

**TAC Takeaways (happy to consider another name !)**  
**Mentoring system**

**Background**

We now have a good squad of seniors, with experience, who have trained and competed through the age groups.

The size of the club and number of distance runners has grown over the years, so not everyone is aware of each other.

Thoughts, ideas and help are not easily transmissible through web sites, email and social media to young athletes. Additionally, adult coaches have to be really careful with one to one direct dialogue with under 18s.

Many challenges are thrown at athletes of all ages and sometimes more than just advice from coaches and parents is useful.

Many have limited time to read information that is sent out and feedback is consequently limited.

**Aims of the programme**

Help the young athletes learn from the top senior athletes.

Increase awareness of the top seniors and their performances.

Give some of our top seniors a chance to have a positive influence on the next generation.

Give some of our top seniors the opportunity to develop their own influence and maybe eventually their coaching or support capabilities.

**System**

Use of a pyramid-type system.

Find a number of young athletes, spread across the age groups and the two genders – ‘Ambassadors’. They must have the capability of forwarding messages or information to their peers or friends eg WhatsApp.

Find one parent for each Ambassador who can receive messages and copy to them.

Mark Hookway to act as the facilitator.

Find a number of good senior athletes who are willing and able to act as ‘Mentors’.

**Method**

The young Ambassadors come up with aspects that they would like advice on. For example – " How are you keeping motivated without any races or group sessions. Any tips?" (already asked)

Question is sent to parent, who then forwards to Mark Hookway, who then forwards to the Mentors group or targets specialists on the subject within that group.

The Mentor(s) consider their response and films an answer (probably 30s to 60s long maximum and sends back to Mark, who then forwards on to the parents and then to the young athlete for circulation to the groups.

Mark Hookway will also post on the web site and on YouTube, plus include in weekly email as a link.

## Examples of subjects that could crop up

Shoe choices  
Prehab - to avoid issues  
Rehab - to deal with issues  
Immediate recovery tips - energy  
Choosing a university  
USA option - what to think about when considering  
At uni  
Sleep  
Partying  
Seeing friends  
Alcohol  
Planning a week  
Training diaries  
What to listen to  
What to watch  
What to read  
Communication with coach  
Training partners  
Recovery runs  
X training when injured  
Overcoming injuries  
Race prep - the days leading up  
Race prep - the day before  
Race prep - on the day  
Pre training session nerves  
How to approach a tough session/run on own  
Warm up tips  
Warm down tips  
Strength and conditioning  
When feeling demotivated  
When feeling unwell  
When feeling overly tired  
Training and approach as a u13  
Training and approach as u15  
Training and approach as u17  
Training and approach as u20  
Training and approach as senior  
Race attitude  
How to overcome a tough spell in a race  
Balancing training alongside rest of life  
How to stay safe when training  
Morning runs  
Specific injury avoidance advice -  
Feet  
Achilles  
Calf  
Knee  
Quads/thighs  
Hip  
Lower back  
Hamstring  
Feeling the pressure  
Specific health issues eg low iron, vitamin d  
Female cycle and implications - what can help  
Dealing with an unhealthy rivalry  
Setting realistic targets

**Athletes who might help**

Lucy Reid

Nicole Taylor

James West

Ryan Driscoll

Chris Olley

Sean Molloy

Kieran Reilly

Sam Crick

James Kingston

Ben Murphy

Simon Coppard

Jamie Goodge

Katie Goodge

Kiri Marsh

Michael Ellis

Stuart Brown

Cameron Payas

Tom Holden

Maybe ask coaches