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**Head Coaches Report – 2022**

**Looking back at 2021**

2021 was another different year to any other:

During the Winter:-

Lockdowns early in the year

No Warden Park

A few training sessions for the juniors at the Triangle

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

During the Summer:-

At least larger groups up to 12 around the track for the juniors and intermediates

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

With less onerous Covid restrictions in place

**Forward to 2022**

Able to use Warden Park more or less as normal

Endurance continuing with the Run Leader led groups, which seems to work well

Return to Whitemans Green

Currently we look like being able to return to Whitemans Green and train as normal at last (!) This will be from April 19th.

Coaches are putting their training schedules together and I am reviewing them and attempting to correlate them with regards to track use, etc.

We are not putting any Covid procedures in place as such, at least not unless something happens, but I would ask everyone who uses club equipment to consider such things as:

* Individual athletes using the same implement each for throws throughout a session,
* People touching items such as cones or hurdles being kept to a minimum.

General Safety

Please make yourself also familiar with the general safety measures in place, particularly as regards the safety areas around the throws sectors. Noting particularly that a new area has been added.

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 also welcome Ian Dumbrell and Becky Healey as new coaches to the team. Both are already proving their value and are much appreciated by all.

We are still short of coaches though. Nothing unique to Harriers, every club I speak to is short on coaches. Andy 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.

Of particular note has to be the hard work and commitment put in by our lead coaches Linda Tullett and Martin Delbridge, who design and organise the training regimes

Happy training

**Mike Bale**

**HHH Head Coach**