

Haywards Heath Harriers

Annual General Meeting 2024

Head Coach Report

2024 saw a big change for the Haywards Heath Harriers in terms of the move for a session a month at K2 during the winter season, which despite a few teething issues, has been warmly received by both coaches and junior and senior athletes alike. We would love to see more senior athletes giving track competition a try this summer as a result of their great endeavors in training at K2. Do please speak to your coaches and the team managers about opportunities to do this in the summer months!

I'd like to use this opportunity mainly to say a big Thankyou to all the coaching team and run leaders. Every week they give up their time free of charge to coach you and the juniors of this club. It is a big commitment and is much appreciated by us all I am sure. I'd like to say a special Thankyou to Abi Redd who not only helps coach the juniors on a Tuesday evening but has been doing an amazing job with all the admin behind the scenes that needs dealing with, new junior member enquiries, sending out details of events and dealing with parent queries. It is a heck of a lot of work and is largely unseen. We have a great team of junior and inters coaches but always would like more, so if you feel you can come an hour earlier to training and help with the young athletes, or if you are happy to give up an evening of your own training occasionally to encourage and support the teenagers in the club, then please do come and have a word, the commitment doesn't have to be every week and we are happy to fund coaching courses so all the training can be provided free of charge.

Lastly, we are looking forward to a return to Whitemans Green very soon, hopefully with correct track markings this year, and we will be looking to run a session for all, giving a

taster of various track and field events at some point, so please do come along to this session when advertised. It's a great way to try something new and also get to know other club members that you might not always train with.

Let's look forward to a time to train on green grass with the warm sun on our backs. Hopefully it will be coming again soon!

Helen Diack

Head Coach

Haywards Heath Harriers Athletics Club