nominations and advocacy;
  - 6.4 Supporting the McCain Athletics Roadshow programme;
  - 6.5 Commitment to support the Run In England programme;
  - 6.6 Commitment to support the '5k Series' programme;
  - 6.7 Supporting Tesco School Run promotions;
  - 6.8 Commitment to support level 1 coaches;
  - 6.9 Commitment for network staff to engage National Coach Development Mentors;
  - 6.10 Commitment to promote and market England Athletics Coach Development days including conferences, master classes and programmes;
  - 6.11 Commitment to encourage an event group approach to coaching, particularly at U15 age group and below. Also to encourage level 2 coaches to coach across their whole event group.
7. Commitment for all clubs in the Network to have achieved Clubmark in all clubs with young people by 2012.
8. Network must share best practice in ways of working with England Athletics and attend national club/network conference.

