

# Coaching Report 2024

We have 23 active coaches, most coaching three times a week. This year the coaches progression plans have been very fruitful shown by the numerous records that were broken in lots of different events, county honours, England honours, English school qualifiers & a win! E & E entered the most athletes for numerous years into this year's Surrey Combined events, promotion in SAL to Div 1, promotion in the Men's XC team to Div 1, Women's XC staying in Div 1 and the number of athletes that have & want to join our club.

I made a few changes to the structure of the coaching groups to allow for progression and to make room for new athletes joining and it proves to be working.

Due to the expansion of our club, we do need to recruit more coaches especially in the technical events, jumps, throws and hurdles. I will mentor anyone who would like to start their coaching pathway until they have qualified.

We have invested in equipment this year which has been integral to our coaching plans. Practise hurdles (& a container to house them), shots, discuses, javelins, various & multiple pieces of Sportshall equipment, resistance aids, sprint aids, and plyometric foam box sets.

The coaching team is fantastic and I can't thank them enough.

Di Norman  
November 2024