



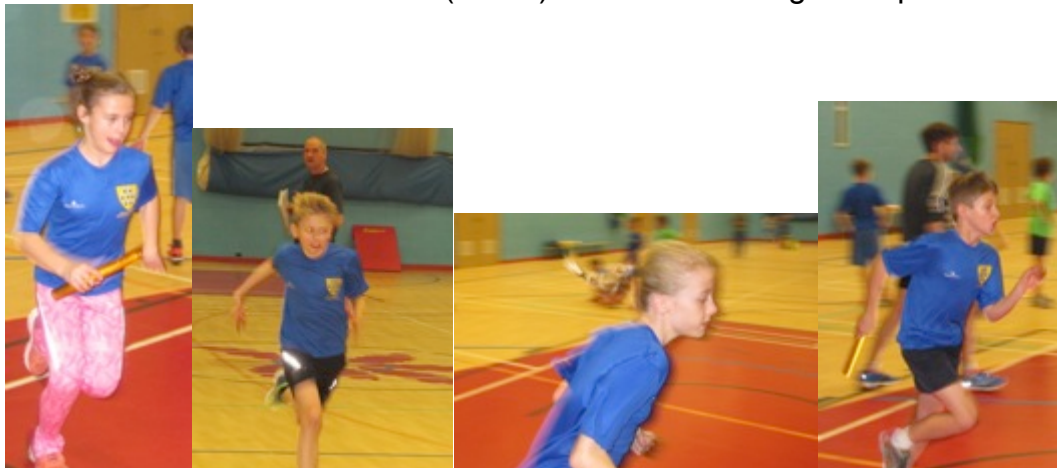
SAC Special Report - Focus on the Juniors

Not all club members know, but SAC has a thriving junior section.

Every Tuesday up to 60 juniors aged from 9 to 17 come to the Sevenoaks School track (or sports-hall in the winter) for a coaching session. Under the guidance of the SAC coaching team they learn the techniques of sprinting, middle distance running, and field events. They also build their fitness through repetition relays, circuit training, and other “fun” ways to get fitter and stronger. Their energy and enthusiasm are obvious.



The SAC Under 11 “Mobots” and (below) in one of their regular repetition relays.





The “serious” over 11’s with coach Adam & assistant Garry

“My son wouldn’t miss it for the world”, said one Mum. “It’s the highlight of his week”

Club Chairman, Paul Tabor said, “This is surely one of the best contributions that the club makes to the local community. We hope that these youngsters will acquire a life-long interest in running and athletics. Some may go on to compete seriously, but if they simply enjoy running and keeping fit throughout their lives, we will have achieved something important.”

The Coaching Team



Adam Rose, Geoffrey Kitchener, Jon Copping, Rob Carr, Garry Owens

The club’s coaching team (above) dedicates Tuesday evenings to the juniors.

“We try to give all the juniors a high quality training night, with an emphasis on enjoyment”, said Adam, “but we have a very small coaching team.”

“If we had more coaches and assistants, we would be able to split into smaller groups and make it even better. Quite often all we need is a few extra pairs of hands to set out course markers or organize the groups into smaller teams. You don’t need to have any coaching experience or qualifications – just a desire to help. ”

The shortage of coaches has been worsened by injury to Rob Carr (who injured one foot whilst taking part in a 100 mile race just after completing his 100th marathon). Rob will be out of action for several months.

Also Mike Harwood is currently out of action, following knee replacement surgery. We hope you recover soon, Mike and come back as quickly as you can.

However, we are pleased to announce that Darrell Smith has joined the coaching team, with responsibility for the under-11 group.



Darrell is well known to many of us. He has recently re-joined SAC after a spell in Tonbridge, and has competed with distinction for the club in the recent KFL races.

Darrell is an experienced Level 2 UK Athletics coach who currently coaches Cross Country at Sevenoaks School and Walthamstow Hall and is a Personal trainer and Run coach.

He was previously an international athlete who represented England over Road and Cross Country.

However, we are still short of coaches and helpers, not just to enhance the experience for the current juniors, but also to deal with the waiting list.

According to Kerri Folkesson, who organises the junior section, the waiting list is one of our biggest problems. "SAC is so popular that we have another 60 youngsters waiting to join", said Kerri "If only we could find more coaches and helpers, we might be able to help another 60 juniors experience the joy of running and athletics".

Anyone who can spare some time to help on a Tuesday evening or would like to know more about how they can help, please contact Adam (adamrose@sky.com) or Kerri (kerri@folkesson.co.uk) or me.

Jim

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