

## Network Co-ordinators Report – November/December

- Finished supporting Plymouth SSP and Marjon Students in organising Plymouth heats of Sportshall events for primary schools. Now co-ordinating paid coaching support for winning schools.
- Attended Plymouth and West Devon Cross Country Championships (along with other Armada coaches). Passed out info on clubs.
- Organised successful Sportshall events at Ivybridge and Okehampton. The one at Okehampton paid an income of £150.
- Continued inputting Run England names collected from clubs.
- Attended the second open evening at Tavistock which was track events only due to issues with certification.
- Two new racing wheelchairs ordered from Bromakin. Delivery to be 16<sup>th</sup> Dec.
- Met with Adrian Cable (Skills Active) about training needs for Network
- Attended Sportmaker Workshop at Plymouth University.
- Completed quarterly report.
- Continued work on Armada business plan.
- Successful Mind coaching workshop put on.
- Core stability workshop organised at Plymouth Muskeeters
- Second injury prevention workshop run by Plymouth Harriers.
- New website fully operational with auto transfer from old one.

### Forthcoming events

- Workshop programme now finalised
- Further Sports Injury Prevention clinic planned by Plymouth Harriers.
- Assistant Coach course in Tavistock now moved to March.(3<sup>rd</sup>/4<sup>th</sup>)
- CIRF course in Tavistock on 11<sup>th</sup>/12<sup>th</sup> Feb
- LIRF course in Plymouth 17th March
- Track and Field officials courses still being planned in New Year for Plymouth.
- 3K series continuing in December
- Rules quiz – 25<sup>th</sup> January
- Attending Business Planning seminar on 15<sup>th</sup> Dec.
- Life Centre Opening – March 22nd

Keith Reed