Minutes of Forest of Dean AC Committee Meeting

**28th August 2018**

**Present:** Chris, Cherry, Alan, Andrew C, Nick, Andrew B, Vicky, Melissa, Stef

**Apologies:** Wendy, Lisa, Jo, Dan

1. **Minutes of Last Meeting and Matters arising**

It was agreed that the minutes of the last meeting were a true account. Minutes will have to be posted on the club website again. **Stef and Alan to liaise.**

1. **Treasurer’s report**

The treasurer’s report was not available as Wendy is still on holiday.

1. **Membership Report**

Cherry had not much to report. Since the last meeting we had 6 new members joining the club. We currently have 251 Senior and 142 Junior Members.

Cherry also gave us the pre-entry numbers for Yorkley Gallop – 25, Christmas Tree Race – 29 and Autumn Mile – 12. We do have to push the Autumn Mile and Yorkley Gallop races. At the current rate we have more volunteers than runners for the Yorkley Gallop.

1. **Coaching report**

Andrew has spent a lot of time structuring the Junior Training sessions:

He has compiled a 6 month training plan for coaching sessions on Tuesday, Thursday and Saturday which will give all coaches the direction the need to run the sessions efficiently. The sessions will focus on sportshall athletics and cross country as well as winter throwing training and endurance.

He will also test all athletes in the next few weeks to have a baseline and to see improvements. This will also help identify strengths and weaknesses of athletes and hopefully guide athletes towards disciplines they are stronger in.

There will also be weight lifting sessions for U15 + athletes, once Andrew has received permission from athletes’ parents.

Andrew mentioned, that in the not too far future we will have to consider the location and safety of the throwing area, as some of our throwers are getting closer to the maximum distances for our area. As we don’t know what is happening with the whole site at 5 Acres this will have to be discussed at a later date.

During our discussion of point 5 we also decided that we would like to upskill some of the assistant coaches who coach Juniors. We would like to retain coaches and make sure that coaches get the training they need to run sessions safely.

1. **0-5k, 5-10k and 10-20k groups and relationship to club**

(a)We discussed if these groups are actually part of the club or just run by qualified Coaches and Run Leaders who are members of the club. The groups are a very popular stepping stone for people who want to start running, are coming back after injury or a break from running. As a charity we are supporting these groups for running in the community by providing facilities and run leaders, but the actual groups are separate entities. The run leaders have their own insurance through their EA run leader licence.

We decided, that the groups would need more run leaders, especially during the winter months. Any new run leaders will be required to be a member of the club and commit themselves to be available for coaching not just for the groups, but for the club, which would mean being available for some Tuesday and Thursday evenings.

It was decided that, in the winter, groups using head torches need to be more considerate of other users as the lights can dazzle and distract especially when runners are more than two abreast. This is especially important if streets are being used.

(b)Coaching Development: It was agreed that we should encourage all coaches and run leaders to upskill to the next level. To do this we will need a list of all Run Leaders, Coaches in Running Fitness, Assistant Coaches and Coaches, so we can identify who should be forwarded to upskill and then we can decide how many and who we should put forward for run leaders courses. Cherry will produce a list. **Action: Cherry**

1. **Identifying New People at Training and Safe Guarding**

We have to ensure that we welcome anyone new turning up to a training session, to make sure we know about them before we start a training session. This helps new people to feel welcome and coaches can have a brief chat with individuals to see what they are hoping to get from sessions and what they can expect.

With regards to other people (not in sports kit) at the track we should try and identify if they are parents, who are simply watching their children or if there is another reason why they may be at the track. They may want to speak to us or may perhaps not be in the right place. If we identify anyone unknown to us we should try and question politely why they are there. This will help to safeguard our junior athletes and makes the club feel safe for everyone.

In recent weeks there have been a number of people bringing their dogs to the track, when they are waiting for their children to finish training. As the track is on school premises dogs should not be allowed on the track or the surrounding areas. We will put a No Dogs sign at the gate to the track. If people will still bring their dogs in, we can then ask them to wait in the car park. **Action: Nick**

1. **Possible changes to Constitution**

Stef will send the possible constitutional changes to the committee. We can agree them and then call and EGM. **Action: Stef**

1. **Upcoming Club Races**

Forest Mile, 11th of September.

So far, we only have 12 runners signed up. We need to publicise it more and make sure that that we get more pre-entries to ensure that the evening will run smoothly.

Cherry will not be available that evening, so we need someone to organise the races and allocate jobs before the event whilst Stef will try and sort results. **Action: Dan**

Vicky will run a cake stall again. We will donate the cake stall money to a local Mental Health Charity. **Action: Vicky**

Yorkley Gallop, 23rd of September,

Unfortunately, at the moment we have only 25 runners signed up for this event. Michael Marks and Andrew Knott are this year organising this race. They have plenty of volunteers already, but we need to get more runners signed up. Need to push it again on other clubs’ pages.

Halloween Relay, 30th Of October

We will run the Halloween relay again this year. Patrick, who organised it last year as a fund raiser has agreed to do it again, this time on behalf of the club. Cherry will

help with this. There will be teams of 3, £12.00 per team. Each runner running the second lap of parkrun course. Entry through pay subs online, pay on the night. There will be prizes for 1st male team, first female team, 1st mixed team and best fancy dress team. We will also offer cakes for all runners. We will advertise this to our local clubs: Chepstow, Monmouth, Monross and the groups, but won’t advertise it widely.

Christmas Tree Race, 16th of December

This is all in hand. Jacqui Wynds is organising it. We have already had 25 entries and are sure that it will sell out.

1. **Head Phones – Club Policy**

Nick voiced concern over the use of head phones when training with a group and wanted to know if there is a club policy.

The committee agreed that the use of head phones should not be allowed, especially when running in a group on the road under the guidance of a coach.

EA guidelines for races do not allow head phones for safety reasons, so it is reasonable if a coach or run leader does not want to allow runners in his group to run with head phones. The runner will not hear instructions or traffic and can therefore endanger themselves and others. The run leaders insurance may also be invalidated.

1. **Lydney Park event 2019**

Chris is meeting Walter to discuss Walter’s ideas for the club to support this event.

Andrew suggested that we could take some sportshall equipment to the park to let children try out things like speed bounce, balance beam, standing long jump etc. we could record results on whiteboards through the afternoon and winner gets prize.

We will discuss nearer the time and once we know what Walter would like to do.

1. **Treasure Hunt 8th of September**

Jo is organising a family get together/social event at Beechenhurst. There will be a treasure hunt and picnic for all members and their families. Everyone should advertise this to their groups and other members and people to let Jo know if they are intending to come, so that she can organise the Treasure Hunt.

1. **Any Other Business**

Nick suggested that we could offer free ICE dog tags with the membership. Everyone agreed that this would be a good idea and Nick will make enquiries. **Action: Nick**

Cherry has been asked by Chepstow Harriers if we would be interested in a Mob Match on the 13th of December from Moseley Green. The committee obviously agreed. Cherry will organise this with Chepstow. **Action: Cherry**