



Coaching Strategy May 2014

Aims

- To provide good and sufficient coaching resources to help a growing membership of widely varying abilities to achieve their goals.
- To maintain and develop up-to-date knowledge and experience of Coaches and Leaders.
- To contribute to the coaching requirements of Armada Athletics.
- To be inclusive of all people and abilities

Current Position

PMRC membership is currently below the agreed cap of 201 members, but we are consistently adding new members.

We provide 8 ability groups for road runs on club nights: Beginners and Improvers, Intermediate (not able to run far/fast enough to join a m/ml group), and 6 groups based on m/ml speeds.

At present, the Club has 5 qualified coaches (CiRF) and 17 Leaders (LiRF). 4 members are taking the LiRF qualification in the first half of 2014, and 2 members are expecting to be qualified CiRFs later in the year.

Current attendance levels on club nights mean that we are at the limits of our capacity to provide appropriate group leaders on a regular basis.

On Tuesday evening we offer a choice of a road or off-road runs. These are run as single speed groups unless a coach or leader volunteers to take an additional slower group.

Coaches devise the day to day coaching for the club, including agreeing mesocycles and session plans.

Some of the Coaches and Leaders help run the Armada Athletics Network's Saturday morning Brickfield track session.



Future

UKA requires 1 leader for 12 runners, so for a typical Thursday club night we require:

Group Min/ml	B&I	Intermediate	12	11	10	9	8	7
Leaders required	1	1	2	2	2	2	1	1

- 1 **To fulfil the requirements of the club, there does not seem to be a need for more than the 7 CiRF qualified coaches we will have by the end of 2014.**

- 2 To enable the club to continue to offer the variety of ability groups there is a need for a corresponding breadth of ability in the Leaders/Coaches as well as an increase in absolute numbers of qualified Leaders.
 To accommodate any growth in membership, assuming similar proportions in each group and similar rate of attendance, there will be a need for more leaders on each club night.
 The 4 new Leaders will assist with both of these requirements, but we will still be at the limit of capacity: leaders are not all available every week, and are not all able to lead the faster groups.
This indicates an ongoing requirement for the recruitment and accreditation of more LiRFs/CiRFs.

- 3 CPD
 Only LiRF and CiRF accredited course qualifications are needed within the club in its present form. This may be revised if the club structure develops.
 The contract for club funded Leaders/Coaches should include a requirement for continual professional development.
 The coaching pathway is from LiRF to CiRF. This should be enhanced by broadening knowledge through attending appropriate workshops and conferences offered by UKA and Armada, as well as literature and internet resources.
 The club may contribute to this through:
 - Provision of expenses to attend appropriate events
 - Establishment of a library of books/magazines for use by coaches and leaders
 - Provision of a dedicated coaching webpage on the club site for sharing of information, links etc.

4. As a member of the Armada Athletics Network, PMRC provides leader and coach support to the Saturday morning interval sessions at Brickfields, which is funded by the Network.
 This is a good opportunity for the development of key (ontrack 4) skills for both coaches and leaders, and the club supports and encourages participation in this by coaches and leaders.

Review

This strategy will be reviewed to reflect the situation at the time by the Coaching Committee and approved by the Management Committee in preparation for the AGM each year.