

## Network Co-ordinators Report –January/February

- Completed coaching sessions with Marjon Students who are organising Plymouth heats of Sportshall events for primary schools. Coaching sessions done in 5 schools with 4 coaches. Total income £360. Very successful project.
- Agreed to organise Athletics at Devon Games in June
- Ran Sportshall events at Totnes and Ivybridge
- Continued inputting Run England names collected from clubs. Funding partly granted with rest promised if we can deliver 950 by April 23<sup>rd</sup>.
- Started planning Wheelchair and disability sessions beginning in schools next month.
- Continued work on Armada business plan with Louise Kelley.
- 3K runs put on in February
- Continued to liaise with Tavistock College to help with funding bid and get update on equipment storage.
- Inputting Hoe 10 entries.
- Organised Rules Quiz night at Brickfields on Jan 25<sup>th</sup>.
- Set up First Aid course for next week
- Attended Stakeholders meeting at South Hams DC
- Discussed workshop on Muscle Activation with Paul Sumner
- CIRF course took place in Tavistock on 11<sup>th</sup>/12<sup>th</sup> Feb – 14 attended
- LIRF course in Exeter well attended
- Network teams did well in Sportshall events.
- Interest from Okehampton RC about joining Network
- Discussions with YMCA about getting involved with British Heart Foundation fun run.

### Forthcoming events

- Plymouth Sportshall Finals (Secondary and Primary) on Monday Feb 20<sup>th</sup>
- Attending Business Seminar on Thursday 16<sup>th</sup>
- Athlefit starts on Thursday 23<sup>rd</sup>.
- Assistant Coach course in Tavistock on March 3<sup>rd</sup>/4<sup>th</sup>
- Athletics Coach course in Tavistock on March 31st/April 1<sup>st</sup>
- Westward league – March 18<sup>th</sup>, Central Park.
- Life Centre Opening – March 22<sup>nd</sup>
- Muscle Activation course planned for March 17th
- Sport Relief Miles – Plymouth, Saltash and Ivybridge – March 25th
- Spring warm up – April 1st
- Sports Hall event at Life Centre planned for April 8<sup>th</sup> (Easter Sunday)
- Devon Coaching Conference on April 29<sup>th</sup>
- 5K runs start in April.

Keith Reed

