

TEAM KENNET

Athletics, Cycling, Multi-sports, Modern Pentathlon, Running, Swimming, Triathlon

Affiliated to: Berkshire County AA, British Cycling, BTA, CTT, MPAGB, SEAA

Chair: Nick Bull Vice Chair: N/A Secretary: Averil Hewitt Treasurer: Scott Nicholls

Development Plan

2010 - 2014



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Brief History of the Club

Team Kennet was formed in 1988 by a small group of multi-sports enthusiasts with a background of cycle racing, road & trail running, swimming and general outdoor pursuits. As with all committed sports enthusiasts they were looking for new challenges and saw the emerging multi-sport of triathlon as a cause worth pursuing.

The club has promoted the popular annual Newbury Triathlon since 1989, an event aimed at beginners, novices and local fitness enthusiasts. The club members cover a wide range of ages and abilities, from beginners to full IronMan triathletes, and perhaps our greatest success, to date, is to have had a European Junior Triathlon Champion in our ranks.

Finding it difficult to recruit new junior members the Club sought links with other complimentary organisations and in January 2001 linked with a group of athletics coaches and formed a Junior Athletics Section. The aim of the Club is to provide a safe and enjoyable environment for athletes of all ages and abilities to enjoy participation in athletic activity and to promote a good Club spirit, both inside and outside the club.

2010 saw the birth of two new events the Newbury Duathlon and Newbury Aquathon.

Where we are now:

Where we plan to be:

		At 31st Dec 2009:			Target Totals by end of:			
Members		<i>M</i>	<i>F</i>	<i>Total</i>	<i>2010</i>	<i>2011</i>	<i>2012</i>	<i>2013</i>
Juniors:	U9	16	6	22	30	35	40	40
	U11	29	30	59	60	60	60	65
	U13	21	19	40	45	50	55	60
	U15	15	15	30	30	35	40	45
	U17	8	5	13	20	25	30	35
	U20	6	3	9	10	10	15	20
Full Seniors		31	12	43	50	55	60	65

Athletics Coaches / Helpers

Qualified above Level 3	0	0	0	0	0	1	2
Qualified to Level 3	3	1	4	4	4	5	6
Qualified to Level 2	3	3	6	6	8	9	10
Qualified to Level 1	6	3	9	12	14	15	16
Child Protection Officers	1	1	2	3	3	4	4
Other General Helpers	7	6	13	12	14	15	16

Other Qualified Officials

<i>Athletics:</i>	T&F Officials	6	3	9	12	14	15	16
	Time Keepers	0	0	0	0	1	1	2
<i>Swimming:</i>	Coaches/Teachers	2	0	2	2	2	2	2
	Timekeepers	1	0	1	1	1	1	1
<i>Cycling:</i>	Coaches	1	0	1	1	1	1	2
<i>Triathlon:</i>	Coaches	1	0	1	1	1	1	2

How we plan to get there

A) Training and Competition Programme

Strengths: A keen group of athletes willing to train and represent the Club in competitions and leagues.
 Good support from the parents and families of the younger junior athletes.
 A high level of commitment from Coaches and Helpers

Weaknesses: Lack of officials for league competitions. Some increase in numbers in older juniors but still thin in some age groups, especially the U15 boys and women.
 Lack of performance coaching in jumps and development coaches for Multi Sport activity.

Objective: To participate in Young Athletes leagues and championships			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Wessex YA League	Started 06/01 Ongoing	Young athletes U13 to U17 Plus separate U11 competition	Funded in-house, need to look for a possible sponsor and funding to cover kit and travel costs.
County Champs	Started 2001	U13+	Year on year increased in numbers competing with individual success across all junior age groups
SEAA Champs	Started 2003	U15+	Aim for medallists by 2008 - achieved Aim for winners by 2010 – not achieved on going 2012 Link into County and Regional squad coaching
National Champs	By 2007	U15+	Aim for finalists in 2007 - achieved Aim for medallists by 2010 – achieved in Welsh Champs
Open Events	On-going	Young athletes and coaches. Target events which fit into training programme.	Good and successful participation in local events, plenty of medal winners.
Other YA Leagues	Started 2004 ongoing	U11 to U17	Currently club holding off any other leagues
Southern Mens League	Started 05/03	U17 plus Junior and Senior men	More U17/U20 increasing strength of Team, top half of league by 2008 and consistent top 5 finishes by 2010 Higher league by 2012

Objective: To participate in winter cross-country leagues and championships			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Oxfordshire League (Oxford Mail)	Started 2001 ongoing	Seniors and Juniors	Team and individual medals achieved in 2003/4 and year on year improvement ongoing Consistent full senior team participation by end 2007 with male and female medalist
County and District Champs	Started 2001 ongoing	Seniors and Juniors	Team medals in 03/04 season achieved and ongoing Individual + team medals achieved 2006, year on year increase in competitors and medallists and representation at National Inter Counties and World trials
Schools cross-country champs	Started 2001 ongoing	Juniors	Team medals in 03/04 season achieved and ongoing Individual medals achieved 2005, year on year increase in competitors and medallists and County/Regional/National representation

Objective: To participate in winter indoor sports hall leagues and championships			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
County Champs	Winter 2001 ongoing	All Berkshire Clubs	Some age group winners in 2003/04 season achieved Consistent top medal performance across most age groups in 2007/08 achieved On going County Winners
Berkshire League	Winter 2002/3	All Berkshire Clubs with YA section	Win an age group by 2003/04 season – achieved 3 of 4 age groups Consistent top medal performance across most age groups in 2007/08 with increased County representation
Regional champs (Inter Counties)	Started 2002	U13+	To achieve 3 or more athletes in County squad by 2005/06 – Achieved Have at least 10 athletes competing in one year by 2012
National champs	By 2008	U13+	To achieve 3 or more athletes represented by 20011/12

Objective: To participate in Senior/Veterans athletics leagues and championships			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Southern Men's League	2003 season started 05/03	U17+ Junior and Senior men	Gain promotion to Div 3 by end 2005 season – Achieved Top half of league by 2008 – Achieved. Looking to next Division by 2012
Southern Women's League	2006 season	U15+ Junior and Senior women	Compete in League by 2006 season – Achieved Retain current junior females by development and seek to increase number of senior lady athletes
County Champs	2005	All Berkshire Clubs	Medallists by 2006 season – Achieved Year on year increase in numbers competing with individual success across all junior age groups
Open meetings	2003	U17+	Medal winners during 2005 season achieved Year on year increase in competition and increase in grade of meet eg older juniors at Watford etc in 2012
Disability sport	As required	U17+	Participation in disability sports competition as required by Club membership

B) Coach and Volunteer Development

Strengths: Good group of willing volunteers - generally split 50/50 male/female. Enthusiastic helpers from a variety of backgrounds, good team spirit. We have appointed reception staff and have volunteer team "kit" for identification and professional image.

Weaknesses: Need more volunteers to enable continued growth of younger junior groups, retain older juniors and provide performance coaching for talented athletes. Need more qualified coaches and officials – looking for funding for this. Weak in some disciplines (hurdles and jumps)

Objective: To increase the number of coaches and helpers			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Need more parent/helpers to support U9/U11/U13 coaches in delivery of Fundamentals coaching	Ongoing	U17+ Members, friends, parents, families and teachers.	Schools links Parents U17/U20 athletes (non training days)
Establish and communicate coaching structure to support training groups. Encourage ongoing progression through coaching ladder	In line with projected increases as stated earlier	Unqualified helpers and Level 1 coaches. Other coaches to move to higher levels	Funding plan to be developed in line with targeted coaching progression (funding from uka and specific coaching development initiatives)
Help from other clubs	Ongoing	TK and other clubs.	Co-operate with other clubs, and have reciprocal arrangements. e.g. cycling, running, swimming etc.

Objective: To increase the number of qualified officials			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
County qualification courses	Late-2005 April 2010	Coaches and helpers Helpers/athletes	12 new officials trained in 2006 Encourage increased involvement from existing officials and target for similar course in 2008 – achieved Ongoing to get more officials
Junior officials	2006	U20 athletes	Promote the uka Level 1 officials course in-house

			As above – achieved but soon go to university
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C) Facility Development

Strengths: Regular use of facilities at local school/sports college. Built good relationships with facility providers. Partnership agreement with School/Sports College. Full Access to the CCAT track complex which has increased the numbers to the club and strength in depth of athletes

Weaknesses: Pole Vault out of action as ongoing concern, so no training for athletes.

Facilities Development Statement: To continue developing our existing facilities at Park House School and Sports College as much as possible.

D) Links with Others

Strengths: Excellent links developed with local primary schools and other athletic organisations (Cycling, swimming, running). Good relationships with Local Councils (town and district). Working well with local “sports bodies” (council, schools etc.) and plenty of schools development work already carried out. Set up inter club competitions over various disciplines in the club.

Weaknesses: Slow response in some areas and still some rivalry with another local athletics club.

Objective: Links with uk athletics / SEAA			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
UK Athletics Club Audit and Clubmark accreditation	On-going	Club & UKA	Clubmark achieved end 2003 and renewed 2009 Monitor any changes to requirements or standards to maintain best practice policies and procedures
AAAs of England Regional Dev Co-ord.	On-going	Club & RDC	Good co-operation and on-going help with the club development
SEAA and Regional championships	On-going	Club, SEAA and regional structure	Funded in-house. Enter suitable athletes/teams.
UK athletics SEAA PESSCL initiative	Start 2007 and ongoing	Ages 8-12	First programme to run in 2007-08 To become annual activity – Funding via UKA (SEAA)

Objective: Links with Berkshire County AA
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How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Berkshire/Regional Squad training	2007 and ongoing	Junior athletes as invited	Funded in-house – Target 1 Regional and 8 County in 2007 with year on year increase thereafter
County Champs	On-going	Club	All disciplines
Berkshire County AA - Qualified officials	Late 2005	Club and BCAA	Liaise and get members through T&F qualification Have members on county committee by 2008 - achieved

Objective: Links with local schools

How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Primary Schools – Visits to run Fundamentals coaching	Summer term ongoing	Head coach and others	Expenses paid by schools Develop contacts with new schools year on year
Primary Schools – Extra-curricular	2002 ongoing	Coaches and helpers	Indoor sports hall kit to after school programmes Apply for Awards For All and club:futures funding
West Berks Primary X-Country Champs & Quadkids	15/11/01 ongoing	Club and WBDC schools	Funded by council grants & sponsorship Supported by PHS 6 form students
West Berks Primary Sports Hall Champs	Annually	WB primary schools (Yr. 4, 5&6) and TK	Have backing of PHS Equipment funding form Grants
Local Sports College	On-going	Club and Park House School	Work with new primary schools sports liaison officer (PDM)

Objective: Links with other local sports clubs/groups

How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Other Triathlon Clubs via the Newbury Triathlon	1989 annually ongoing	Local Clubs and new novice (Tri) athletes	Self funding through general promotion of the event and to local Triathlon Clubs
Compton Harriers	2001 onwards	Both Clubs	Mutual co-operation in training and competition
Newbury Road Club	2000 & onwards	Club representatives	Joint Winter turbo sessions – Self funding Participation and support for respective Club events
Newbury AC	On-going	Clubs chairman	On-going dialogue
School sports partnership	On-going	Club coaches	TK provide athletic events/ help out with events organised by SSCOs for Primary/Secondary.

Objective: Links with the local Town & District Councils and Club Sponsors			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Berkshire youth games	On-going Subject to Revue	Local schools and WBDC	Select , coach and manage the athletics squads Facility hire provided FOC.
West Berks Council	On-going	Club and WBDC	Organise primary school X-C and Sports Hall champs.
Newbury Town Council	Dec 2001 ongoing	Development of Juniors	Small Grant Awards application
Thatcham Town Council	June 2004 ongoing		Small Grant Awards application
WBDC	2002 onwards	Development of Juniors	Small Grant Awards application
Greenham Common Trust	2002 onwards	Development of multi-sports	Small Grant Awards application
Other local trusts	2001 onwards	Club committee and Trusts.	Investigate other local trusts such as Englefield Trust for funding opportunities.
Sponsorship 2010	On-going	Currently Nothing	Seeking sponsorship

Objective: Links with local press and other media			
How we achieve this	Timescales	Who will be involved?	Which programmes or funding will we link into?
Newspapers reports	On-going	Club press officer	Regular reports
Newspaper listings	On-going	Club press officer	Weekly listing in "What's On" columns
Local press & media	On-going	Club and local press & media.	Coverage of WBDC X-C, Sports Hall and Newbury triathlon, Newbury duathlon, Newbury aquathon
Club web-site	On-going	www.teamkennet.com	Currently been run by the club officials, to keep costs down, designed by club member
Listings and links to/on other web-sites	On-going	Other suitable web-sites	e.g. Sponsors and supporters, UKA/SEAA