



Armada Network

3 year delivery plan

Progress update – January 2010

Growing participation

Activity	Action	Outcome
Trophy meetings	Organise 1 event a year - Plan is to organise evening meetings at Tavistock and Plymouth using evenings	To attract 8-17yr young people to athletes
Quad Kids	Organise 4 events a year – Events scheduled for 2010 at schools, clubs and also Devon Games to inspire	600 children attending event 100 joining clubs
Park Series	To set up a series of summer and winter events –3K series going well. Some very good performances. Plan to revert back to 5K in April	To encourage mass participation and improve athlete performance
Road races	Promote existing races - Tavi 7 up by 15%. Hoe 10 major target. Ivybridge 10K increased entry numbers	Grow entrants by 10%
Inter-school competition	Link to existing cross country, sportshall and track and field activities (primary and secondary) and provide support and exit routes. – Plymstock Cross Country to be run this term plus Ivybridge event in March, Armada Sportshall event ran before Christmas. Next Devon event in February	Develop school leagues in sportshall and cross country
Inter-network competition	Organise 1 event a year Pre Christmas Inter network Sportshall event ran on Dec 13 th . Good turnout plus winning primary schools.	To provide competitive opportunities for network clubs.
Raise awareness	Work in partnership with relevant initiatives, programmes and project (existing and new) – 10 week Sport unlimited course set up in January at Lipson with local club coaches. Follow up being planned for Summer at Brickfields track.	Raise the awareness of Network clubs and activities

Come and try events	Organise a number of targeted activities/ events - Plans to link in with publicity campaign to encourage participation. Utilise City centre sites and major events (e.g. Sport relief mile, Blue Mile, Plymouth Half Marathon, Family Sports day.	To encourage new people to athletics
Disability	Introduce athletics through existing structures to encourage further participation - Working closely with Sonya Ellis and Martin Lees (PCC) to identify coaches who wish to become involved. Link in with UKA on talent identification including CAADC initiative, Events to be included in Devon Championships in May	To have more disabled athletes within clubs

Laying foundations for future champions

Activity	Action	Outcome
Talent Identification	Ensure talented individuals are fed into appropriate clubs – Working with coaches to encourage dialogue on athlete development. Coaching workshop held for endurance coaches.	Provide best athlete player pathway
Competition opportunities	Maximise opportunities for regional standard athlete – Trip organised to indoor athletics meeting in Wales. Opportunities being provided to enter Midlands fixtures.	Improve athlete development and recognition
Athlete development	Utilise Power of 10 website to evaluate performance levels - Analysis continuing on ranked athletes. Working with athletes and coaches on development	Identify talented individuals and look to develop further
Support non-network athletes	Work with higher educational establishments - Meetings held with Plymouth University and support agreed on competition and training. Link with Marjon with Give to Sport programme.	Identify and support talented athletes

Improving performance levels

Activity	Action	Outcome
Flying Coaches	Support clubs with coach development, in partnership with EA – Identifying further club requirements in order to co-ordinate visits	Improve coaching standards
Run England	Link with National initiative to encourage more beginners – discussions held with all clubs on linking with Run England. Further meeting planned to offer support to Plymouth half marathon training groups.	Increase club membership
Mentoring plans	Produce database of coaches. Identify further professional development. Use level 3 (or above) coaches to mentor level 1 and 2 coaches. – Information being collated. Need Trinity database operational to finalise.	Increase the number of qualified coaches. Improve the standard and quality of coaching provision.
Armada track and field team	Promote competition opportunity and encourage wider network involvement – Renewed Composite team for 2010. Also composite with Cornwall network set up for National Junior League.	Increase numbers taking part by 15%
Shared training	Provide opportunities for shared training sessions - One session held on beach with three clubs and coaches involved. Further sessions planned.	Ensuring consistency and best practice

Sustaining participation

Activity	Action	Outcome
Competition opportunities	Organise 6 open track meetings a year Promote Devon Open and County Champs – New Cross country venue used successfully in Plymouth. Plans to organise low key meetings in Plymouth and Tavistock.	Increase participation and performance in track and field athletics
Create wider links	Link with the work of the School Sports Partnerships, the Competition Managers and other relevant organisations – Links with 3 SSP's (Sir John Hunt,	Working in partnership, integrate activities and achieve shared goals

	Plymstock, Ivybridge and Competition manager continuing. Met South Hams council to discuss opportunities in that area.	
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Establish sustainable club environments

Activity	Action	Outcome
Club audits	To audit every network club, identify areas for development - Audits complete. Plans being formulated for club development.	Understand the profile of each club and provide relevant support and guidance.
Clubmark	Support existing clubmark clubs to maintain accreditation and encourage/ support new clubs to achieve clubmark – Priorities are now Tavistock AC and Tamar Trotters. Plan being formulated. Workshop ran on Club development in Plymouth. Attended by 6 clubs.	All network clubs to achieve clubmark status
Coach education	Organise UKCC level 1 and 2 coaching courses Organise level 1, 2 and 3 official courses Support clubs to attend relevant SportsCoach Uk courses, Growing your Club workshops, first aid etc. - One level 1 coaching course ran and a further one planned.for end January Level 2 course ran in Dec at Tavistock and further one planned in Ivybridge during February. - Ran 2 first aid courses and 3 rd to be run this spring. - Ran a level 1 and level 2 officials course in locality.	60 active level 1 coaches 30 active level 2 coaches Improve coaching standards
Grant aid	Support network clubs with funding opportunities and guidance - Leaflet produced showing available grant aid. Train to gain funding obtained for 5 clubs	Assist with club finances and club development
Raise profile	Attend relevant events etc to distribute leaflets and promote awareness of network clubs – Attended and assisted at Schools sportshall and Cross country	Increase club membership

	<p>events. Notice boards being produced to publicise Network at relevant events. Certificates given out with club info at Schools Sportshall and Cross Country events. Need to maximise potential at forthcoming events in Spring.</p>	
<p>Improve access and standard of facilities</p>	<p>Work with relevant agencies ie local authorities, to maintain existing facilities and develop new ones Further discussion held with council and clubs on Brickfields situation. Strategy document communicated to clubs, response being formulated. Inspection visit successful at Brickfields. Ongoing discussions with Tavistock about equipment.</p>	<p>Ensure facilities are fit for use and safeguarded for the future</p>
<p>Coaching forums</p>	<p>Set up a coaching forum with representatives from each of the network clubs - Endurance group have been formed from initial workshop. Cross network training sessions planned with Cornwall during next few months.</p>	<p>Assist with development of a coaching plan</p>