

What is Athletics 365?

Athletics 365 is the new Young Athlete Development Pathway being introduced across the country by England Athletics. Bedford & County Beagles group has already been at the forefront of trying out many of the new activities and will now be one of the first clubs in the country to formally launch the Athletics 365 structure as part of the clubs young athlete development pathway.

What's the idea behind Athletics 365?

It's difficult to assess a young athlete's long term potential when they are very young just by their performances in events and age is not always the best guideline when assessing when a young athlete is ready to progress to the next group within the club. Young athletes are also not encouraged to specialise at too young an age as this can damage and limit their long term potential. Many young athletes in the past have left the sport through a perception of lack of progress, boredom, injury or through lack of opportunity to change event / try different events. Athletics 365 & Bedford & County Beagles group aims to address this by having a more all round & multi event approach with a clear curriculum with performance measures, clear milestones & a reward structure for all young athletes.

Athletics 365 focuses not only on how fast someone runs or how far someone jumps or throws but also, more importantly, on developing and rewarding young athletes for attaining the technical skills ('how' to run, jump and throw) required to perform at their full potential in later life.

The Athletics 365 structure:

The Athletics 365 programme & curriculum encompasses young athlete development from 7yrs to 16 years old across all events. There are 27 key challenges within the curriculum, including balance, posture, strength, co-ordination, agility, reaction, running, jumping, throwing, walking, hurdles, relay, lifestyle & behaviour. Within each challenge there are a number of criteria & targets for the young athletes to achieve.

Progress through the Athletics 365 programme is grouped at 9 achievement / competence levels identified by a colour scheme (Red, yellow, green, purple, blue, black, bronze, silver, gold). The Beagles group covers the first 3 levels of Athletics 365 (Red, Yellow, and Green)

How will Athletics 365 apply to the Beagles group?

The basic structure of the Beagles group (warm up, rotation through 3 activities (skill, fitness & agility), team competition and then cool down) will remain unchanged, what changes is that:-

- The individual activities carried out in Beagles group will be fully aligned to the Athletics 365 curriculum
- The young athletes will be grouped together with other young athletes who are at a similar stage of development
- The young athletes will wear coloured bibs that identify the stage of Athletics 365 development that the young athlete is currently working towards.
 - o This is primarily to help the coaches tailor the various parts of the session to the next level of skill that is appropriate for the young athlete but also helps the young athlete understand what level they are at and so they have a sense of progression and targets to aim for.
- The young athletes will be continuously assessed during the session for their skill and competence level against the Athletics 365 targets by the lead coaches.
- Once a young athlete has successfully completed all the Athletics 365 activities at a certain level they will move to the next appropriate stage (i.e. from Red to Yellow to Green)

NOTE: Once a young athlete has been attending Beagles for at least 4 weeks their progress will be feedback & monitored via the club notice board.

Recognising the young athlete's achievements:

Club award nights are held twice per year and young athletes who have completed an Athletics 365 level will be recognised and presented with their Athletics 365 certificate & award during these award nights



ATHLETICS 365

Bedford Beagles Young Athlete Development Pathway

Introduction of Athletics 365



Q&A

What awards are available?

For each completed stage of Athletics 365 the young athlete will receive a Certificate. England athletics are still finalising what other awards will be available but these are likely to include t-shirt, wrist band, badges etc

Is there a cost?

The cost of running the Athletics 365 scheme will be largely funded by the club via the existing membership & session fees, including the Athletics 365 certificates. Additional detailed Athletics 365 manuals and commemorative award items will be available to purchase from England Athletics (via the club or directly via the England Athletics website).

How can young athletes make quicker progress through the 365 curriculum?

We plan to arrange sessions once per month that will offer assessment over a wide range of the Athletics 365 activities. This will allow young athletes to leap forward or catch back on any activities they have missed / not done yet.

What if the young athlete or parent feels they are in the wrong group?

Talk to the lead coaches (Jackie & David) who are always available after the session to discuss this or any other concerns you might have.

What if a young athlete wants to stay in a different group with a friend or brother / sister?

If a young athlete progresses to a level higher than their friends or brother / sister but they want to stay in the lower group then that's fine. This could slow down their own progress a bit but the priority is always the young athlete's enjoyment and we recognise the importance of having fun & being with friends etc.

How do young athletes progress to the next group (Passport)?

Once a young athlete has reached 'GREEN' level in Athletics 365 activities they will be invited to join the passport group sessions as soon as there is space (Tuesday & or Thursday evenings @ 5:30 – 7:00pm). The young athletes would initially join passport group 1 day per week and still be expected to join Beagles sessions on Saturdays.

Where can I get more information about Athletics 365?

- Ask the lead coaches (Jackie & David) after the sessions
- There is a detailed athlete pack available (at a cost) from England Athletics, the club has a small number of copies which will be left out for anyone who wants to look through it during the sessions.
- England Athletics have a dedicated section on their website where you can look at detailed supporting information and news articles (including the one on Bedford Beagles!)