



Training  
TOMORROW  
Sunday March  
25th

**MADJA AGM**  
7.30pm  
Tuesday April  
24th

# Newsletter

#28, 24th March '18



## Get your membership forms in!

**MADJA's Membership is now open.** Thanks to all those who have already submitted their forms. Anyone who has been a previous member is encouraged to sign up as soon as possible so they can be sure to be eligible for competitions including the first Wessex League match at Oxford on April 22nd and Madja's own Quad Kids on April 29th. Go to <http://www.madja.co.uk/membership> and complete the form.

- 📌 Please could you give us an email address which you do monitor frequently, so you don't miss important news. It's frustrating to team managers to get business 'out of office' bounce backs
- 📌 You will receive an on-line link to pay your membership fees which is generated by England Athletics. **This will not happen until after April 1st** as this is the official start of the 2018 season.
- 📌 Fees are: U11s/U9s £45 U13s + £55 (of which £15 goes to EA for automatic athlete affiliation)

**IF YOU ARE NOT INTENDING TO REJOIN PLEASE EMAIL US**  
[enquiries@madja.co.uk](mailto:enquiries@madja.co.uk) so we can delete your name off our mailing list and remove your personal details from our system.

**Congratulations** to all who ran for Wiltshire and a former MADJA member who ran for Warwickshire at Temple Newsam Leeds, last week. The course and the conditions were challenging and it was fearfully cold. Pictured here with their Dauntsey's School team mates are 2nd claim member Will Morris (IB 3rd in the county), Catriona Edington (SG 2nd in the county), 2nd claim Maddie George (IG 6th in the county) and [not pictured] Dan Davis from St John's (SB 6th in the county). Meanwhile, former member Freddie Webb ran in JB for Warwickshire. The English Schools is a tremendous experience for all athletes, coaches and supporters and the conclusion of a successful winter season. Well done all and fingers crossed



[WWW.MADJA.CO.UK](http://WWW.MADJA.CO.UK)  
[enquiries@madja.co.uk](mailto:enquiries@madja.co.uk)



for more athletes joining the endurance group for the track season and next winter's cross country season — come and join us and the "more the merrier".

**Congratulations too...** Dan Davis, Ben

Jones and Ben Dare who competed for the county at the National Inter Counties at Loughborough the week before; particularly well done to Dan making the first 100 in the U17B — no mean achievement at all!

Fiona Edington, Endurance Coach

### TEAM MANAGERS 2018

**U13 Girls - Paul Warren**

**U13 Boys - Fiona Edington**

**U15 /17/ U20 Boys - Duncan Short**

**U15 / U17 / U20 Girls - Vanya Body**

**Team managers will be in regular contact and select athletes for competition squads**

### Competition Dates April / May

**Wessex League** 22<sup>nd</sup> April, Oxford

**MADJA Inter-club QuadKids** 29<sup>th</sup> April, Marlborough track

**Wiltshire County Track & Field championships** 13<sup>th</sup> May 2018 Tidworth Oval

### Wiltshire athletics championships

May 13 - including Quad Kids

Tidworth Oval

Self Entry online

Go to:

<http://wiltshire-athletics.org.uk/track-field/track-field-championships/>

No entries on the day.  
Entries close May 6th

**Get Active**  
**StarTrack Athletics Camps 2018**

Camps available this Easter and summer

StarTrack is UK Athletics' flagship grassroots participation programme, aiming to give 8 – 14 year olds, male or female, real athletics experiences and helping them to develop skills. Participants will be able to take part in a wide range of track and field events under the guidance of highly qualified and experienced coaches.

#### StarTrack 2018 dates

Dates	Venue	Time	Cost
3 - 5 Apr	Marlborough College Athletics Track	10am – 3pm	£50
10 - 12 Apr	St Edmund's School, Salisbury	10am – 3pm	£50
30 Jul - 3 Aug	Sarum Academy, Salisbury	10am – 3pm	£80
13 - 17 Aug	Hardenhuish School, Chippenham	10am – 3pm	£80
20 - 24 Aug	Marlborough College Athletics Track	10am – 3pm	£80

For more information and to register a place on a StarTrack programme, please contact **Matthew Pearson**, Wiltshire Council on **01225 770213** or email [sportsdevelopment@wiltshire.gov.uk](mailto:sportsdevelopment@wiltshire.gov.uk)





## Winter Training 2017/18 – A Coach's View

Honestly, I don't think I got the most of out winter training over the last 6 months. As a coach you are always on a learning curve — the gradient varies but it's always there. Mine is still steep but, hopefully, I learn by my errors and the curve starts to lessen.

My focus before Xmas was on maximum velocity sprint technique and for, the most part, it went pretty well; by the end of November I could see a notable improvement by everyone: staying tall; feet staying dorsi-flexed and the foot striking under the hips. After that I got a little lazy, I could see some athletes not quite buying into the continuous drills; not quite pushing themselves as hard as they had been but, rather than challenging them, I changed things. We started doing starts and pulled forward work on transitions — which weren't really meant to begin until after Xmas. As a coach, winter is where you have to ensure the hard work gets done; you have to be as disciplined with yourself as you expect your athletes to be on track!.

Planning the Xmas "games" came as a welcome distraction and I think, for the most part, we pulled off an entertaining end to the training year. Repeating that might take some doing! January. And I started with where finished before Xmas with start... lots of starts... mindless amounts of starts — but it worked! I started to see power being put into the track by athletes who had never done so before; the number of those "popping" out of the blocks got less and start positions began to look comfortable. What we planned for the latter part of winter was, in part, disrupted by the weather and, for one reason or another, some athletes were not being able to make training. Asking one athlete to do 2 x 3 x 300m is soul destroying and, sometimes, if you must make them work seriously hard you make them suffer together: as a group; as a team. They prefer it that way — it somehow it makes it easier. Finally, I have to thank all the athletes who have turned up over the winter, I have probably learnt as much from them as they have from me! Remember, in order to succeed you must first know what it feels like to fail. I feel it we were all climbing the learning curve this winter — but one thing is for sure that curve doesn't look quite as steep anymore.

**Paul Warren**  
**Hurdles and Sprints Coach**

