

alternative models which specialise athletes early, such as you may expect from sports such as gymnastics; where the 'elite' are barely in their teens.

As far as athletics is concerned; there are many examples of late specialisation and late 'peaking'; Steve Backley was a middle distance runner before breaking the javelin world record, Christine Ohuruogu played netball and Kim Collins has been breaking PBs for the 100m at 37. So what does this LTAD mean for us?

The LTAD is broken down into different stages starting with basic movement skills and increasing in specificity as the years of training pass by. Because of the unpredictable growth changes athletes shouldn't begin specialising until their mid-teens; obviously they may have preferences for certain events but it is important (for athletics and any other sports they do) to keep the activities varied.

It is important to encourage all athletes to participate in all the different disciplines; as coaches and parents. Jumping is great strength training for throwing and sprinting. Throws training can help core strength development for endurance running – a mix of training makes a more rounded and resilient athlete. The skills we learn as younger athletes persists through life; so even when athletics is not their sport of choice, they have the resources to succeed more quickly in other sports.

For interest, this is how governing bodies break down LTAD. Any questions please feel free to ask!

1. Fundamental (learning skills by doing lots of sports) (typically aged 5-9)
2. Learning to train (Further development of fundamental movement skills, increased training and introduction of structure such as warm ups etc.) (typically aged 9-12)
3. Training to train (Learning how to lift weights correctly, some strength development, develop routines)
4. Training to compete (much more specialised, more competition focus with complex programmes)
5. Training to win (All of the athlete's physical, technical, tactical, mental, personal and lifestyle capacities are developed – they are performing more competition/competitive training activities)
6. Retirement & retainment

Rick Cordwell

Junior Tri

This has had a tremendous start since it was set up in January 2014. Next month there will be an in-depth report on what has been achieved in the section



Newsletter

Issue 7

November 2014

Intro

Junior Christmas Party / Presentation – Thursday 27 November 6.30-8.00 pm at St Peter Club (top of Harpers Lane on Eaves Lane). Tickets will be on sale at training registration and attendance is by ticket only. Tickets are priced at £8.00 for anyone who attends (i.e. both juniors and any adults that stop). Note that parents/guardians must sign if they want to give authority for photos to be taken of their children at the event. It's the same format as last year with the presentations followed by pizzas and then a disco / party games. All junior training sessions on that evening are cancelled.

It's a Knock-Out – we had a suggestion about arranging an event based on the format of the former TV programme 'It's a Knock-Out' (google it – if you didn't see it, you wouldn't believe me if I described it!). Junior, senior, parent/guardian teams to compete for maximum embarrassment of adults. All it needs is a few to get together to arrange it. Please let me know if you can help daryl.peter@btinternet.com

Senior Christmas Event – Friday 5 December - what more do you need to know! See Phil or Anna Maria for more details.

Events Calendar - You would have seen the 'events calendar' in previous editions of the newsletter and all the work behind that was done by Mike Coppin who has tirelessly done so much for the club over years. Mike is an 'everest' of knowledge about all things associated with athletics and we have been immensely fortunate over the years for all the work Mike has done. But Mike is stepping down and we need people to take up the many and various jobs he did. Can people come forward as without, things won't happen. Mike has offered his support to anyone who wants to see his knowledge. Please contact me daryl.peter@btinternet.com

Can anyone laminate? – each month the newsletter has the calendar of events in it and there was a suggestion that these need to be printed onto A3, laminated and put up at each of the juniors training sessions - so can anyone laminate and do this? Please let me know
daryl.peter@btinternet.com

Who can do admin – we desperately need help with the juniors on basic admin and support to the coaches. It's not difficult – all you have to give is your time! Please let me know daryl.peter@btinternet.com

Increase in UKA subs – we have been advised that the UKA subs are increasing next year i.e. 15/16 and there is a strong suggestion they will increase in 16/17 as well. We have no control over this amount. Individual membership of CAATC covers the UKA subs and the running costs of the Club. We agreed at the committee meeting on 24.9.14, that given we have agreed the 15/16 subs (at the last AGM), that we would not increase the amounts for 15/16 and instead the club would make good the shortfall. We are planning on getting a small group together to consider the membership structures and the fees for the next AGM 5 May (get the date in your diary). Anyone who want to be involved, please let me know.
daryl.peter@btinternet.com

Introducing New members – if any of you are asked about joining the club, please note that new members for the athletic sessions are only able to start on the first Monday of each month. Unfortunately if they come to any other session, they will not be able to start until the relevant Monday.
Daryl Peter

Time credits
These are physical credits which volunteers can earn for every hour of their time given in volunteering. They can be exchanged throughout Chorley, and within other parts of the UK, including London, for other time based activities. For example, you can use them to pay for off-peak swimming at All Season's Leisure Centre, or to watch a football match at Bolton or Wigan, or to go to Chorley Little Theatre.

Opportunity - We need someone to administer this for our club. We already have some coaches & volunteers collecting these. It would be about 2 hours a month admin task, with a register already set up. The administrator needs to liaise with the Time Credits Officer based at Chorley Council, to collect more credits as well as do returns about how many have been collected by our volunteers. Please contact T-J Hughes at handit@gmail.com, or 07762000426, for more information. Thank you!
T-J Hughes

Spotlight on road running
Chorley Club members take part in a range of road-racing events, from short local 5 km road fixtures, up to marathon distances and beyond. Specialist equipment or kit isn't normally necessary, which makes it an ideal athletics discipline for new joiners and experienced runners alike. All you really need is a pair of road trainers and a willingness to take part.

There are loads of local and national events throughout the year – just check out the various running websites and sports shop notice boards for details – you might come back with fistfuls of flyers. Opportunities are plentiful, and a big challenge is how to cope with the amount of choice! We have an annual Chorley road and trail club grand-prix, with fixtures throughout the calendar year. The final 'counter' in this year's club competition was the local "Through the Villages" race on 2nd November.

For some good-humoured competition between local running clubs, Chorley takes part in two local competitions each year - the interclub competition and the Central Lancashire Grand-Prix:

- **Interclub** is a series of six road races held throughout the summer between the local clubs: Preston, Red-Rose, Lytham, BWFAC, Wesham and Chorley. Races are free, and so you just need to turn up and run - they couldn't be any simpler! The 2014 competition has reached its conclusion, and the next season will start again in April.

- **CLGP** is a series of 11 open road and / or trail races which sees the following athletics clubs pitted against one another: Astley and Tydesley Road Runners, Bolton United Harriers, Burnden Road Runners, Chorley, Horwich RMI, Leigh Harriers, Manchester YMCA, Radcliffe AC, Swinton Running Club, Wesham and Wigan Phoenix. Races typically cost between £4 and £8, with a variety of category prizes available. One of the Chorley Astley Park 4.4 mile trail series fixtures is a counter for this competition – we enjoy some good support from other CLGP clubs and in return they ask Chorley (and the other participating clubs) to field at least ten runners at every event in the series.
Mike Hendry

Long Term Athlete Development

Just like everywhere else, athletics coaching has its buzzwords and catchphrases: one such phrase is Long Term Athlete Development (LTAD). What I would like to do is (briefly) break this down and discuss what it means and its implications for athletes, parents and coaches. Where is LTAD and where has it come from?

LTAD is a model or framework that has been suggested will deliver an athlete's best performance in a career for certain sports. There are

Diary Dates November 2014
PLEASE CHECK VENUES AS THEY CAN CHANGE

Nov-14

CAAT EVENTS CALENDAR

| Date | XC | Fell | Road/Trail | Other |
|-----------|--------------------------|----------------------|-------------------------|-------------------------------|
| Sat 1/11 | | Shepherds Skyline(6) | | National XC Relays(Mansfield) |
| Sun 2/11 | | | Thro' the Villages(8.5) | |
| Sat 8/11 | RR(Astley Park)/Jnr | | Windmill(10K) | |
| Sun 9/11 | | | | |
| Sat 15/11 | MLs(Barrow)/Jnr | | Preston(10) | |
| Sun 16/11 | | | | |
| Sat 22/11 | RR(Leverhuilme Park)/Jnr | | Conwy(HM) | |
| Sun 23/11 | | | | |
| Sat 29/11 | MLs(Sefton Park)/Jnr | | The Best(5K) | |
| Sun 30/11 | | David Staff(5.1) | | |

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|----------------|---------------------|--------------------------|------------|
| T&F Grand Prix | Fell Grand Prix | Central Lancs Grand Prix | CAAT Event |
| XC | Club Interest Event | Road/Trail Grand Prix | |

MEETINGS

| | | |
|------------|---|---------------------------------|
| Mon 3/11 | Inter-Club re 2015 season set-up @ 19:00 Lea Gate Hotel | ? Somebody Required |
| Mon 10/11 | CAAT Coaches Meeting @ 20:00 Holy X | Open |
| Tues 11/11 | CBC Astley Park Meeting @ 19:00 The Coach House | Mike Coppin & Maurice Houghton |
| Wed 19/11 | CAAT Committee Meeting @ 19:30 Barons Rest Pub | Open |
| Wed 26/11 | MLs AGM @ 19:30 Lansil Club, Lancaster | Open, Mike Coppin & Stan Jewell |

Please check venues as they can change

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| <p>Website:- www.chorley-athletic-and-triathlon.org Email:- mailto:contact@chorley-athletic-and-triathlon.org Twitter:- @Chorley2012 For the full list of contact numbers & emails visit our website & click on the link 'contact us'.</p> |
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