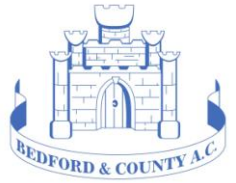




ATHLETICS 365

Bedford & County AC – Passport group Young Athlete Development Pathway



Introduction of Athletics 365

What is Athletics 365?

Athletics 365 is the new Young Athlete Development Pathway being introduced across the country by England Athletics. Bedford & County Beagles & Passport groups have 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 AC young athlete groups aim 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 passport group will primarily cover the 4th and 5th levels (Purple & Blue). The entry requirement from Beagles group becomes Stage 3 (Green Level) and once a young athlete starts to progress towards the 6th level (Black) in their chosen events this will become the guideline for progression to an event specific group.

How will Athletics 365 apply to the Passport group?

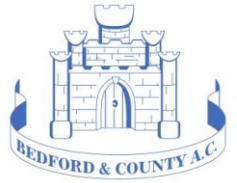
The basic structure of the Passport group will be modified so that:-

- The individual activities carried out in Passport group will be aligned to include 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 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)
- The sessions are now 1½ hours from 5:30 to 7:00pm

NOTE: Once a young athlete has been attending Passport Group for at least 4 weeks their progress will be feedback & monitored via a 'Passport' record.

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

**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.

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

Once a young athlete has reached 'Blue' level the lead coaches will make the necessary arrangements for them to move through to (and try out) the event specific groups.

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.