



Update from Scottish Athletics Development Team



A year like no other!



Team East Lothian RUN JUMP THROW

The TEL Community Coaching Team have put together some fun activities you can do at home with the very minimum amounts of equipment and resources. We hope you have some fun doing these games with your child/children remember #stayhome and #keepactive

- Relay Race:** up and down the garden or if you can't get out, up and down the hallway. Each member of the team runs up and down the area and high 5's the next person. Challenge yourself by seeing how many times your team can go up and down in 2 minutes.
- Endurance run:** up and down the garden or if you can't get out, up and down the hallway try and put all the socks you can find in a bucket in 2 minutes. At the opposite end, have an empty bucket and run up and down picking up one sock each lap - see how long it takes you to get all the socks from one end to the other.
- Throwing:** with the socks and buckets, how many socks can you throw into the bucket. Start with the bucket quite close and move it back each time to make it more of a challenge. Or, make your own game with paper plates and kitchen roll inserts like here: 
- Jump:** practice jumping from 2 feet to 2 feet up and down a space - you can add this element to no 1 and no 2 games. Then from 2 feet to 1 then 1 foot to 1 - make sure you work on both legs. You can use shapes on the floor and make a game saying one foot landing on circle, 2 feet jump from square, etc.
- Problem Solving:** How about tying ribbon or string to door handles or doors up and down the hallway and challenge your child to get through it - this will encourage not only physical skills but also problem solving. You can add other objects through the string that they cannot touch on their way. 



 Perth Strathtay Harriers
@PerthHarriers

Just in from Matthew. A few more Kms today in training for his Kiltwalk challenge 🍷. A little 🌧️ doesn't stop @PerthHarriers. Stay safe, keep active. @MatthewDoig1, @PerthPKDS, @PGSPupilSupport, @pjbr11



2:55 PM - Jun 28, 2020 - Twitter for iPad

Resilience & Creativity

BELIEVE, BELONG, ACHIEVE TOGETHER



Club Support update

KEEP ON RUNNING
Running is for life, not just for lockdown

WORLD MENTAL HEALTH DAY 2020

- ✓ Running releases endorphins which boost your mood
- ✓ Spending time with others offers company and community
- ✓ Setting and achieving goals gives a sense of accomplishment
- ✓ Join your local athletics club or jogscotland group!

- National Club Manager's
- Club Together
 - Growth of the project
 - Clubs as employers
 - HR resources
 - Innovation
- Club Development Framework – a tool to help you assess and plan
- Club Education
- External support
 - Legal Status – Club Development Scotland
 - HR – French Duncan
 - Gift Aid and Finance – BDO
 - Culture & Leadership – Eiger Performance
- ClubServe – resources, reviews and online learning
- Equality & Inclusion

<https://www.scottishathletics.org.uk/clubs/club-support/>

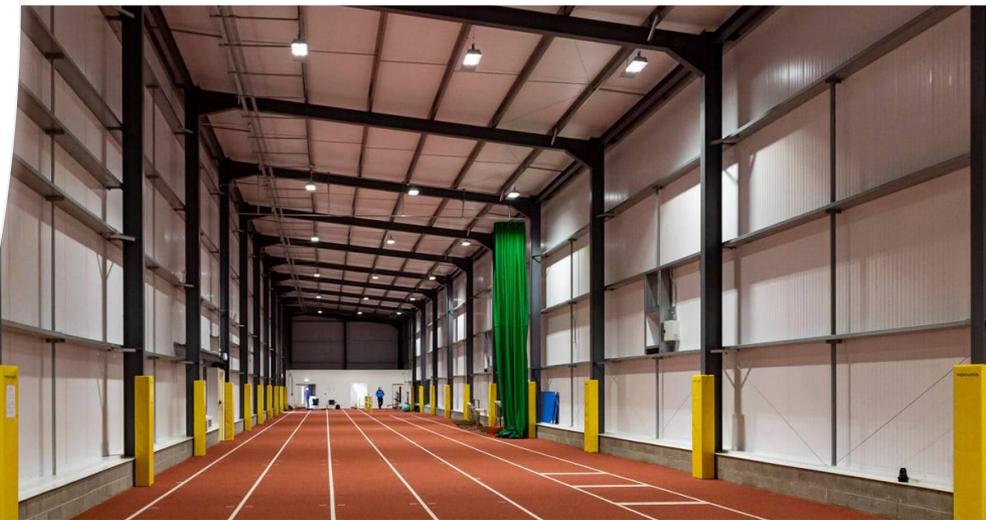
Education

- Coach education & development
 - Online courses
 - Practical & integration days
 - Planning ahead
- Officials education & development
 - Online learning
 - Planning ahead
 - Learning experiences
- Disability
 - UKDIT
 - Inclusive Athletics online
 - Higher education
- Welfare



Looking Ahead!

- Inspiration
- New opportunities
- Adaptable & tailored club support
- Club education
 - Online support videos
 - Role specific support
 - Club webinars
- National recreational athletics programme
- Updated facilities strategy





Time for reflection

- Recognise the work you, and others have done
- Take stock, how are you? How are your members?
- Where is the club at? Review your position.
- What does the future look like? What opportunities are there?
- What further support can we provide?

Key Contacts

Head of Development

- Colin Hutchison

National Club Manager's

- Jamie McDonald
- Lindsay McMahon
- Francis Smith

Officials Recruitment & DO

- Shona Malcolm

National Disability Pathway Officer

- Pamela Robson

All staff

<https://www.scottishathletics.org.uk/about/people/staff/>

