

Athletes' News

The latest updates from Godiva athletes



Life in Shielding, by Hollie Simpson

'Since lockdown many of us have been struggling with mental health, my name is Hollie Simpson, I am 17 years old and I suffer from severe anxiety as well as having a kidney transplant.

I have been in shielding since the beginning of March and as a person who has struggled with mental health, I knew this would be hard for me. Many of us like to keep busy by doing what we love best...sport, but competitions were cancelled including my transplant games, so with tracks being closed the only way to keep fit was going on distance runs. However, if you are shielding like myself you will find it hard to go out and exercise.

The first month of being in lockdown I was coping fine, I was still happy, I had college work to be getting on with and was speaking to friends. Then we started getting into the second month where my moods had started to change, most days I had lack of energy which made me fall back on my college work, I was always upstairs in bed, not having motivation to get dressed and I didn't want to talk to anyone. A couple of weeks into the second month I had one of my worst panic attacks, I have never felt so scared. Since that panic attack I have gotten help from the psychologist at my hospital which is slowly helping me. From April to now, I've had less panic attacks as

I have spoken to my family and friends about my problems that I have been having. My moods have changed from feeling low to feeling happy in myself again, I've had several days where I've hit the bottom but speaking to someone who I can trust, really helps with how I'm feeling.

I tend to find if you are struggling you can set yourself goals. Although it has been hard not being able to go out because of my condition, I have managed to do things to keep myself occupied and have not let myself sorrow in bad thoughts; I have kept my mind active. If you're struggling do not be afraid to talk to someone because they will help you. You will always have the mental helpline to call.'

Hollie is currently working hard to create a safe space for athletes to talk about their mental health - athletes interested in supporting, developing or being involved in this initiative should reach out via the club.

Results from Nuneaton:

Nuneaton Harriers hosted the first post-Covid track event in the Country. Track and field events returned to the Pingles Stadium on 12th and 19th of July - but were socially distanced and spectator-free. Many of our athletes from Godiva competed, a link to the race results has been provided below.

12th July: <https://www.thepowerof10.info/results/results.aspx?meetingid=407065>

19th July:
<https://thepowerof10.info/results/results.aspx?meetingid=407294>



Instagram: @coventrygodivaharriers



Summer Activity Days

All our coaches are UKA affiliated and DBS checked

Edmondscote Athletics Track
 7-12 years - Thursday 13th & Friday 14th August
 Thursday 20th & Friday 21st August
 U13/U15 - Tuesday 11th & Tuesday 18th August
 10am - 3pm

All you need is:
 lunch, drinks and snacks,
 warm and spare clothes,
 waterproof, (spikes if you own them)

Online booking
Run, Jump, Throw
 To book visit - <https://webcollect.org.uk/lcac>

leamingtonathletics.club
 @leamingtoncac

Summer Activities for Young Athletes:

Working in partnership with a couple of local organisations we are delighted to be able to share with you some camp and athletics activity days for those aged 7-15.

Leamington Cycling and Athletics Club (our composite team club) are running activities on the following dates on their track: 11th and/or 18th of August for School Year 6+:

<https://webcollect.org.uk/lcac/event/ul3-athletics-day> .

13th, 14th, 20th and/or 21st August for School Year 3-7:

<https://webcollect.org.uk/lcac/event/activity-days> - Cost: £25 per day.

Specialising in Sport! – Let’s Go... Run, Jump, Throw:

Dates: 24th-28th August (4 or 5 day bookings - £90 and £100

respectively). Location: At Warwick University Track, contact: Zoe (<mailto:zoe@specialisinginsport.co.uk?subject=Athletics%20Camp>) for more information and how to book your place.

Both are 10-3 each day and are first come first served with **limited places remaining!**

Important Notice:

Coventry Godiva Harriers - return to training: From 26th July the track is open for limited training access in two slots, bookable by Coaches for fully paid up club members only as to ensure social distancing. Please discuss with your coach about training arrangements.

Monday - Thursday: **Sunday:**
Slot one - 5:15-6:30 **Slot one - 13:15-14:45**
Slot two - 6:45-8:00 **Slot two - 14:45-16:15**

The Wheelchair Racing group will have allocated slots on Wednesday and Sunday. Each group will start with one coach to five athletes and must be pre-booked through the club website online booking system for track and trace reasons. Social distancing will be maintained through prescribed lanes for each group.
Facilities and Equipment: Please use your own equipment (blocks and throwing implements). Remember that only a maximum of 6mm spikes are permitted on the track. There will be no Vertical Jumps until further notice and the top field cage/circle is not available until further notice.

We are glad to be back!

COVENTRY GODIVA HARRIERS: COVID-19 RETURN TO TRAINING – SCHEDULE v.1

Group Base	Session	TRACK & FIELD ZONES x1 Coaching Group for Each Area								Max # Athlete
		Start / Finish	Start / Finish	Back Straight	Home Straight	Cage & HJ Sector	Cage & HJ Sector	Clubhouse End Sector	Long Jump Pits	
Monday Tuesday Thursday CGH Club Night	5:15-5:30	Warm-Up: L1/4/7								
	5:30-6:30	Group 1 ENDURANCE Lane 1 Full Lap	Group 2 ENDURANCE Lane 4 Full Lap	Group 3 SPRINTS Lane 7 Back Straight + Circular	Group 4 SPRINTS + HURDLES Lane 7 + 10 Home Straight + Circular	Group 5 THROWS SP Circle	Group 6 THROWS DT/HT/JT	Group 7 THROWS JT Clubhouse	Group 8 LONG JUMP Pits 1 & 2 Lane 7 or 10	1 Coach + 5 Athletes
	6:30-6:45	Warm-Down: L1/4/7 + Equipment Cleaning								
	6:45-7:00	Warm-Up: L1/4/7								
Wednesday Sunday Wheelchair Racing	7:00-8:00	Group 1 ENDURANCE Lane 1 Full Lap	Group 2 ENDURANCE Lane 4 Full Lap	Group 3 SPRINTS Lane 7 Back Straight + Circular	Group 4 SPRINTS + HURDLES Lane 7 + 10 Home Straight + Circular	Group 5 THROWS SP Circle	Group 6 THROWS DT/HT/JT	Group 7 THROWS JT Clubhouse	Group 8 LONG JUMP Pits 1 & 2 Lane 7 or 10	1 Coach + 5 Athletes
	8:00-8:15	Warm-Down: L1/4/7 + Equipment Cleaning								
	5:15-5:30 1:15-1:30	Warm-Up: L1/4/7								
	5:30-6:30 1:30-2:30	Group 1 WHEELCHAIR RACING Lanes 1 & 4 (7 Shared) Full Lap	Group 2 ENDURANCE or SPRINTS Lanes 7 & 10 (7 Shared) Hurdles 10 only	Group 3 THROWS Any Throws Area	Group 4 LONG JUMP Pits 1 & 2 Lane 7 or 10	1 Coach + 5 Athletes				
Wednesday Sunday Wheelchair Racing	6:30-6:45 2:30-2:45	Warm-Down: L1/4/7 + Equipment Cleaning								
	6:45-7:00 2:45-3:00	Warm-Up: L1/4/7								
	7:00-8:00 3:00-4:00	Group 1 WHEELCHAIR RACING Lanes 1 & 4 (7 Shared) Full Lap	Group 2 ENDURANCE or SPRINTS Lanes 7 & 10 (7 Shared) Hurdles 10 only	Group 3 THROWS Any Throws Area	Group 4 LONG JUMP Pits 1 & 2 Lane 7 or 10	1 Coach + 5 Athletes				
	8:00-8:15 4:00-4:15	Warm-Down: L1/4/7 + Equipment Cleaning								

Visit
<https://coventry-godiva-harriers.co.uk/news/coventry-godiva-harriers-return-to-training/> for full timetable and information.