

IVANHOE ROBINS JUNIOR ATHLETIC CLUB - COACHES PLANNER

Month – Feb 2012 Newbridge High School

Name/Level	Session Cover	4th	11th	18th	25th
<b>Gary/ Athletics coach</b>	<b>Both</b>	Y	Y	N	N
<b>Ruth/2</b>	<b>Both</b>	Y	N	N	N
<b>Ivan/2</b>	<b>2nd</b>	Y	Y	Y-both	Y-both
<b>Kevin/2</b>	<b>2nd</b>	N	Y	Y-both	Y
<b>Jon Shaw/2</b>	<b>Both</b>	N	N	N	N
<b>Paul/2</b>	<b>Both</b>	N	Y	N	N
<b>Goff/3</b>	<b>Both</b>	N	Y	N	Y-both
<b>Helen/1</b>	<b>Both</b>	Y	Y	Y	Y
<b>James/1</b>	<b>1st</b>	Y	Y	Y	Y
<b>Ian/1</b>	<b>1st</b>	Y	Y	Y	N
<b>Level two or above</b>		3	-	2	3
<b>9 – 10am Tornadoes</b>	<b>Garys Group</b>	<u>Gary</u> XC run & Throws	Ivanhoe Challenge	Helen <u>Supported by Key</u> Long, Triple & High jump	James/Ian <u>Supported by Goff</u> Sprinting plus relay baton changing drills
<b>9-10am The Dynamos</b>	<b>Ruths Group</b>	<u>Ruth</u>  XC	Ivanhoe Challenge	<u>Ivan</u>  Circuits	<u>Ivan</u>  Throws
<b>10 – 11am Development</b>	<b>Ivan &amp; Keys Group</b>	<u>Ivan/Ruth/Gary</u>  Long run	Ivanhoe Challenge	<u>Ivan</u>  Circuits	<u>Ivan/Key</u> 400m Reps Speed endurance
<b>10 – 11am Endurance</b>	<b>Paul &amp; Jons Group</b>	<u>Ivan/Ruth/Gary</u>  Long Run	Ivanhoe Challenge	<u>Key</u>  Endurance	<u>Goff</u>  Hurdles
<b>Jon Shaw Coaching Coordinator</b>  <b>Home 01530 469819</b>  <b>Mobile 07769 976811</b>	<b>Comments Fixtures</b>	<u>Sat 4<sup>th</sup></u>  County schools xc champs at Ratcliffe College	<u>Sat 11th</u>  Ivanhoe Challenge (GP event)	<u>Sat 25th</u>  Nationals xc at Parliament Hill  <u>Sat 25th</u>  Small schools xc at Woodstone	

Conkers 5k park run is on every Saturday at 9am, see web site for details and how to register <http://www.parkrun.org.uk/conkers/home> Only for Robins who are 13 or older on the day.

