



## Coaches Meeting

DATE: Wednesday 7<sup>th</sup> October 2009

ATTENDING MVH -Adrian W, Clare W, Keith Dunn, Grant McKinlay, Warren Simms, Sam Johns, Ben Starbuck & Dave Nelson.

APOLOGIES – Melanie Bridgen

### AGENDA

#### 1. **Introduction**

- AW welcomed all to the first coaches meeting of MVH. As the club grows there needs to be a more structured regime of coaching and support. AW proposed that we hold 2 meetings per year, one at the end of the season for the winter training sessions and again in the spring, before the season to discuss the summer training.
- AW reminded all that he needs the completed rota from all asap in order to plan the next period of training.

#### 2. **Open Water Swimming**

- AW informed all that we have lost the open water swimming at Barton Marina. This is to be kept confidential until the AGM, it will be announced at the AGM to the membership. AW explained that we are looking for alternatives for next year and there are a few "irons in the fire".

#### 3. **Improvements**

- Will be covered in the following sections.

#### 4. **Repton/Meadowside Update**

- Meadowside now closed for approx 10 months.
- Repton starts 24<sup>th</sup> October. Changing rooms will be open at 7.15.
- Possibility of a TT once a month after swimming.

- There will be run sessions after swimming on the Saturdays when the coaches want to take them.
- Juniors were discussed and the possibility of cutting their attendance down to once a fortnight or once a month. See point 11 for decision.

#### 5. **Swimming**

- When Repton sessions begin, they will be stroke recognition to get people back into the habit of swimming correctly.
- DN advised we use "Swim Smooth" and "Go Swim" websites for 7 point stroke breakdown and drills to improve.
- It was suggested that the sessions could be sent out to members prior to Saturday with a link to which ever website we are using for people to watch the animation for that part of the stroke. DN pointed out that because it is animation, the stroke is absolutely perfect.

#### 6. **Cycling**

- WS suggested that the cycle training becomes more of a coached session rather than just a ride out.
- SJ stated that she was not comfortable taking a coached session in this format.
- It was reminded that only level 3 coaches are covered to coach on the roads.
- DN offered to attend every session he could in order to cover this requirement.
- WS & AW stated they were happy to take coached sessions including hill and sprint sessions. These sessions only apply to those coaches who are comfortable taking these types of sessions but these types of session would only happen at any monthly adult academy.
- It was agreed there should still be 2 rides on a Sunday to cater for the novices and the experienced but that they should be classified as 1 & 2 rather than novice and experienced and should be based on time rather than distance.

#### 7. **Running**

- Saturday run sessions following swimming at Repton are well covered by coaches.
- Other run sessions were discussed and all are happy to continue offering these.

### **General Points on all 4 above**

- WS to write Macro Cycles and Mezocycles for all 3 disciplines and base blocks of training on these cycles.
- Cycles will be based on the aim of the August Belgium 70.3 race.
- Blocks to start after the planned Base Training days. They will be 14 weeks after BT days which will take them to the 1<sup>st</sup> seasons Duathlon.
- WS is also happy to run an academy style bi monthly session covering all disciplines including transition training. This is to be confirmed following the BT days but all thought was an excellent idea.

### **8. Transition Training**

- To be covered in the academy days if these go ahead.
- KD raised the point that the summer series he had run was really about transition training but that it hadn't been well supported.
- DN stated that perhaps it was because competition was not what "pushed our members' buttons".

### **9. Base Training Days**

- WS to take and run these days.
- Booked for Sunday the 15<sup>th</sup> and 29<sup>th</sup> November 2009 at Hanbury Village Hall.
- They will take the format of classroom first for approx 1-1 ¼ hours followed by outdoor practical activities of 3 x ½ hr slots covering run, cycling and core work. There will be time made for Q & A on any aspect including nutrition which will be provided by SJ.
- These days are to be a basic knowledge giver.
- Start at 9 and finish approx 12 noon.
- Charge to be £3
- AW to send MVH Logo to WS for adding into presentation slides.

### **10. Coaching Courses**

- There is 1 x level one place available at the moment.
- Stephen Lindridge has approached AW interested in taking this place.
- Nigel Elson has also expressed an interest but it was decided that he perhaps was not the best candidate on this occasion.
- Mick Skivington was brought up and AW asked to approach him.
- CW stated that if Steven Lindridge had asked a number of times to be considered, it would be a shame to over look him for someone we had to ask.

### 11. **Juniors**

- Following conversation about swimming and the juniors it was suggested that we introduce a monthly "Academy" for them. This would cover all 3 aspects.
- To be on a Saturday morning and would cover swim, bike and run in the session. To follow a strict timescale, swim first then into Repton Hall for the run and cycle aspects. If the weather is good, they would go outside for cycling.
- GM will write and run these sessions. Other coaches will be rota'd to support GM.
- All attending voted for the Academy and all voted yes providing the facilities were available.
- AGM to be the platform to announce the Winter Junior Academy and the first session to be announced following this.
- Numbers must be pre booked and pre paid for as the Hall will need to be paid for.
- AW to speak to Manager of Repton, Leanne Chandler to ask if facilities are available.

### 12. **AOB or Ideas**

- AW reminded again that he needs the rota from all coaches asap for the winter period.

### 13. **Date & Time for Next Meeting**

To be decided in the new year and to be before the season.