**HART ROAD RUNNERS**

**COACHES MEETING**

**26th August 2020 - via conference call**

**Present**: Kevin Munt Grahame Smee

Gill Stone Angela Austin

Nigel Marchant Alan Arnold

Andy Danson Darren Stafford

1. **Apologies**: Ged Ruffle, Ross Wallingford, Neil Cunliffe, Shane Morel

**KM** opened the meeting by thanking all the coaching team for their increased voluntary time given to the club. He also gave special thanks to Ged Ruffle for his work on the rotas, locations and as the club’s COVID-19 Officer

**2. Review of current sessions**

2.1 There was a brief summary of the coached sessions currently being operated under EA COVID-19 regulations. It was agreed that all the feedback from the membership was positive and many were thankful. Coaches enjoyed the interaction from coaching small groups and devising their own sessions. A positive was also seen in the mixed ability of the groups and members meeting and training with other members that they would not normally. While the Covid restrictions have reduced the social interaction within the club, the new coaches sessions have improved the ‘inclusiveness’ as highlighted in the club review process **NOTE**

2.2 The mix of sessions, locations and time of day were seen to be good and the dropping of unsupported sessions was the correct action **NOTE**

2.3 It was felt by some that the coaching load was becoming difficult and that we should reduce the number of sessions on offer or move to a higher ratio of athletes to one coach (Discussed in item 3)

**NOTE**

2.3 **KM** received a request for a coached session at 09:00/09:30 on a Friday. It was noted that **NM** had facilitated this for two weeks post start up and the bookings were never more than three. It was agreed not to resume this time slot

**3. Next scheduled sessions - Autumn/Winter**

3.1 **KM** said that the proposal regarding stating time is to go from the current 18:45 start straight to 19:00 Autumn/Winter start time. Feedback has indicated that a move to 18:30, to gain more daylight, would be problematic for many members. It was agreed to move from 18:45 to 19:00 when moving to the road based locations **NOTE**

3.2 **GR** had produced a schedule of road based autumn/winter location suitable to operate from. This schedule was distributed before the meeting. All of the venues were agreed to. Use of the lit footpath through Calthorp Park was also suggested as a safe location to be added to the schedule (Coaching ratio to be carefully considered). **GR** to draft a schedule based on his proposed locations

**ACTION: GR**

3.3 Discussion took place on the proposal from **AD** to move the coaching ratio from 1:5 to 1:12. Reference was made to the EA COVID-19 guidance document and it was felt that as an adult only running club we were able to use the parks and streets as Covid secure environments. It was agreed to move to a coach/athlete ratio of 1:12. It was also agreed that this should be a flexible option and that if a location was felt to be more suited to 1:8 or 1:5 then this would be reviewed.

**ACTION: ALL**

3.4 It was proposed that at selected venues with room (E.g. Fitzroy Road) that 2 x 1:12 be trialed. With coaches operating at opposite ends of the road.

**ACTION: KM & GR**

3.5 It was agreed that it would be to difficult to operate Peer Group sessions due to; not knowing demand for group sizes, making distanced running more difficult and loosing the mixed ability groups. Peer Group session not to be reintroduced as yet

**NOTE**

3.6 All session plans to be at the discretion of the individual coaches. Total control and responsibility of each session is that of the assigned coach

**ACTION: ALL**

**4. TRACK**

4.1 **KM** stated that the club had the first option to block book the track at Aldershot Military Stadium on Monday evenings for the period 7th September to 21st December. Due to insurance and a lack of a formal agreement with Farnham Tri Club HRR would have to undertake the cost alone. KM had previously provided budget costs to the committee for this, with an option to reduce the hire time to one hour. Basically 12 athletes need to be booked on to the session each week to cover the hire cost without subsidy by the club. **GS** stated that he would provide a committee decision on this the following day. **GS** also stated that if this is approved it will require a concerted promotional drive to the membership, ‘Use it or loose it’

**ACTION: GS & KM**

4.2 KM to draw up the coaching rota for the track sessions **ACTION: KM**

**5. Mike Cloke Memorial Handicap**

5.1 Although not strictly a coaching item, **KM** suggested that the club should be able to operate the Thursday evening handicap races once more. The advantages of this would be that members could actually run in a real race as individuals and it may boost the popularity of the club’s handicap. This is obviously subject to the volunteers who run it being willing. Alan A suggested that they probably would be willing and that **NC** be contacted to see if he would be willing to correlate the results

**ACTION: KM**

**KM** proposed that the race be run in reverse order with the fastest out first to reduce overtaking

- It was also suggested that numbers are not issued to reduce surface/hand contact

- The course is shortened with the loop around the Green at the end removed so as to avoid passing incoming runners

- Runners are told to arrive just before their allotted start time and leave soon after finishing

- Runners are set off at 20/30 sec intervals

It was agreed to see if the the volunteers were willing and if so to resume on a monthly basis

**ACTION: KM**

**6. Winter Training Camp**

6.1 **KM** said that he has had a venue reserved since February and has been in contact with them since the Covid outbreak. He asked for the views of the team on the Camp going ahead. **AD** said he was surprised that **KM** had not cancelled it, as it was unlikely that any group could cohabit, as we do, until their is a vaccine available. All agreed that it was unlike to be feasible due to many reasons relating to COVID-19. **KM** agreed that the HRR winter training camp will not operate

**ACTION:KM**

6.2 **KM** proposeda local based long training weekend in place of the training camp. Athletes would travel to the local venues from home, eating and sleeping at home. This had also been proposed by **GR** to KM

**ACTION:KM**

6.3 **GSm** suggested that if restrictions lifted next spring a summer camp could be organised instead

**NOTE**

**7. Any Other Business**

7.1 **KM** has received requests to join the coaching team from Chris Boddy and Steve Jay. All agree that these members would be strong additions to the team. Their addition would also bring the team up to full strength (14) once again, helping to spread the workload. **KM** to formally invite Chris and Steve to join the team. **KM** to ensure their integration and formal EA training. **KM** to revise coaching budget to accommodate their leadership/coach training

**ACTION: KM**

7.2 Angela has the large timing clock, collected from Howard. **AA** has volunteered to store the clock and should be contacted by any coach who wishes to use it for their sessions

**NOTE**

7.3 **NM** suggested that the club organises it’s own Saturday morning runs as there is no Parkrun likely for sometime. Many members are meeting up to run on Saturday morning’s anyway, or are running Parkrun routes. **AD** suggested that the club use the Hart4 course as a venue and call it ‘Hartrun’. It was agreed that if this was an informal arrangement by club members, via the club’s Facebook page, with numbers limited to 30, then there should be no reason why not. This would not be a coached or led session

**ACTION: NM & AD**

**8. Date of Next Meeting**

8.1 No meeting date was set. It is felt by **KM** that the next meeting will be held when operational demand or EA guidance change requires it