



PITREAVIE AAC
COACHING STRUCTURE
OCTOBER 2016

COACHING PATHWAY – OVERALL STRUCTURE



Athletics Fundamentals 1 & 2

Development of core athletic skills through multi-events; learning to compete.

Age 8 - approx 12

Athletics Foundation

Continued development of skills through athletics participation; competition opportunities.

Ages approx 12+

Participation

Competition

Event Development & Specialisation

Continued development of athletics skills leading to event specialisation, e.g. sprints, hurdles, pole vault.

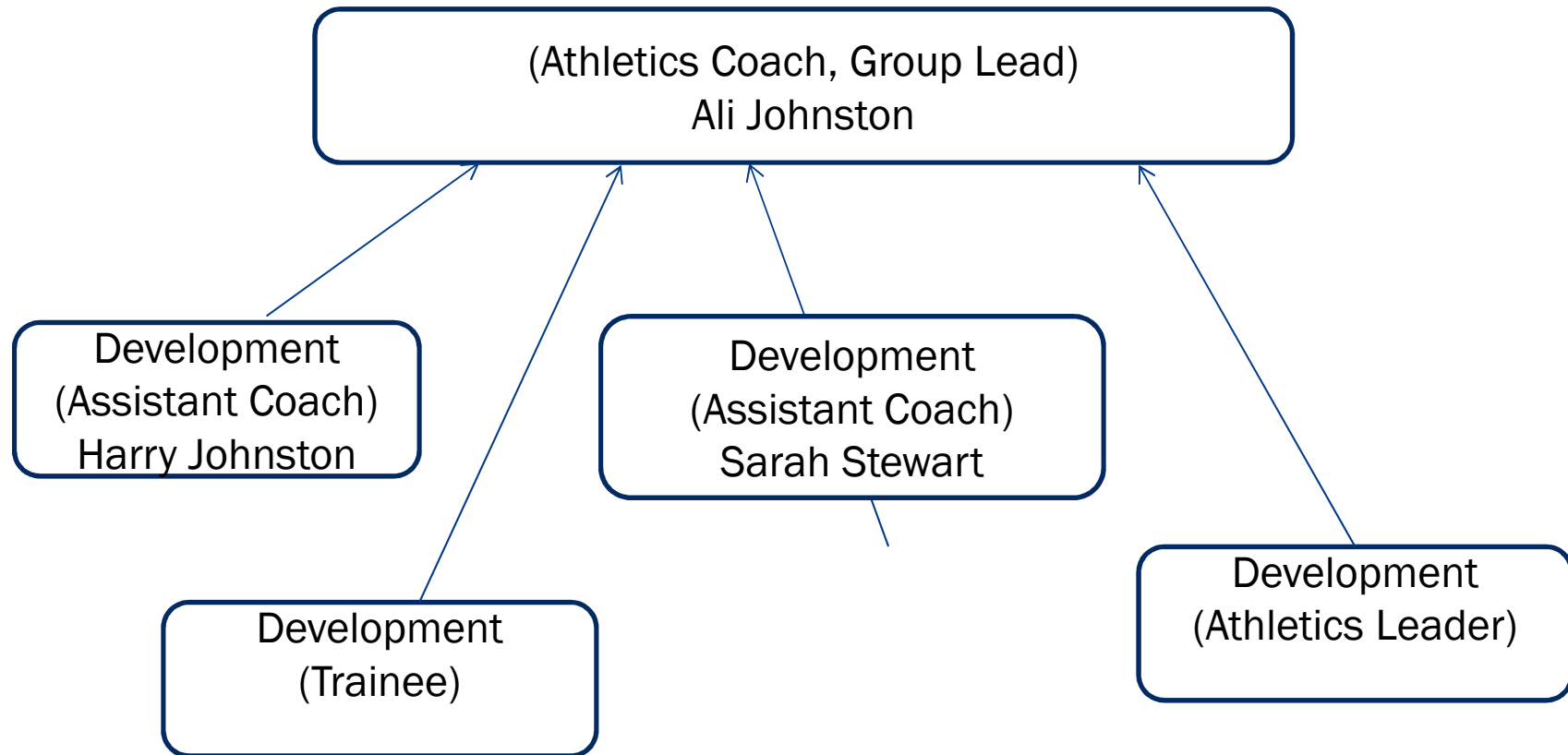
Age approx 15+

FUNDAMENTALS 1 GROUP

MULTI EVENT DISCIPLINES

~ 8-10 YEARS (U11S)

TRAINING OVERSEEN BY SENIOR COACH

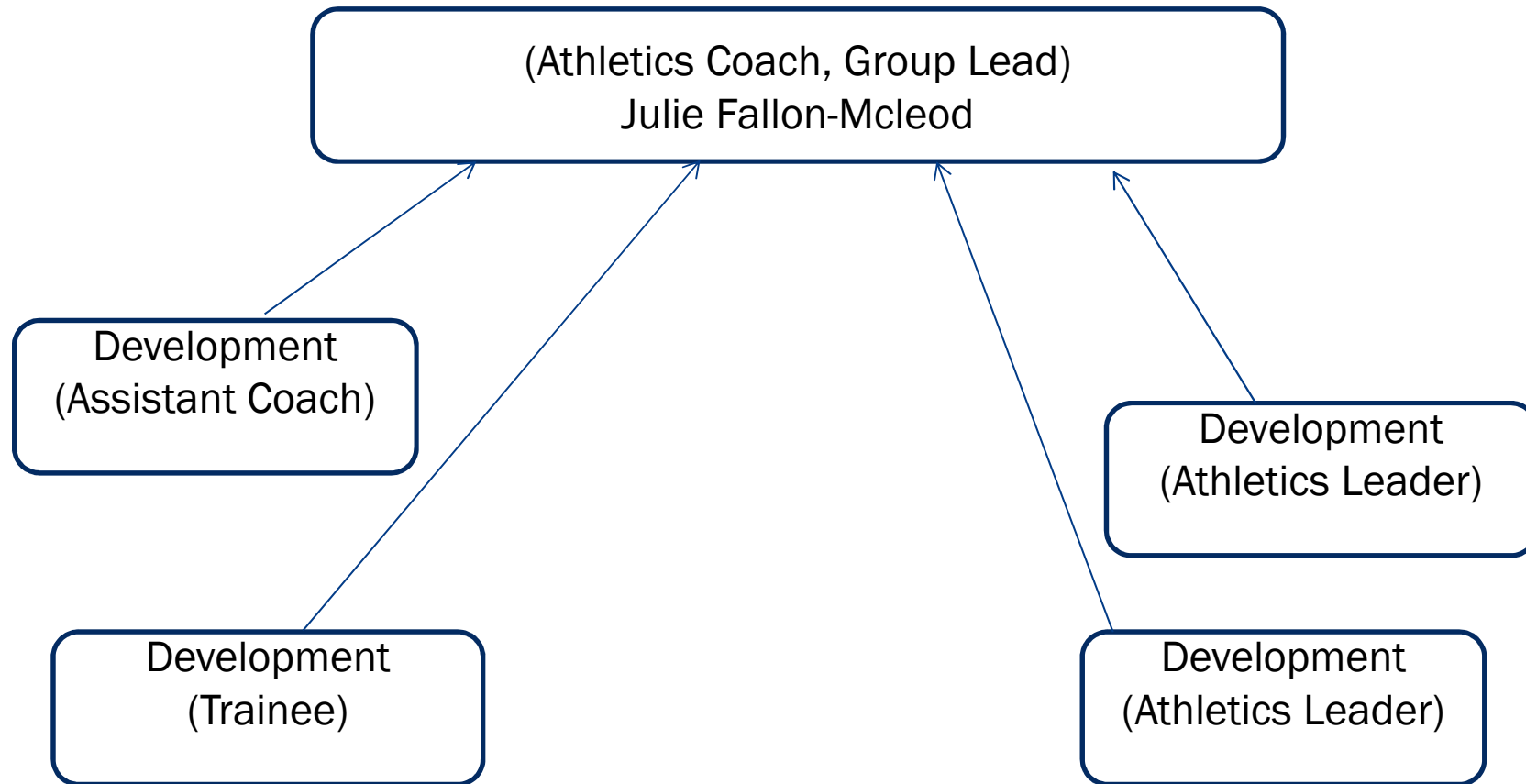


FUNDAMENTALS 2 GROUP

MULTI EVENT DISCIPLINES

~ 10-13 YEARS (U13S)

TRAINING OVERSEEN BY SENIOR COACH

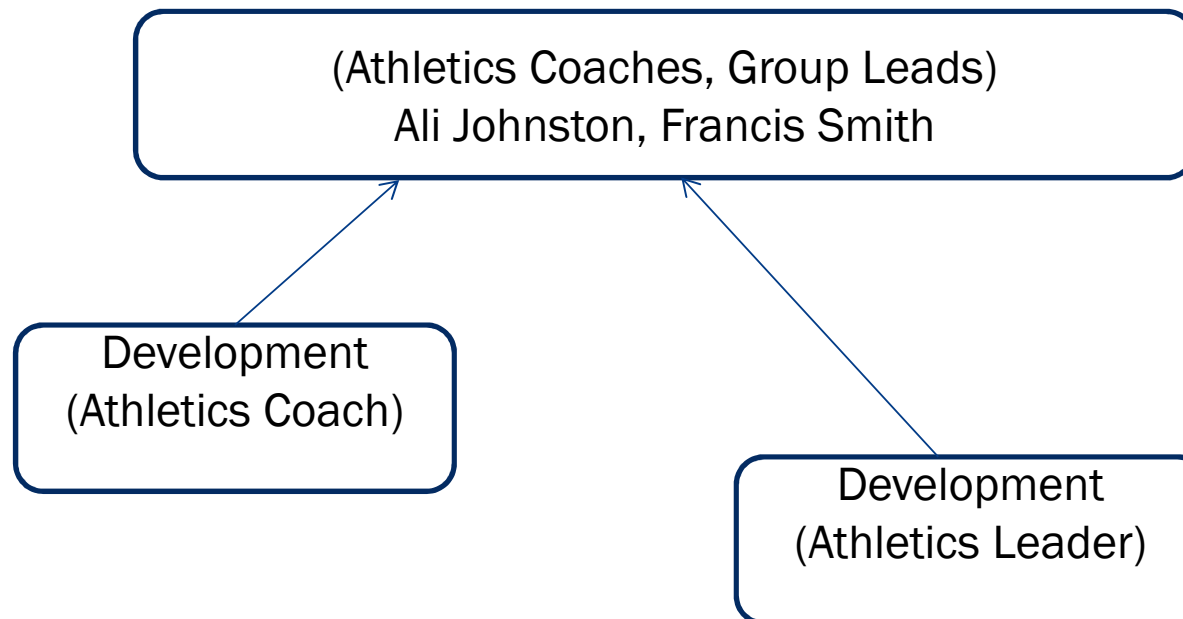


FOUNDATIONS GROUP

MULTI EVENT DISCIPLINES, COMPETITION OR
NON_COMPETITION FOCUSSED

~13-18 YEARS

TRAINING OVERSEEN BY SENIOR COACH



THROWS SQUAD



Performance
(Athletics Coach)
Colin McCulloch

Development
Hammer/Shot/
Discus
(Asst Coach)
Phil Porter

JUMPS



Pole Vault
(Athletics Coach)
Eamon Fitzgerald

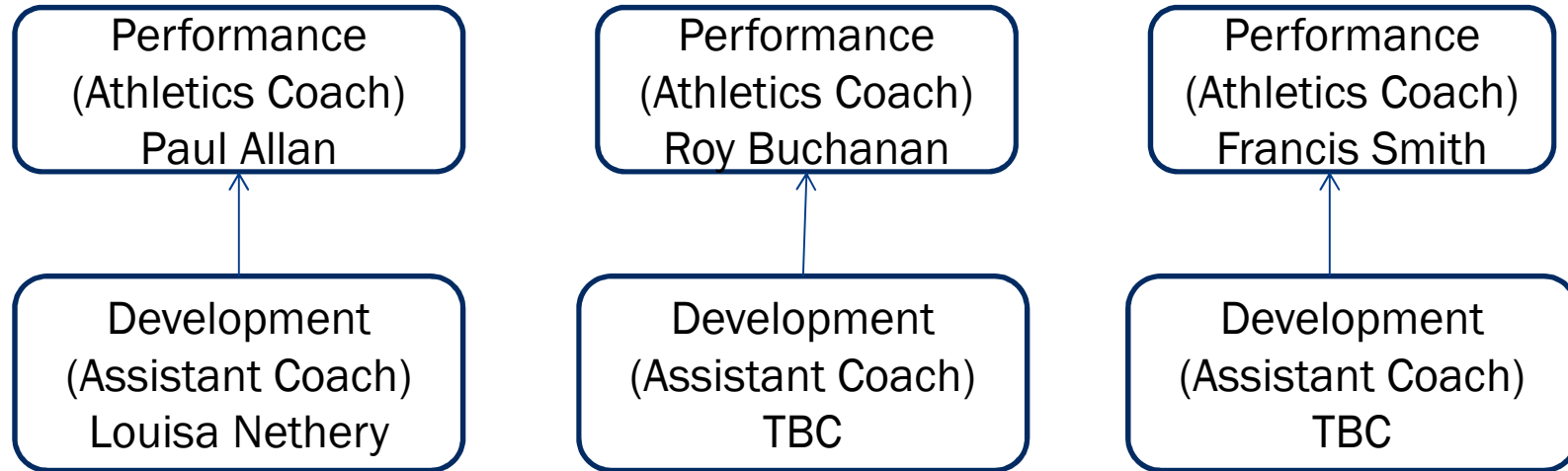
Long/Triple Jump
(Athletics Coach)
Steve Wallace

High Jump
(Athletics Coach)
Arthur Gray

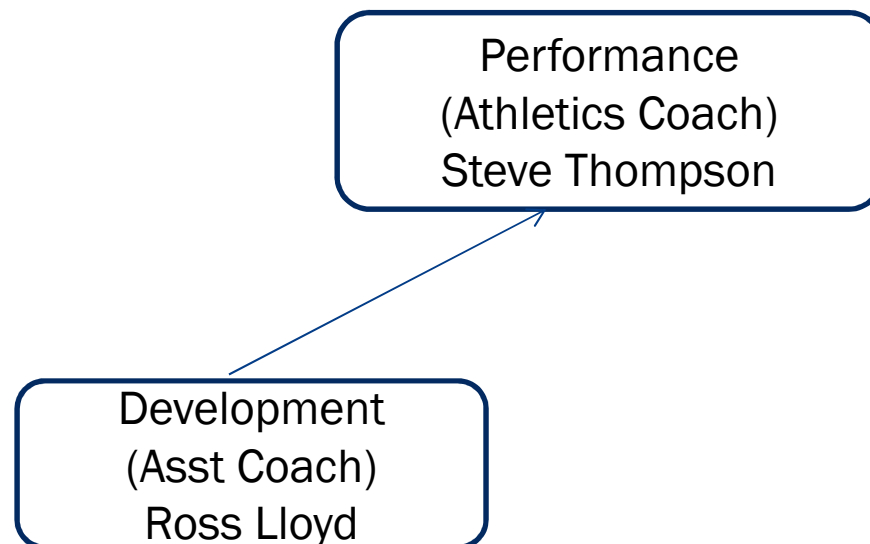
Development
(Assistant Coach)
Gloria Laurini



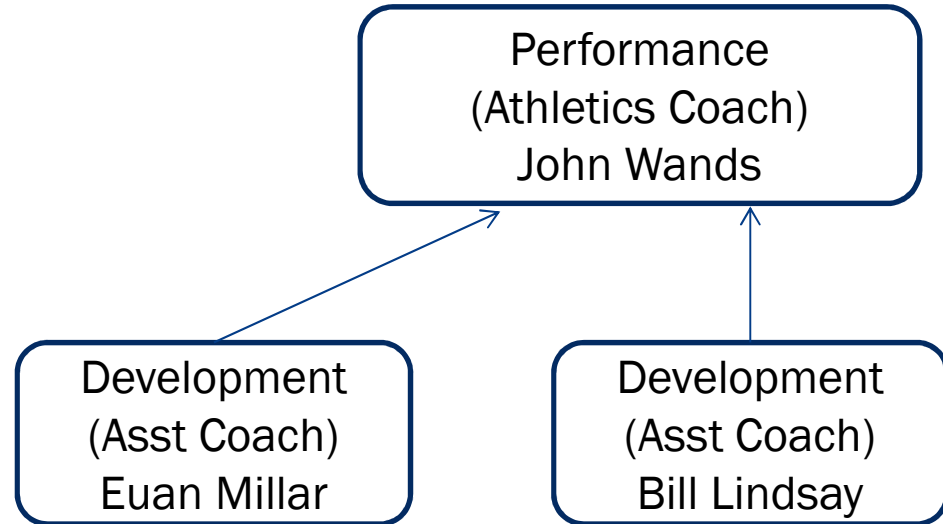
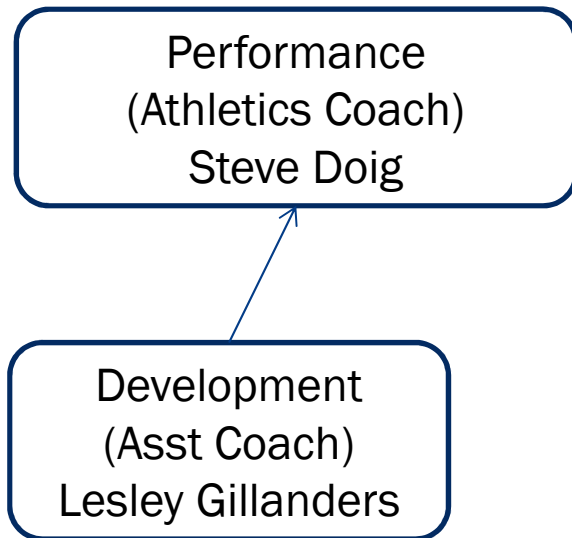
SPRINTS & HURDLES



MULTI EVENTS & SPRINTS



DISTANCE



STRENGTH & CONDITIONING

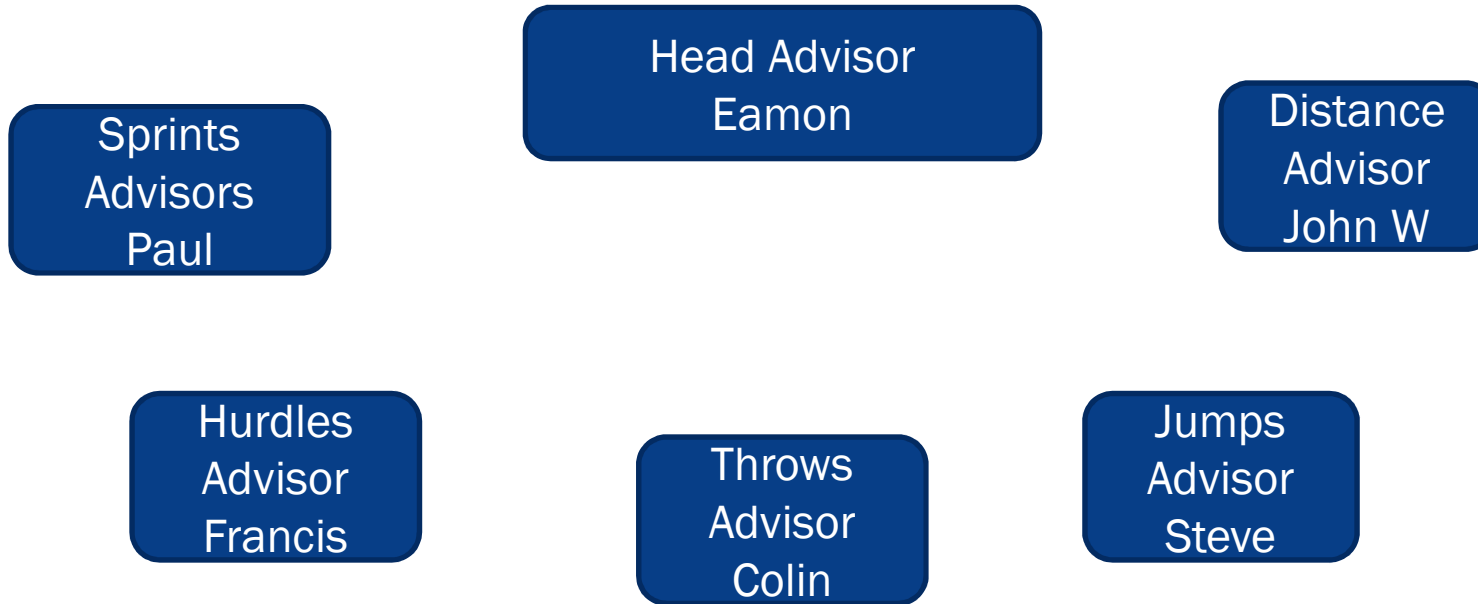


S&C
(Athletics Coach)
Eamon Fitzgerald

S&C
(Athletics Coach)
Paul Allan

S&C
(Athletics Coach)
Colin McCulloch

COACH MENTORING



STRUCTURE EXPLANATION



Athlete pathway following a multi event discipline for junior members

- Proven pathway to provide long term success for athletes and not short term winners

Athletes are expected to move through the pathway at the relevant points in their development

- Fundamentals 1 Group – approx 11 and under
- Fundamentals 2 Group – approx 11 to 13 years
- Foundation Group – approx 13-18 years, competitive and non-competitive options
- Specialist training groups approx 15 upwards
- This is a general guide to suit most athletes in the club. Some may move at different stages of their development as deemed appropriate by the Coaching Secretary in discussion with the coaches
- Athletes in non specialist groups CAN have one day a week specialist coaching with the specialist groups

SPECIALISATION



There are three ways athletes move into specialisation:

- The athlete is confident they are ready to make the next transition
- The current coach is confident they are ready to make the next transition
- A specialist coach identifying athlete ability

For an athlete moving into a specialist group, this will be communicated to the athlete and parent by the lead coach of the proposed specialist group

- The specialist coach will have a pre-joining meeting with the athlete and their parents to explain the group structure, training schedule and philosophy
- The needs of the athlete will always be the priority when selecting a group

All movements through the pathway are only with the approval of the club Coaching Secretary

Athletes 18 and above are however free to negotiate their own movements for their coaching. Any such movements must be communicated to the Coaching Secretary to ensure membership and club numbers are updated