



# Haywards Heath Harriers

[www.haywardsheathharriers.co.uk/getintocoaching](http://www.haywardsheathharriers.co.uk/getintocoaching)



We are looking for dynamic, motivated people to step up and embrace the many opportunities offered by coaching.

- Will you be a part of our Club and help our athletes train to reach their potential?
- Will you watch your athletes grow and become proficient masters of their art?

We hope the answer is **YES!**

[Contact us](#) and start your journey into volunteer coaching with Haywards Heath Harriers Athletics Club today!

## Join Us and get Into Coaching!

Thank you for your interest in becoming a Coach with Haywards Heath Harriers Athletics Club. We are excited to welcome you to our Club and are here to support you in the rewarding world of coaching.



We have gathered the information here to set out what you can expect as a Coach with Haywards Heath Harriers Athletics Club.

We would love to speak with you so you can get a feel of what we are about. Just [drop us an email](#) with your details and we will get in touch to discuss.

## Without our coaches we are nothing

We exist to support and provide high quality structured training to our membership and our coaching team are essential to the delivery of this mission. Without you, we simply cannot function.

We require coaches to help athletes train safely and reach their potential. Athletics is a sport which requires a high concentration of coaches due to the variety of disciplines involved.

## What type of Coaches do we need

Coaches are categorised by their discipline - Throws, Jumps, Sprints, Middle Distance and Endurance. These can then further break down into specialisms but, for the most part, clubs tend to have Coaches defined at the discipline level.

We are happy to accommodate your coaching preferences however we are especially interested in coaches who are interested in athletics disciplines (throws, jumps and track) and are able to support our junior athletic groups.\*

## Who makes a great Coach?

If you are reading this, then you are already showing great potential! Our Coaching programme is open to everyone aged 18 plus and you don't need a sporting background to be a good coach. While many coaches are athletes or ex-athletes, many are parents, coaches from other sports or volunteers seeking to step up. All that is required is enthusiasm, a positive outlook and the desire to encourage and motivate other people to be their best!

If you have a drive to help others succeed and enjoy growing and developing your own leadership skills, this could be just the thing for you.

## Why get into Coaching

Coaching provides a range of positive benefits, some of which are included here.

## Why Coach?

**Make a difference in your community**  
By volunteering, you are helping others meet their athletics goals

**Range of coaching options available**  
We are looking for coaches across all disciplines - running, throwing and jumping.

**Develop your skills**  
Learn practical new skills that promote leadership and communication

**A change of direction**  
Could this be your first step on the road to a coaching career?

**Flexible commitment to suit you**  
Flexibility is key and we are happy to explore options to suit you

**No prior coaching experience necessary**  
Don't worry - we offer full training and support for all our people

## What support can I expect

As an upcoming Coach, you will enjoy the support and mentorship of our existing coaching team who have a wealth of experience across a range of disciplines. They will guide you every step of the way. You will also undertake a fully funded [England Athletics training programme](#) to give you the necessary technical insights, skills and confidence to coach your discipline.\*\* This is typically done through a range of methods including practical assessments, class based sessions and virtual events.

As a qualified England Athletics Coach, you will also have access to the myAthletics training portal so you can refresh your learning, pick up additional skills and gain further insights.

At Haywards Heath Harriers Athletics Club, your success is our priority.

## Sounds great, but I'm worried about my other commitments

We get it. Everyone involved with the Club is a volunteer and we all have other commitments and priorities be it family, work or other interests.

We coach and train on Tuesdays from **6pm to 8pm**, split into two 1 hour sessions. We do not expect you to provide 2 hours commitment every Tuesday, 1 or 2 hours is acceptable as is a **full** or **part time** basis.

We are flexible and can work with you on a mutually agreeable commitment.

## About Us

[Haywards Heath Harriers](#) Athletics Club exists to provide high quality structured training to its membership. We promote physical activity in a

safe, welcoming environment across a range of athletic disciplines from endurance running to track and field. We are inclusive and celebrate the diversity of our membership from juniors to adults. In 2019, the club introduced dedicated mental health champions as part of its drive to promote better mental health. The Club is recognised and respected within the community having been in existence since 1965. We are powered by a dedicated team of volunteers including coaches, run leaders and an elected committee.

## Points of Note

- \* A [DBS](#) check is a mandated requirement for all coaches and volunteers working with young people or vulnerable adults.
- \*\* Payment of EA coaching fees is conditional on meeting a mutually agreed minimum coaching commitment.

For more information on coaching with England Athletics, [please visit their website](#).