



Athletics Development News

Athletics Ireland Development News

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Coach Education Dates

All 9.30am start;

Athletics Leader Courses:

Clifden, Sat 03/02

Edgeworthstown, Sun 04/02

Level 1 Courses:

Galway

Weekend #1, 17 & 18 Feb

Weekend #2, 31 Mar & 01 Apr

Tullamore

Weekend #1, 24 & 25 Feb

Weekend #2, 10 & 11 Mar

Sligo - Dates TBA

Limerick - Dates TBA

Details of all of these courses and how to apply are posted on www.athleticsireland.ie

Application forms should be down-loaded from the website or requested from Athletics Ireland (01) 6251101

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Coach Education News

Athletics Ireland are currently running the following courses;

Athletics Leader

Athletic leader focuses on introducing the fundamentals of athletic movement to children.

The aim of the Athletic Leader course is to provide teachers, parents and club members with the skills and tools to manage and lead an Athletics Program in their club or school. The content focuses on organising fun athletics games and activities for young children. Suitable for those coaching and/or assisting in their local club or school..

Duration

This is a course over 1 day (8 hours)

Cost

€60- Including Course Manual & "Pacesetter" by George Bunner which contains dozens of games and activities for young athletes.

Level 1

The level 1 course is focused on the learning to train stage on the LTAD pathway. Coaches working at this stage will continue to develop the fundamental skills of the athlete. Fun and participation are still the main aims of the course. The crucial development at the "learning to train" stage is the development

of sports specific skills, learning the correct posture & movements of running, jumping and throwing events.

Duration

This is a course over 2 weekends (25 hours)

Cost

€100 including Coaching Manual

Level 2

The Syllabus for this course is currently being updated. It is hoped that there will be a Level 2 course ready for Spring 2006

To Book a place on any course, download application form from AAI website & return together with fee to AAI.

AAI Club Support Scheme

AAI recently launched its 'Club Support Scheme'. This scheme will provide clubs with equipment and is supported by our Coach Education program in an effort to help our coaches and our clubs deliver for the future of athletics. Numerous clubs in your region

have already benefited from the scheme.

Each club that sends 3 coaches on our Athletics Leader course or 2 people on a Level 1 course and provides evidence of at least 20 kids of the appropriate age (6-9 yrs for Athletics Leader and 10-14 yrs for Level 1) registered with their

club, will receive a bag of athletics equipment valued €1000.

Clubs apply to the Scheme through their local RDO. Contact details elsewhere on this newsletter.

New Appointments in Athletics Ireland

Athletics Ireland recently announced the appointment of former sprinter Gary Ryan as the new Director of Coaching.

Jacqui Freyne (nee Stokes), former long jumper, has been promoted to the role of Director of Development.

Jacqui will still however keep on some of her former RDO work and will continue to be RDO for her native county, Tipperary.

The role of the Development team will be to implement the

athletics development plan. This plan has endeavoured to take into account the views and opinions of all the athletics community. A series of seminars took place throughout October which every club received an invitation to attend.

The seven key objectives of this plan are;

1. Increasing participation
2. To develop athletes to their full potential
3. To assist international athletes

to perform to the best of their ability

4. To develop coaches to the highest standards
5. To assist and support administrators at all levels
6. To train competition officials to the highest of standards
7. To provide appropriate competitive opportunities for all members

Primary Teacher Coaching Course

As many of you know, the sport of Athletics is on the primary school PE curriculum. However many teachers do not feel confident in delivering the athletics strand due to a lack of experience in the sport. The Development team plan to assist teachers in this regard. Starting this

summer we will be holding a series of week long training courses where primary teachers will be given the opportunity to climb the coach education ladder. This is a 5 day course where on day 1 teachers will earn the Athletics Leader qualification, and on days 2, 3,

4 & 5 they will have the opportunity to earn the Level 1 qualification.

The course in your region will be held in Presentation College Athenny from 2nd–6th July. Primary teachers will be notified in advance through the usual channels.

Remember, for further details about any items from this Newsletter, contact your local RDO;

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087 2693675

paul@athleticsireland.ie

Or see AAI website

www.athleticsireland.ie

Other Items of interest

Code of Ethics

Athletics Ireland recommends that all clubs have at least one person who has attended a Child Welfare & Protection in Sport basic awareness course..

Local Sports Partnerships deliver these courses and some will also be delivered by Athletics Ireland.

See LSP websites or AAI website for further details or contact your local RDO

Summer Camps

Athletics Ireland hopes to run a number of Summer Camps for Athletics this summer.

The aim of these camps is to introduce fun athletics in the community and give opportunities for all young people to become involved in athletics.

Fit4Life

Following on from the success of the inaugural scheme in 2006, it is hoped to expand the Fit4Life concept to all areas of the country. The aim of Fit4Life is to give the recreational runner a structured social environment in which to enjoy athletics..

Some Useful Websites

Athletics Ireland www.athleticsireland.ie

NCTC www.nctc.ul.ie

Irish Sports Council www.irishsportsCouncil.ie

Clare LSP www.claresportpartnership.ie

Mayo LSP www.mayocdb.ie/Home/Sports/

Roscommon LSP www.rosactive.org

Offaly LSP www.offaly.ie/offalynet/sportpartnership

