

COACHING STRUCTURE 2021/2022

Teaching the Basics

Introducing basic athletics movements

Multi-Event Development

Multi-event skills development and conditioning

Event Group Development

Event specific competitive and physical development

Ages 5-9	Ages 9-12	Ages 12-14	Ages 13-16	Ages 14/15+	
RJT (P1-P2) Leads: Iona, Abby, Rebecca & Taygan Days: Wed & Fri	Group A Lead: Marion Days: Wed	Group A Lead: Stephen Asst: Debbie Days: Wed	Group A Lead: Laura Asst: Taygan Days: Mon & Wed	Sprints Lead: Bob Days: Mon & Wed	300/400 Lead: Alistair Days: Mon & Wed
	Group B Lead: Taygan Days: Fri	Group B Lead: Sandra Days: Wed	Group B Lead: Billy Asst: Karen Days: Wed	Jumps Lead: Brian Days: Mon & Wed	Hurdles Lead: Laura Days: Mon & Wed
RJT (P3-P4) Leads: Iona, Abby, Rebecca & Taygan Days: Mon, Wed & Fri	Group C Lead: Rebecca Days: Fri	Group C Lead: Taygan Days: Fri		Endurance Lead: Sandra Asst: Myles Days: Mon, Wed & Thu	Disability & Multi-Events Lead: Celia Days: Mon & Wed
	RJT (P5-P7) Leads: Iona, Abby, Rebecca & Taygan Days: Mon, Wed & Fri				

Athlete Pathway

COACHING STRUCTURE

Explanation

The athlete pathway follows a multi-event approach for junior members.

This is a proven pathway to provide long term success for athletes, and not short term winners.

This is a guide to suit most athletes in the club, with approximate ages.

Athletes are expected to move through the pathway at the appropriate stage of their development, when considered ready by the Coaching & Pathways Coordinator (CPC) and the relevant coaches.

There are two transition periods each year for athletes moving group (April and October).

Specialisation

There are three ways athletes move into specialisation (event groups):

- The current coach is confident the athlete is ready to make the next transition.
- The athlete is confident they are ready to make the next transition.
- A specialist lead coach identifying athlete ability.

If an athlete is moving to an event group, this will be communicated to the athlete and parent by the CPC.

The needs of the athlete will always be a priority when selecting a group.

All movements through the pathway are only with the approval of the CPC.

Coordinator

The coaching structure and athlete pathway are the responsibility of the club's Coaching & Pathways Coordinator (CPC).

Specifically, the CPC is responsible for:

- Supporting the transition of athletes from RJT or schools programmes to the club.
- Ensuring athletes pass between groups at the relevant time in their development.
- Ensuring training is appropriate for the age and stage of an athlete's development.
- Supporting coaches in identifying appropriate competition for athletes.
- Identifying coach development and education requirements, encouraging self improvement.
- Recruiting coaches to address gaps in the pathway.