

Valley Striders Juniors 2023/24 AGM 21/01/2025



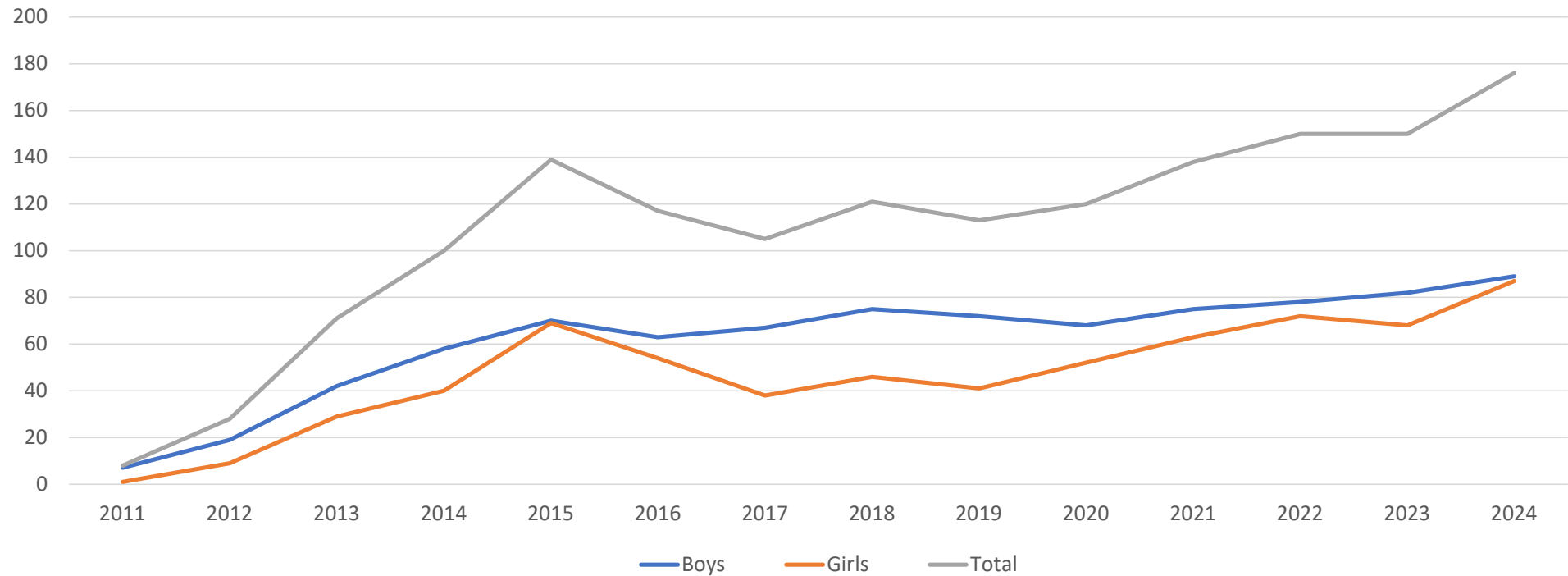
Golden Acre Relays
2024 – 93 V S Junior
runners took part

V S Juniors 2023/24 - Membership

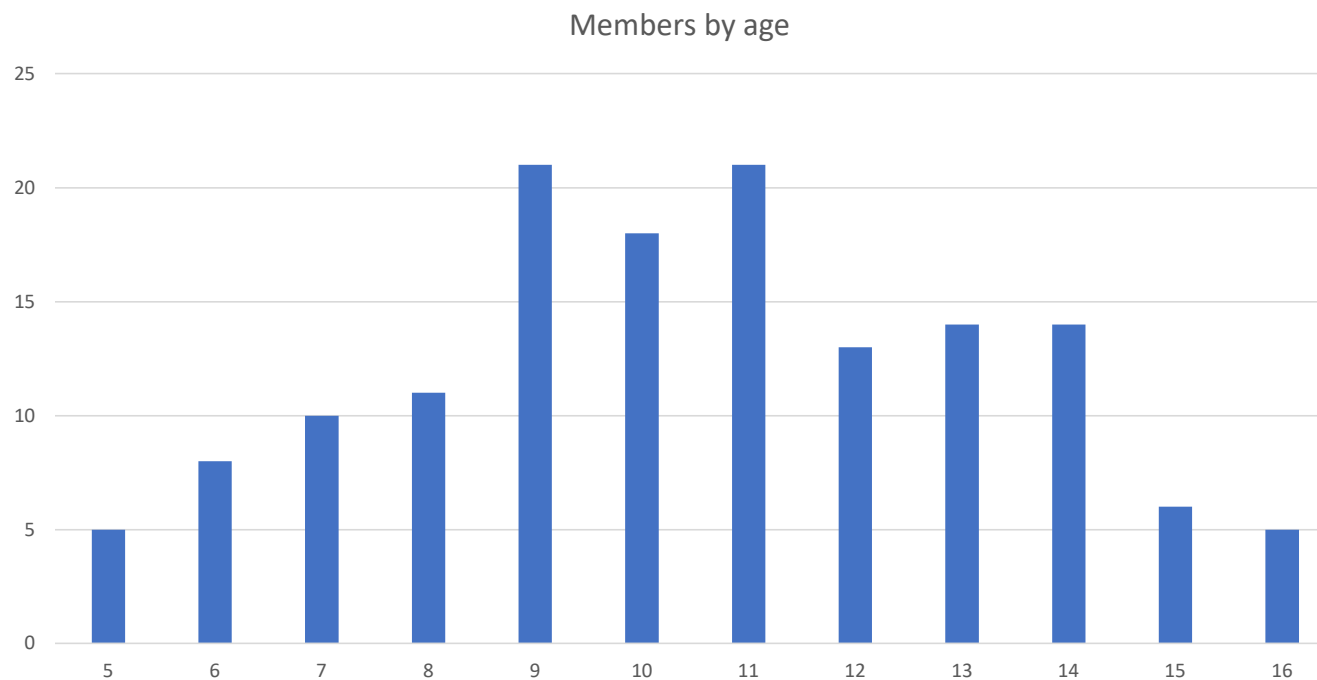
- Financial Year 2023/24 – net increase from 146 on 31/08/2023 to 162 on 31/08/2024
 - 19 resigned, 35 joined
 - increase of 20 Training members, reduction of 4 Social members
- Membership Year 2024 – net increase from 154 on 31/12/2023 to 183 on 31/12/2024
 - 21 have joined in last 4 months
- 10 currently on waiting list, will offer places to 4 at end of January

V S Juniors – Members by Year (boys/girls)

Members by Year



V S Juniors 2024 – Members by Age



V S Juniors 2023/24 – Training

- Locations (general)
 - 31 weeks at Leos
 - 5 weeks at Alwoodley Cycle Path with reduced numbers due to weather
 - 12 weeks at GSAL
 - 1 week at Golden Acre Relay
 - 1 week at Roundhay Park (day after Boxing Day)
 - 2 abandoned (“Training From Home” available)
 - Competitive group at Leos, Beckett Park, Brownlee Centre and road sessions
- Sessions/groups
 - At Leos 3 timeslots of 45mins and up to 5 groups of 12 juniors
 - At GSAL 2 timeslots of 60mins and up to 5 groups of 12 juniors at GSAL

V S Juniors 2023/24 – Training



- Attendance

- Attendance records broken – previously 87, then 96 in Sept 2023, 99 in Oct 2023 and equalled 3 times in 2024.
- 74 attendance medals incl. 13 for 100 sessions and 1 for 200 sessions

- Sports Day

- 64 ran in mile races in May 2024 (50th anniversary of 4 minute mile)
- 72 competed in Junior Sports Day Sept 2024 – 80m, 400m, long jump, shot

V S Juniors Christmas Run 2024



V S Juniors 2023/24 – Coaching and Leading

- 15 to 25 (and sometimes more) parents involved each week leading and assisting sessions
- Thank you!
- Richard Irvine, Alex Gostling, Phillip Tedd leading endurance focused sessions for the faster/keener school years 7 to 12
- Nicola Hartley leading sessions for older girls and will get LiRF qualification in February 2025.
- Plan to offer LiRF or Assistant Coach courses to some leaders in 2025 to ensure every session has at least one leader with DBS

V S Juniors 2023/24 – Competition

- September 2023 to August 2024
 - 27 in West Yorks XC League, 3 teams in English XC relays
 - 72 in Peco XC series (average 45 per race)
 - 36 in Peco relays
 - 19 in at least one Track & Field meeting in the summer
 - 32 in Eccup junior races
 - 93 in Golden Acre Relay (see cover picture)
- Since 1 September 2024
 - 27 in West Yorks XC League including winning U11 girls team
 - 1 team in English XC relays
 - 65 in Peco XC series

V S Juniors – WYXC winning U11 Girls Team



V S Juniors 2023/24 – Participation Awards



- 2 cups
 - Presented every 6 months
 - Must have attended at least 13 training sessions
 - Must have taken part in at least 13 “races” (i.e. including parkruns)
- September 2023 to February 2024
 - Caitlyn Hartley and Harry Whittaker
- March 2024 to August 2024
 - Esmé Clark and Ewan Reid

V S Juniors 2023/24 – Performance Awards



- 2 trophies
 - Awarded every 6 months
 - Best Age-graded performance at parkrun or junior parkrun
- September 2023 to February 2024
 - Joseph Urquhart 77.0% - 18:25 at Potternewton aged 14
 - Ella Shanks 75.1% - 9:03 at Horsforth Hall aged 8
- March 2024 to August 2024
 - Simeon Tedd 78.7% - 6:36 at Bodington aged 14
 - Grace Keene 73.1% - 9:40 at Horsforth Hall aged 6

V S Juniors 2024 "C" Group Coaching



- "C" stands for competition.
 - This group is for athletes aged 11 – 17 who wish to continue competitive endurance running.
 - Numbers have increased to almost 30.
 - Each Spring we assess school year 6 athletes for new additions to the group.
 - We offer athletes a more progressive and personalised plan that follow the race calendar.
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- Most "C" athletes are involved in other competitive activity.
 - We have 3 qualified coaches + parents who support.
 - There is a link to the senior advanced group, and "C" athletes attend sessions when appropriate. This link will undoubtedly become stronger through 2025.

V S Juniors 2023/24 - Income

Membership fees received	5080
Donation from Peco League	150
Bank interest	44
Miscellaneous	19
TOTAL	5293

V S Juniors 2023/24 - Expenditure

Leos hire of fields etc	2000
GSAL hire of athletics track	348
Membership discounts - races run in 2023	538
Races paid for by the club in 2024	248
Awards - 25/50/100 medals, Annual awards	308
Sports day trophies/medals	36
Website	18
Shirts and vests (stock build)	125
England Athletics club affiliation	57
SURPLUS OF INCOME OVER EXPENDITURE	1615

V S Juniors 2023/24 accounts & 2024/25 forecast

2023/24 Accounts - Profit of £1615

- More members than forecast
- Includes £150 from hosting Peco Relays
- No spend on coaching courses

2024/25 Forecast

- Increased value of race discounts (£900)
- Promote coaching / leader courses to ensure every session has at least one leader with DBS (2 leaders already part way through LiRF)

V S Juniors – Membership Fees 2025

- Proposed Membership Fees for 2025
 - Full member – unlimited training - £40* (no change)
 - Full member competitive group - £62 – includes EA affiliation
 - Limited training (max. 10 sessions) - £20* (no change)
 - Junior Social (no training) - £5* (no change)
 - * Doesn't include EA affiliation – paid when needed
- Discounts see next slide

V S Juniors – Membership Discounts 2025

- When renewing in 2025, a discount will be given, capped at 50% of the membership fee for the following races run in 2024
 - Peco XC Series, Peco XC Relays, Eccup junior race, Wetherby junior race £3, Abbey Dash junior race £3, total value £18pp.
 - NB Golden Acre relays (value £2.50) were paid for by the club in 2024
- Special rules apply to the Competitive group – the cap is 60% and other races run in 2024 will be included
- Similar discounts will apply in 2026 if funds are available

V S Juniors 2023/24 - Various

Insurance

- Taken out additional policy to cover things not covered by E.A. policy

Social

- Food after training?
- Xmas run Fri 27 Dec 2024 in Roundhay Park

Communication

- 95% on Facebook
- Hidden group for leaders – please join if interested!
- Regular updates to website
- Feedback to juniors@valleystriders.org.uk

V S Juniors 2023/24 - Thanks

- To head coach and co-conspirator Richard
- To coaches Alex Gostling & Phillip Tedd leading the year 7-11 “competitive” group
- To leader Nicola Hartley retaining / increasing the year 7-11 girls group
- To Paul Furness, helping with field events at GSAL and being an official at track & field events that we attend
- To Hannah Corne who was junior welfare officer for 2 years.
- And, most important, to parents who help in any way at our Tuesday sessions – it wouldn’t work without you