

COACHING STRUCTURE 2016/17

Fundamentals (Movement Skills)	Reception (Multi-Events Conditioning)	Intermediate (Conditioning & Skill Development)	Event Specialisation		
Ages 5 - 9	Ages 9 - 11/12	Ages 11/12 - 14/15	Ages 14/15+		
After School Clubs	Lead: Celia Asst: TBC Mon (6.00 pm)	Lead: Celia Asst: Ruth (Mon), Nicola (Fri) Mon (7.00 pm) Fri (5.00 pm)	Throws Lead: Alison Wed (7.00 pm)	Jumps Lead: Brian Wed (7.00 pm)	Endurance Lead: Sandra Asst: Gail Mon (7.00 pm) Wed (7.00 pm) Thurs (6.45 pm)
Run, Jump & Throw (5-6) Lead: Jill	Lead: Marion Asst: Fiona Wed (7.00 pm)	Lead: Stephen Asst: Debbie Wed (7.00 pm) (2nd session with Celia on Friday)	Sprints Lead: Ian Mon (7.00 pm) Wed (7.00 pm) Fri (5.00 pm)	300/400 Lead: Alistair Mon (7.00 pm) Wed (7.00 pm) Fri (5.00 pm)	Hurdles Lead: Jill Fri (5.00 pm)
Run, Jump & Throw (7-9) Lead: Jill	Run, Jump & Throw (10-12) Lead: Jill	Lead: Billy Wed (7.00 pm)			

Athlete Pathway

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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. Some may move as deemed appropriate by the CPDO along with the relevant coaches at the different stages of their development.

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 CPDO.

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

All movements though the pathway are only with the approval of the CPDO.

Coordinator

The coaching structure and athlete pathway are the responsibility of the club's Coaching, Pathways & Development Officer (CPDO).

Specifically, the CPDO 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.