

COACHING STRUCTURE 2025

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 9-11/12

Ages 11/12-14/15

Ages 14/15+

RJT (P2-P3)

Leads: **Abby, Zoe**

Days: **Mon, Wed & Fri**

RJT (P6-S1)

Leads: **Lewis, Zoe**

Days: **Mon, Wed & Fri**

Group A

Lead: **Lewis**

Asst: Iona

Days: **Mon**

Sprints

Lead: **Bob**

Days: **Mon & Wed**

300/400

Lead: **Alistair**

Days: **Mon, Wed & Fri**

RJT (P4-P5)

Leads: **Zoe**

Days: **Mon, Wed & Fri**

Group A

Lead: **Ian**

Asst: Billy

Days: **Wed**

Group B

Lead: **Lewis**

Asst: Abby, Billy

Days: **Wed**

Endurance

Lead: **Sandra**

Asst: Myles

Days: **Mon, Wed & Thu**

ASN & Throws

Lead: **Celia**

Asst: Liz

Days: **Mon, Wed & Fri**

Group B

Lead: **Zoe**

Days: **Fri**

Group C

Lead: **Alistair**

Asst: Zoe, Lewis

Days: **Fri**

Primary School Clubs

Primary School Clubs

Secondary School Tasters

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 Coordinator 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 club.

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 Coaching Coordinator.

Coordinator

The coaching structure and athlete pathway are the responsibility of the club's Coaching Coordinator.

Specifically, they are 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.