

A Message from the network Chair

Dear Reader,

Welcome to the first edition of our North of Tyne athletics network (NOTAN) bi-monthly newsletter.

The year ahead is full of excitement with Club development workshops planned to increase Clubs' awareness of Clubmark, as well as Run England Race organisers workshops, VODA, and Tony Blair Sports Foundation Network Days.

This year will also see the fruition of a long held ambition to run an Integrated Coach Education Programme to enable coaches to treat all athletes equally, whatever their ability with a pilot scheme to mentor all new coaches through this.

Coaches will also benefit from our extensive coach education workshops and a nationally recognized vocational qualification which we are developing with Northumbria University to reward coaches for their time and effort in volunteering.

Tommy

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NetworkNews

ISSUE 01

June 2011



Funding Secured For Second Year

One year on since the start of the North of Tyne Athletics Network (NOTAN) and the Network is running strong. NOTAN have now secured funding to carry out provisions for year 2 to:

- Increase the number of people participating in athletics
- Improve the quality and quantity of coaches
- Improve access to competition for all young athletes
- Create an integrated programme to create opportunities for all

With thanks to our main providers; England Athletics, we have managed to secure the further funding for 2011-2012. Not only this but our partners North Tyneside Council and Tony Blair Sports Foundation have provided funding for the development of the network.

This funding immensely helps to support our work through NOTAN.

Tommy Brannon; chairman of the Network sums up this achievement:

"We at NOTAN are naturally delighted to have reached this milestone. I'm immensely proud

to have the endorsement of McCain's and England Athletics".

Key actions for year two include:

- Coach and Officials Development
- Schools Athletics
- Club Development
- Competitions
- Marketing and Promotion
- Increase number of volunteers.

NOTAN take athletics coaching into schools

During the final term of school this year, coaches from NOTAN will be going into five local schools; New York Primary School; Percy Main Primary School; Riverside Primary School; Collingwood Primary School; and Waterville Primary School; along with Norham Community Technology College, to introduce a series of athletics coaching sessions with Key Stage 2 and some Key Stage 3 pupils.

These sessions will help encourage children into physical activity and to show how fun athletics can be.

This is a big step forward for sport in our region with over 100 children receiving coaching during timetable PE and after school, which will give every child the opportunity to experience fundamental athletics, with the opportunity to progress into a nearby club.

For more information contact Victoria Spence at: victoria.spence@notan.org.uk or on 0780703941.



Meet the Team:

Network Chair - Tommy Brannon



Tommy Brannon has been a member of North Shields Poly since the age of 11.

Now a Master athlete he helped form the Network with Jeanette Pickard of the Tony Blair Sports Foundation, our Treasurer Guillaume Zoppi, his wife Jo and Ian Woodward, Chair of North Shields Poly. The aim of NOTAN being to increase the number of people participating in athletics

across our region. Tommy has worked hard to ensure the Network is constantly developing as well as ensuring its sustainability beyond Year 3 of funding.

Away from athletics Tommy has a partner Karen and they live together in North Shields with their 3 children Stuart, 13, Niamh, 10 and Zac, 2. Of his experiences of working with

NOTAN Tommy states:

“Athletics has always been part of my life. From running in the park with my nana to going to Ovingham Fair and winning a bronze medal in the Under 9’s sprint, to here and now.

But children today don’t seem to have the same opportunities that we had and NOTAN is about changing that trend and giving them that opportunity”.

Network Coordinator - Victoria Spence

Victoria Spence has recently been appointed the new network coordinator for NOTAN. Through this role Victoria will help to ensure the delivery of the aims of the Network which will see a greater involvement with its members clubs as well as the hosting of club development workshops to assist those clubs wanting to achieve, or maintain their Clubmark status.

In addition, Victoria will work closely with the Tony Blair Sports

Foundation and Tyne & Wear Sport to deliver closed coach education courses and Run England workshops.

Prior to her taking on the role of Network Co-ordinator, Victoria was a student at Northumbria University and completed a 6 week placement at North Shields Poly; one of the four clubs within the network. Victoria says of this experience:

“I soon realised the amount of

work needed to create a great athletics experience by coaching at the Poly and helping with their club development plan.

By also helping out at the Tony Blair Sports Foundation I got to see the work which went on behind the scenes that make clubs work and the importance of volunteers. My work with disability athletics gave me another huge insight to the range of opportunities available in which I wanted to explore and develop myself”.



Volunteer Coordinator & Secretary - Alasdair Wilson



Alasdair Wilson has recently been assigned the Volunteer Co-ordinator post. In this post Alasdair will try to develop opportunities for volunteers throughout the network by attending fresher’s fairs and hosting coaching and officials events throughout the year.

NOTAN are trying to develop opportunities for parents, students and even athletes, to volunteer and help out at the club and

events. Alasdair hopes to provide more opportunities for the volunteers by linking with the Tony Blair Sports Foundation to help fund the volunteers through various courses.

Not only has Alasdair been appointed to be the Volunteer Co-ordinator, but he has also signed to be the new secretary for the club.

Alasdair outlines:

“I am an enthusiastic competitor in a range of sports, currently running with Claremont Road Runners, having joined when the Great North Run was just taking off. I am a self-coached athlete and am currently becoming qualified as an assistant athletics coach and hopefully apply my experience and knowledge from a range of sports such as Nordic Skiing, into athletics”.

Coach Coordinator - John Renney

John Renney has been appointed the new position of Coach Coordinator for NOTAN following his successful coaching apprenticeship with the Tony Blair Sports Foundation, which has seen him grow from a keen volunteer and a former junior international steeplechaser, to a newly qualified Coach in Athletics.

His role will develop the coaching in the clubs and through our Athletics in Schools projects. John will work with both Victoria and

Alasdair to ensure the best provisions are made. John talks about his experience:

“I have been an athletics coach at North Shields Polytechnic since January 2009, where I coach endurance running to a group of teenage athletes. In November 2010 I took athletics into Rockcliffe Primary School where I wanted to experience what it would be like to teach my sport to key stage 2 children. I found it hugely rewarding. I’ve delivered

almost 20 sessions at Rockcliffe and have also recently taken some children to a track and field athletics competition.

Having been involved in athletics for over 30 years, mostly as a competitor, I am passionate about delivering athletics to young children in North Tyneside. I am looking forward to being part of the coaching team and visiting other schools in the area”.



Treasurer - Guillaume Zoppi



Guillaume Zoppi has been a member of Heaton Harriers since 2007.

Guillaume talks about how he first got involved:

“I first joined to participate in field events at the North East Track & Field league. Although I do prefer the shorter distances I am now also involved in road and cross

country races.

I have supported NOTAN from the very beginning providing full support during the bidding process and am now fully involved in the financial aspect and the delivery of the network’s objectives.

NOTAN has allowed me to gain athletics qualifications (Athletics

Leader and Coach Assistant) and I expect to progress this further within my club. I am very keen on the development of officials within the network and the North East as a whole as it is important that the numbers of timekeepers and field officials is sustained to a reasonable level.”

Assistant Secretary - Michael Todd

Michael Todd has been a member of Wallsend Harriers for about 34 years, becoming involved in many areas within athletics.

Michael explains this involvement over the years:

“I have competed for the club in every age group possible and over road, cross country and track & field. I prefer to race in the winter over the tough cross country courses though (well they do say mud is

good for the complexion!!!).

I am on the committee at Wallsend as Membership secretary and am also a level 1 coach. I decided to become a coaching assistant as I wanted to put something back into the club that has given me so much happiness and so many fantastic memories over the year's, and to help, along with the other coaches, to look after the youth section of the club.

As I joined Wallsend as a 12 year old lad along with some of my friends, I feel it is important to encourage the youth of today into athletics; especially as we seem to live in a time where all kids want to be footballer's or sit at home playing computer games.

That is exactly what NOTAN is aiming to do and why I became involved with NOTAN and represent Wallsend Harriers on the NOTAN committee”.



Junior Summer Grand Prix

Over the summer four competitions are to be held at Churchill Playing Fields, Monkseaton over the following dates:

Day 1 - Saturday 16th July

Day 2 - Saturday 30th July

Day 3 - Saturday 13th August

Day 4 - Saturday 3rd September

Over each day girls and boys

aged 7-13 years will compete over the four elements; individual sprint (60m - 100m), jumps (long, triple, high) throws (javelin, discus, shot) and runs (600m - 800m).

Each day will run from 9.30am - 12.30pm. On the last day the competition will be followed by an overall presentation.

To sign up, go to <http://www.notan.org.uk> and click

on the link for the flyer for 'Junior Summer Grand Prix'. With the flyer there is an application form. Complete the form and send with a cheque payable to Tyne Wear Sport, to: NOTAN Secretary, 14 Victoria Avenue, Forest Hall, Newcastle upon Tyne, NE12 8AX. Each competition costs £3, or £10 for all four, plus a free t-shirt.

It looks to be a great summer ahead!

Athletics 365 course, 27th June

England Athletics have recently produced a new initiative to encourage young athletes to develop their skills over a range of multi-events rather than specifying in one event.

This programme is aimed at children aged 8 - 15 years to help develop their fundamental skills. However, it can be adapted to suit different ages and needs.

There are 9 stages within the programme from Red to Gold, progressing in difficulty as they go

through each stage.

There are four development sections throughout the programme; beginner, developing, practicing and emerging. The aim is to enable athletes to progress through each stage across all the elements of how to run, jump, and throw.

Resource packs are available for both coaches and athletes for activities to progress through the stages across each area. For more information you can go online at:

www.athletics365.org.

NOTAN will be holding an "Introduction to Athletics 365" course at Sport Central, Northumbria University on Monday 27th June. If interested contact Victoria Spence at victoria.spence@notan.org.uk or on 07807039541 for further details.

The course will be £15, however you will receive a FREE resource pack worth £35 will be available if you attend the course.



New Mentor Scheme for Coaching Disabled Athletes

Shelley Holyroyd, Disability Athletics Development Officer – North, is in the process of setting up a mentoring programme for coaches who would like to become involved in disability athletics, and NOTAN is looking for interested parties.

The Mentor Scheme aims to involve coaches guiding disabled athletes; being a

'mentor'. This is a great opportunity for coaches to become involved directly rather than just view from the outside.

For more information please contact Alasdair Wilson, Secretary, North of Tyne Athletics Network (NOTAN) at

Alasdair.wilson@notan.org.uk or to

NOTAN's Chair, Tommy Brannon on

tommybrannon67@yahoo.co.uk.

If you are interested please email Alasdair or Tommy no later than Friday 20th May 2011.

Volunteers wanted!

Over the summer NOTAN are putting on various events and this could not be done without your help.

We have the summer grand prix coming up on the 16th July, 30th July, 13th August and 3rd September which various roles will be needed throughout the day from officiating to helping with organising the teams.

There are also events such as a schools competition down at North Shields Poly before the summer in

which any volunteers would be extremely welcome.

Not only this but there are various training nights for each of the clubs within the network; Claremont Road Runners, Heaton Harriers, North Shields Poly, and Wallsend Harriers.

There is a wide range of opportunities available for people to help out, from helping run the food and drink area, to assisting with the coaching sessions.

From the 1st - 7th June it is volunteers week and it would be great if you could join in and volunteer!

If you are interested and want to continually volunteer for the club, there may be the chance to attend a course funded through the Tony Blair Sports Foundation and NOTAN.

For more information please contact Alasdair Wilson on alasdair.wilson@notan.org.uk.



Word search

D	D	F	K	H	J	L	Y	J	M	N	M	X	S	C	F	C	R	Y	S
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ALASDAIR	NOTAN
ATHLETICS	POLY
CLAREMONT	RELAY
COACHING	SUMMER
DISABILITY	TOMMY
GUILLAUME	VICTORIA
HEATON	VOLUNTEERS
JOHN	WALLSEND
MICHAEL	



Contact Us:

Victoria Spence
3rd Floor
Parsons House
Parsons Road
Washington
NE37 1EZ

Phone: 07807039541

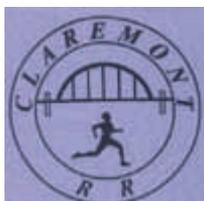
E-mail: victoria.spence@notan.org.uk

www.notan.org.uk

Upcoming NOTAN Events and Activities to watch out for:

- Athletics into Schools from June
- Come and Try Taster Events over the summer
- Junior summer Grand Prix Competition (16th July, 30th July, 13th August, 3rd September)
- England Athletics Level 2 officials course (6th November)
- Athletics 365 Workshop
- Integrated Coach Education Program
- Coaching Courses
- Clubmark Workshops
- Run England Programme
- Coaching Forums

NOTAN Clubs



Claremont Road Runners

www.claremontrr.freemove.co.uk

email: mrbobrichards@talktalk.net

phone: 07950539854



Heaton Harriers

www.heatonharriers.org.uk

email: secretary.heaton@virginmedia.com



North Shields Polytechnic AC

www.nspoly.co.uk

email: iandwoodward@yahoo.co.uk

phone: 07759009722



Wallsend Harriers

www.wallsendharriers.com

email: michaeltodd11@btinternet.com

phone: 0191 2634082

NOTAN Partners

