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**Head Coaches Report – 2023**

**Looking back at 2022**

2022 was a welcome return to normality:

During the Winter:-

Juniors and Intermediates at Warden Park

Endurance continuing to meet in groups of 6 led by a Run Leader (LiRF)

Sometimes meeting at Warden Park, sometimes in Haywards Heath

During the Summer:-

Normal training for Juniors and Intermediates, i.e. track, jumps, throws

Endurance a mix of track, Whitemans Green and local area training, also in groups up to 12

**Forward to 2023**

Return to Whitemans Green

Currently we are returning to Whitemans Green on 18th April, where we plan to do throws and jumps plus some running for a couple of weeks.

Track marking etc. not expected before 2nd May due to the recent weather and waterlogged ground

Coaches should be putting their training schedules together so that a review can be made and we can coordinate the use of the track, etc.

We are potentially booking Whitemans Green from 6:30 to 8:30 on a Thursday evening as well. Prime reason is so the fast 1500 group can train but it also gives us the opportunity for Jumps to take place as well. Some possibility of Javelin and other track work depending on training schedules

General Safety

 Please make yourself also familiar with the general safety measures in place, particularly as regards the safety areas around the throws sectors.

Note that we are now blessed with 2 throws coaches, so that both Javelin and throws from the circles may be happening in parallel.

Coaches and Running Leaders

We continue to be blessed with a substantial number of running leaders (LiRF’s). This has been of massive benefit to the Endurance Squad over the last couple of years.

Even in ‘normal’ times it is a benefit in giving coaches flexibility for training programmes.

We are still desperately short of coaches though. Nothing unique to Harriers, every club I speak to is short on coaches. Ian will talk about our coaching initiative shortly.

Without the commitment of all our coaches and running leaders we would not have been able to support our members with all the training that happens throughout the year.

Happy training

Mike Bale