

### Codes of Conduct

Our 'Codes of Conduct' describe the way members of the club expect us to behave. It is a key part of Safeguarding. We have 4 'Codes of Conduct' at the Club

1. for athletes
2. for young athletes
3. for parents/guardians
4. for coaches

They are based on UKA 'Codes of Conduct' but we have been through them and feel we have made them much more readable and personal! There is nothing in any of them which isn't reasonable and common sense but unfortunately, there are a few lapses with people not always adhering to the codes. We recently had issues with some parents/guardians not picking up juniors from training sessions on time and that is in the parent/guardian 'Code of conduct'. Please ensure you are familiar with the codes of conduct. They are all on the web site.

*Daryl Peters*

### Who's Who in Chorley

If you ever want to know who to contact or ask a question, a good source is to look at the 'Who's Who' which is short for 'Who is who and who is doing what! This lists all the role and jobs in the club with the person who is doing that role together with their contact details. There are quite a few 'vacancies' at the moment so there is plenty you could get involved in. Someone once said that the Club is 'run for runners by runners' so we need some runners! The 'Who's who' also shows the dates of the committee meetings and any member is always welcomed and similarly for the coaches meetings. And next year's AGM is on there so no excuse for not getting it in your diary – 5 May 2015!

*Daryl Peters*

### The new Web Site

After being developed with great speed as the Club got off the ground, we have now outgrown our existing web site and are developing a new one to meet the increased demands of members. Thanks must be given to Simon for all his hard work and time over the last years on the current web site. Three of us (Simon, Martin and I) have worked with a web developer and we have the outline framework of the new site. What we need are a few people to help us develop that and populate it and then we can release it. The web site is one of the most important tools of the club. Please offer your support and email me on:-

[daryl.peter@btinternet.com](mailto:daryl.peter@btinternet.com)

*Daryl Peters*



# Newsletter

Issue 3

July 2014

### Intro

Hopefully everyone reading this will have read the 2 previous editions but if not, please let us know as we do want all members/parents/guardians to get copies. We have 200 copies printed off each edition and there aren't any left but please do let us know if you don't get sight of it - we can increase numbers. But we haven't had any feedback! We have asked people and it's all been well received but no one has made any suggestions and it's the same people contributing articles. We are all volunteers giving our time freely but are also the busiest people so we need ideas about what people want to see in the newsletter so our time is being used productively. If anyone wishes to contribute an article, about any part of athletics that they think members would find interesting and useful, please email Gail on:- [gholehouse@hotmail.com](mailto:gholehouse@hotmail.com)

*Daryl Peters*

### Name of the newsletter

Thank you for all those who offered suggestions for the name of the newsletter and we have had five as follows:-

1. Chorley Chatter, Chatter or Chat
2. CHAT, Monthly CHAT or CHAT Monthly
3. Tri, Try and Tri again
4. The CATs whispers
5. CATChat

So which one is it to be and remember there is a reward at stake here to the person whose suggestion is best liked. To vote, there are many ways so no excuses not to vote!

- by email to:- [daryl.peter@btinternet.com](mailto:daryl.peter@btinternet.com)
- through the web site at [www.chorley-athletic-and-triathlon.org](http://www.chorley-athletic-and-triathlon.org)
- by telling any of the following people - Janet Brooks, Simon Townsend, Mike Mason, Anna Maria Crabtree or John Payn

*Daryl Peters*

### 365 Athlete Development

'Athletics 365' is a structured approach to athlete development supported through UK Athletics. As you know we are adopting this approach in the club but as with all these developments, they take time and the more help we get from parents/guardians, the more quickly we can embed these development techniques. We have recently purchased some of the athlete development handbooks which each athlete uses to record their progress and development. These are a great way of ensuring the athlete takes a proactive approach to their development as they can record and monitor their progress over time. Richard Farron is taking a lead on this so please can anyone who wants to help him either see him or email him on:- [Richard.farron@hotmail.co.uk](mailto:Richard.farron@hotmail.co.uk) As a club, we have also invested in a '365' equipment bag which gives all the equipment recommended by UK Athletics to support this programme.

*Daryl Peters*

### Ever fancied being the Mo Farah, Greg Rutherford or Jessica Ennis?

Well now's your chance. The Northern Athletics Track and Field league is a great way to try this type of sport for the first time. It should be first stated that these competitions are team based and open the ANYONE (yes even you!); a wide spectrum of people, from absolute beginners to national standard runners, jumpers and throwers. Up to two athletes (aged 15+) from each club compete in each of the events, and positions gained are converted to points for the team. In addition to competing in events, the clubs provide officials and also organise the events.

Nothing is impossible, despite how daunting it may look. Marco and I started doing 3000m Steeplechase events last year because the races did not have many runners (opportunity for good points). Our training for the first event was a couple of fumbled attempts at jumping the barriers (these are solid, do not move and one has a big water drop on the other side!) just 5mins the first race. Anyway we both completed the first race in a reasonable time, and have continued to compete since then. The best thing about the events is that it is great fun, and all of the team members (irrespective of age or ability) contribute to the final success of the team.

If you don't fancy the competition or just want to get some practice, then come along and try the events. Throwing is with Alan Morris on Monday evening 18:30 at Holy Cross. Sprint, Endurance and jumping can be tried at Bolton Arena track with Stuart Swann, John Wright and Rick Cordwell on Thursday nights from 19:00. For more information about the events or training please see the website or contact me directly on:- [sp\\_townsend@hotmail.com](mailto:sp_townsend@hotmail.com)  
*Simon Townsend*

### Purchase of Club Kit

The club has various items of kit for sale i.e. vests, T-shirts, polo's, hoodies, track plant, jackets. I used to have all the kit but Ruth has kindly offered to take this job off me for which I very grateful! The kit is now at Ruth's shop in St Georges Street, so you can pick it up from there in shop opening times. Please just don't call in unannounced, email Ruth at:- [ruth@cakesbyruth.co.uk](mailto:ruth@cakesbyruth.co.uk) Most sizes are available.

*Daryl Peters*

### What the Chairman's role is

Well will someone tell me please!!! The 'Chairman' is one of the 5 posts which are elected by members and as with all the roles in the club, there is no job description and you make of it what you think is right. The only given is that you have to be passionate about the Club and do all in your power to lead, support and develop the Club in what it is trying to achieve. I am fortunate as we have a fantastic committee and other people who do key roles but sadly, all the work in running the Club is falling to the same few busy people. We too are volunteers and some of us no longer run or have children who do! We have regular committee meetings and there we prioritise what needs to be done as well as progress the day to day work such as membership, accommodation, finance, safeguarding, races, junior development etc. So it's an interesting role which does have its challenges! Sadly, although we are a club of over 300 members and so around 100 parents/guardians, we constantly struggle to find volunteers to help in doing some of the work or even just marshalling and responding to communications. So after 7 years as chair of one of the former clubs and 3 years as chair of this club, as I said at the AGM, I will not be standing next year. If anyone is interested, and wants to know more about what is involved, please email me on:- [daryl.peter@btinternet.com](mailto:daryl.peter@btinternet.com)  
*Daryl Peters*

### Club Subs

Thank you to all members who have paid their subscriptions for 2014-15. For those who have yet to pay and would like to be members this year, please pay your subs as soon as possible so that Tash, the membership secretary, can register all members with England Athletics.

*Phil Iddon*

### Training tip

When you're racing or training hard and you're pooped, try to keep your head up. This helps to keep your windpipe straight and open so that you can get the oxygen in more easily!  
*Tash Fellowes*