

## COACHING STRUCTURE 2018/2019

Fundamentals (Learning athletics movements)		Reception (Multi-event skill development)		Intermediate (Multi-event skills and conditioning)		Event Group (Event specific competitive and physical development)					
Ages 5 - 9		Ages 9 - 11/12		Ages 11/12 - 14/15		Ages 14/15+					
<b>RJT Club (5-6)</b> <b>Mon</b> (5.30 pm) <b>Wed</b> (5.30 pm) <b>Fri</b> (3.00 pm)		Lead: <b>Celia</b> <b>Mon</b> (6.00 pm)		Lead: <b>Billy</b> Asst: Jonathan <b>Mon</b> (7.15 pm) <b>Wed</b> (7.00 pm)		<b>Sprints</b> Lead: <b>Bob</b> Asst: Hugh, Karen <b>Mon</b> (7.00 pm) <b>Wed</b> (7.00 pm) <b>Fri</b> (4.00 pm)		<b>300/400</b> Lead: <b>Alistair</b> <b>Mon</b> (7.00 pm) <b>Wed</b> (7.00 pm) <b>Fri</b> (5.15 pm) ♦		<b>Endurance</b> Lead: <b>Sandra</b> Asst: Gail, Ewan <b>Mon</b> (7.00 pm) <b>Wed</b> (7.00 pm) <b>Thu</b> (6.45 pm)	
<b>RJT Club (7-9)</b> <b>Mon</b> (6.15 pm) <b>Wed</b> (6.15 pm) <b>Fri</b> (4.00 pm) <b>Sat</b> (10.00 am)		Lead: <b>Marion</b> Asst: Myles <b>Wed</b> (7.00 pm)		Lead: <b>Celia</b> Asst: Ruth & Brent <b>Mon</b> (7.00 pm) <b>Fri</b> (5.15 pm)		<b>Hurdles</b> Lead: <b>Laura</b> <b>Mon</b> (7.00 pm) ♦ (2nd session with <b>Sprints</b> or <b>300/400</b> group)		<b>Jumps</b> Lead: <b>Brian</b> <b>Wed</b> (7.00 pm) ♦ (2nd session with <b>Sprints</b> or <b>300/400</b> group)		<b>Throws</b> Lead: <b>Alison</b> <b>Wed</b> (7.00 pm) ♦ (2nd session with <b>Sprints</b> group)	
<b>Primary School Clubs</b>		<b>Primary School Clubs</b>		<b>Athletics Academy</b>		<b>♦ Combined Events</b> (Pentathlon/Heptathlon/Decathlon)					

**Athlete Pathway** 

# COACHING STRUCTURE

## Explanation

The athlete pathway follows a multi-event approach for all junior members. This is a proven pathway to provide long term success for athletes, and not short term winners.

Athletes are expected to move through the pathway at the appropriate time in their development.

- Reception groups: Ages 9 to 11/12
- Intermediate groups: Ages 11/12 to 14/15
- Event groups: Ages 14/15+

This is a guide to suit most athletes in the club. There are two transition periods per year (April and October), with athletes moved at the appropriate stages of their development, when deemed ready by the CPC along with the relevant coaches

## 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.