

# IAAF Kids & Youth News



N.8 — DECEMBER 2009

International Association of Athletics Federations

## Kids' Athletics & Universities

### School and Youth Athletics Promotion:

- *Agreement Reykjavik University and Icelandic Federation for the IAAF S&Y Programme*
- *Dakar: Convention for KA in Schools*

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For the second half of the year, the IAAF has looked for alternative ways of development of the S&Y programme, to touch the largest possible audience. Its action is not limited to the Sports world only, but has

reached the educational structures. Following the initiatives in Egypt where four Universities (Al Manufiah, Elharam, Zagazig and Alexandria) have signed an official agreement with the IAAF to include

the CECS LI programme in their curriculum, Reykjavik University and Icelandic Athletic Federation have signed a Convention to train PE Teachers to the IAAF School & Youth programme.

The Federation resolved to adopt the IAAF Education System and Kids' Athletics Programme. The first step was initiated by the organisation of the first CECS Level I Lecturers' Course on October 1 - 6, 2009. The eleven participants represented all the regions of the country. The next step will see the development of the programme on a national level.

## KA in the Primary Schools of Dakar

The Mayor of Dakar and the IAAF President Lamine Diack signed a Convention in Monaco, on 30th September, to promote the IAAF Kids' Athletics in all the Primary Schools and districts of Dakar. The city comprises 19 urban districts and 156 schools with 75 760 children. The duration of this operation is 9 months (as the school year).

The IAAF will be in charge of the training and education of the Instructors requisite for this development project and will provide the required equipment and educational material to see this project through successfully.



*The Mayor of Dakar, Khalifa Ababacar Sall & the IAAF President Lamine Diack*



## Big Stars as Youth Leaders in Bressanone



*Kajsa Bergqvist supporting her team in the pole vault event.*

The IAAF has prompted its renowned Ambassadors to get involved with kids and youth athletics, and indeed, who can speak about athletics to young kids better than these world-famous athletes?

Prior to the 6th World Youth Championships which were to take place in Bressanone/Brixen, Italy from 8th to 12th July 2009, an unofficial competition was about to start, as a proof of the universal and federating dimension of our sport: Athletics is not only high performance and competitions for the Elite, but it is also a fun, educative activity accessible to everyone and feasible everywhere. The Kids' Athletics competition was held right in the center of Bressanone. 48 children, aged 8 and 9 years old, completed 6 events in teams of 8, each team was under the leadership of one legendary athlete. Kajsa Bergqvist, Mike Powell, Stephane Diagana, Kelly Holmes and Wilson Kipketer entered

into the spirit of the game and really infused those kids with their passion for athletics. The rain which was pouring down a few minutes before the meeting, failed to shake the kids' morale; they all had a great time on the different stations.



*At the top:  
Kelly Holmes cheering the kids*



*Wilson Kipketer and the red team*

### *Opposite:*

*All the kids and IAAF ambassadors at the end of the KA exhibition*





## CECS Level I Courses in the Caribbean

- **St Kitts & Nevis for the Development of a National Sports Structure**

St Kitts & Nevis Olympic Committee requested three (3) CECS Level I courses with a view to develop a consistent coaching system. The National Federation and the NOC justified their request by the following good cases: the necessity to provide the coaches involved with youth and junior athletics in schools with a specific and adapted training and with an IAAF Certification; the configuration of the country as a twin island independent state and the objective to have at least one IAAF certified level I coach in each Primary and Secondary school of the Federation.

The first course took place from 27th August to 5th September 2009 in Basseterre, St Kitts with the participation of 15 candidates. Conducted by Craig Connor from St Kitts who was assisted by Elroy Agard from Barbados, the course benefitted from media publicity especially in newspapers. The 7 successful candidates will now make the most of this experience and work for the development of kids and youth athletics.

With a good experience behind him, Craig Connor assisted George Clear from the Bahamas, in the second course organized in Charlestown, Nevis from 7 to 16 September 2009.

13 of the 18 participants successfully passed the course and received their CECS LI Youth Coach Certificates at the closing ceremony.

A complete report of the course details and photos are available on SKN Athletics Association website on the following link: [www.nevisaaa.com](http://www.nevisaaa.com).

The goals and objectives of the course are clearly emphasized:

*“Ensuring that each country has sufficient coaches, qualified to international standards, to enable its athletes programs to function effectively”*

*“Ensuring that each region and in turn each country is eventually capable of educating its own coaches to international standards without dependence on outside resources.”*



- **Promoting T&F on all the islands of the Netherlands Antilles**



The CECS Level I Course which took place in Curacao from October 2nd to October 11th 2009, comes within the framework of a global project of NAAU extending over five years. Conducted by the course director Angel Alicea Rosario from Puerto Rico and the local lecturer Arlene Bitorina, the group of participants worked hard and the results were quite encouraging. The Federation President, Mr. Ruthsel Martina was happy to announce that from then on, they had coaches on all the islands: *“Our federation can count now with 19 fantastic level I coaches, who are willing to work with our youth in track and field. Besides, Curacao, we got coaches from St. Maarten, Saba and St. Eustatius, which means on all our islands”.*

## In Dubai, United Arab Emirates



*The group of participants before the practical session*

IAAF. The course included a Kids' Athletics exhibition in which the young 'Cheikh' of Al Maktoum of Dubai took part (as shown in the picture opposite).

UAE Athletics Association financed a CECS Level I course in Dubai and appointed Mr. Atef Sayed and Mr. Tamer El Gabaly to conduct the 10-day course from 1st November to 10th November 2009. The 18 participants were all very satisfied and all agreed on the original and adapted approach of the



## KIDS' ATHLETICS: Teaching Progression to follow the kids

In addition to the practicability and simplicity of Kids' Athletics, it is important to take into account another dimension for the development and progress of children: this is the progressiveness.

The events and the competition situations are based on a progression which follow the kids' progress. The new activities and their accessibility motivate the kids and are the key factors to retain them in our sport.

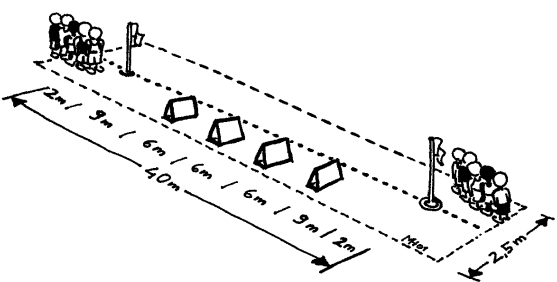
The following example will explain the progression, but the argument can be used with all the events for the 7/8, 9/10 and 11/12 age categories.

### Relays

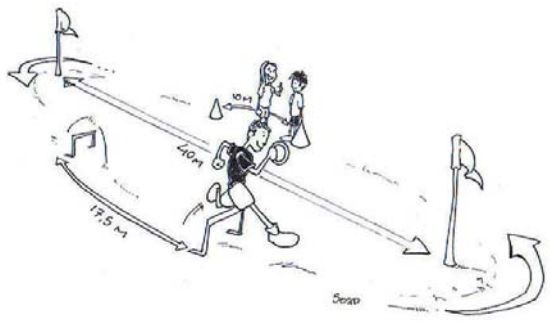
In Kids' Athletics competitions, sprint and sprint hurdles are approached as relays. Collective representations are very motivating for all the children as each one can hope to win.

In addition to the collective aspect of the running events - the vehicle for cohesion and tolerance towards others - it's proving necessary to find new forms of Relays which would include an increasing complexity so that the kids can face up to the reality of traditional relays easily.

For the first category, the youngest kids and beginners, the relay is proposed as a shuttle relay:

<ul style="list-style-type: none"> <li>⇒ Short distance</li> <li>⇒ Standing start of the outgoing runner</li> <li>⇒ Easy facing visual communication</li> <li>⇒ « Didactic » relay baton</li> <li>⇒ Passing from left hand to left hand</li> </ul>	
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For the second category, the shuttle relay includes bends:

<ul style="list-style-type: none"> <li>⇒ Longer distance</li> <li>⇒ Dynamic starting positions of the outgoing runner</li> <li>⇒ Look sideways to communicate</li> <li>⇒ « Adapted » relay baton</li> <li>⇒ Passing from right hand to left hand or left-right.</li> </ul>	
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For the third category, the relay can be introduced almost as the official event.

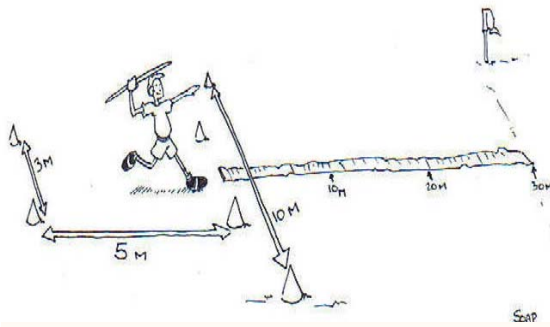
Those successive steps for relays in Kids' Athletics competitions, should imply a vast number of teaching situations which would cover all the technical characteristics of the event and the problems likely to occur:

- ⇒ Precise passing technique during the run with left hand and right hand.
- ⇒ Synchronisation of speed between the incoming runner and the outgoing runner.

Charles Gozzoli  
IAAF Lecturer

## Example of Educational Situation: Javelin Throw

### How to prepare the Javelin Throw?



**Analysis of the throwing technique:** The aim of this throwing event is to achieve both performance and precision. An efficient motor approach is necessary to organise the event. It can be carried out with implements with minimum aerodynamic characteristics and easy to throw (advised weight: about 0,5kg).

**Instructions for the safety of the participants:** Throwers must play on a ground which is not slippery. Instructions for throwing are very strict and the throwing area is clearly marked out.

Finally, the throwing implements need to be safe for the other children attending the event.

### EDUCATIONAL CARD

#### Objective: To improve the quality of the run-up with the javelin

**Proposed situation:** Have the athletes link sequences of normal strides and/or crossover strides with the javelin in withdrawn position.

**The beginner's behaviour:** Beginners will have great difficulty completing effective crossover strides. The javelin, in withdrawn position, will often have unrestrained movements, or will turn aside from the direction of the throw significantly.

**Instructions for the exercise:**

Isolate the javelin from the running-up action. The stride rhythm is close to the running stride.

**Noticeable points:**

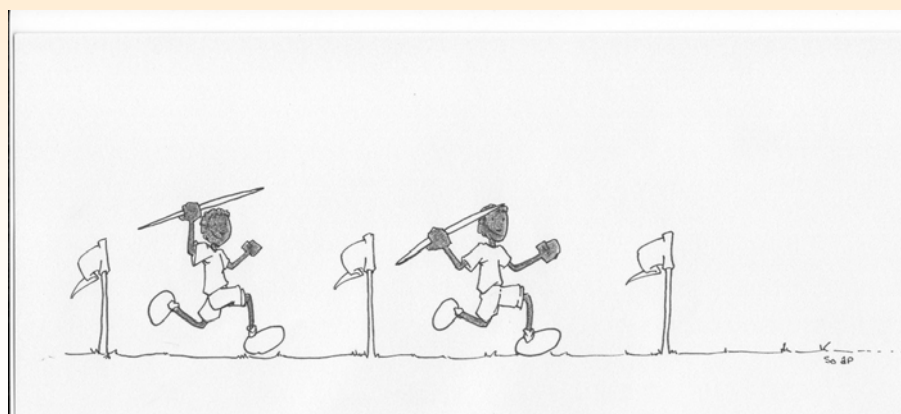
The javelin is maintained in a stable position and in the direction of the throw - Efficient and balanced strides - Remain in a straight path during the crossover strides.

**Teaching progression:**

Vary the running sequence—Organise mixed courses with a side and a front run-up—Throw with the left and the right arms—Include throws to a target - Relay Games.

**Safety & Equipment:**

Organisation of the group—Safe javelins—Horizontal markers.





## S&Y Projects and Activities

### Workshop for PE Teachers and Coaches in Estonia

Victor Predbannikov from Estonia, was among the candidates selected to take part in the CECS LI Lecturers' Course which took place in Kiev, Ukraine in June 2009.

He started to put the kids and youth programme into practice and organised a Kids' Athletics competition for children in his country. « *The program of the competition consisted of two races (Formula 1 and the hurdles race and the sprint relay) and two jumps (skipping rope and long jump), two throws (discus throw and backward throw of a medicine ball) and a 8-minute race finished the competition* » explained Viktor.

He particularly highlighted the positive feedback he received from the participating children who really enjoyed themselves in this new type of competition. He emphasised the team spirit and the unifying principle of Kids' Athletics in which everyone can participate: those who are already

involved in athletics and those who are real novices in this sport.

In conjunction with the Athletic Federation of Estonia, he designed a development project which consisted in organizing workshops for teachers of physical education and coaches on the IAAF school and Youth programme. The first module was scheduled on 7 November 2009 and a seminar was organised in the city of Kohtla-Jarve for PE Teachers. The objective of this seminar was to present the IAAF School and Youth Pro-



*The young participants to the Kids' Athletics with their Certificates*

gramme to the school community in order to include the programme in the curriculum of Primary Schools and Kids' Athletics in the school city championship.

### A sustainable and unflinching action in Asia

Since the first Pilot Course which was held in China in 2006 for the new School & Youth Programme, the countries of this Area—in particular China, Chinese Taipei, Japan, Sri Lanka and Vietnam—have been very active in the development of kids and youth athletics.

Two lecturers' courses were scheduled in cooperation with the IAAF local RDC in Beijing in 2007 and 2009; a remarkable training course for PE teachers took place in Sri Lanka in May 2009; two coaches' courses are about to start from 20th December to 29 December 2009: one is scheduled in Ho Chi Minh City, Vietnam and will be conducted by two local lecturers Mr. Dang Hoai An and Tran Thi Huong Thuy;



*Imposing ceremony before a Kids' Athletics Exhibition in China*



the second course, financed by the Japanese Athletics Federation, shall take place in Tokyo National Training Center, under the guidance of Mr. Susumu SHIGETA and Etsuko HARA, who will be assisted with M. Emi AKIMOTO. Further details and photos will be provided in the next edition of this newsletter.

In addition to the courses, a significant number of actions and activities—which include the schools—have been implemented by the IAAF Certified Level I lecturers in their countries and proved the success of this programme in this part of the world.

*Kids completing the 'Formula One' event in Taiwan*

## WAD Winners in Berlin



The World Athletics Day Celebration is part of a programme which includes a draw to reward a few winners with a special travel to an IAAF International competition. This year, 18 young winners were invited to attend part of the 12th IAAF World Championships in Athletics in Berlin, Germany from 19 to the 23 August 2009. A cultural and sports programme had been planned for them.



*The WAD winners and the volunteer Ignacio in Berlin (from left to right):*

*Cristian Alzate (Columbia), Rophin Data (Uganda), Matthew Sinclair (Australia), Shanica Yankey (Dominica), Dana Jourdan (Paraguay), Simona Janonyte (Lithuania), Kayla Hammond (Australia), Sangoné Kandji (Senegal), Damian Kaminski (Poland), Ryad Selloum (Algeria), and Junior Sorto Martinez (Honduras).*

13 out of 18 actually came to Berlin, and they were all accommodated in the Estrel Hotel, the athletes' hotel.

They attended all the afternoon sessions of the four last days of competitions and had a very busy planning for the rest of the days. Between training and sightseeing, their stay went at top speed much to the delight of those youngsters who discovered the German capital and the excitement of a world competition in athletics. Besides, they were lucky enough to meet the top athletes on a daily basis, as they were staying in the same hotel. This 4-day travel, though it was short, made a deep impression on those young athletes. Maybe we shall see them mounting the podium someday in the future, who knows?

### School Draw

The IAAF enjoined the schools to participate in the World Athletics Day, to make this event "a grand Athletics Festival which regroups clubs and schools" and to initiate as many children as possible to our sport.

The prize for the school team competitions was a set of athletics equipment: 6 teams (13-15 years old, one per Area) from the winners have been drawn and each one received a kit for their school.

The winning schools are:

Africa – CES Evangelique Baraka, Libreville, Gabon  
 Asia – Ashgabat -1, Turkmenistan  
 Europe – Sport School Metalurg, Dnepropetrovsk, Ukraine  
 NACAC – SEYBO, Santo Domingo, Dominica  
 Oceania – DELAP, Majuro, Marshall Islands  
 CONSUDATLE – EMPOLE, Montevideo, Uruguay.

The kit comprised the following implements: 4 Javelins, 4 shot puts (3kg + 4kg), 4 Discuses, 3 Hammers, 6 Starting blocks, 12 Hurdles, 2 Stopwatches, 1 Measuring tape, 6 Relay batons, 2 Poles and 1 Soft bar.





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## School & Youth News

- **CECS LI LECTURERS COURSE IN HUNGARY - December 16—20, 2009**

Hungarian Athletics Association, in cooperation with the IAAF has organised a Level I Lecturers course in Budapest in order to have a panel of local lecturers to develop kids and youth athletics. 12 candidates representing different provinces of the country took part in this course. They were provided with the requisite CECS LI material which has been translated in Hungarian language by the Federation.

- **CECS LI COACHES COURSE IN QATAR—December 13—22, 2009**

Qatar Athletics Federation in coordination with the RDC of Cairo, launched a course for local coaches to work in the field of kids and youth athletics.

- **ACADEMY YOUTH COACH PILOT COURSE is scheduled in Loughborough, England, from 18 January to 22 January 2010.**

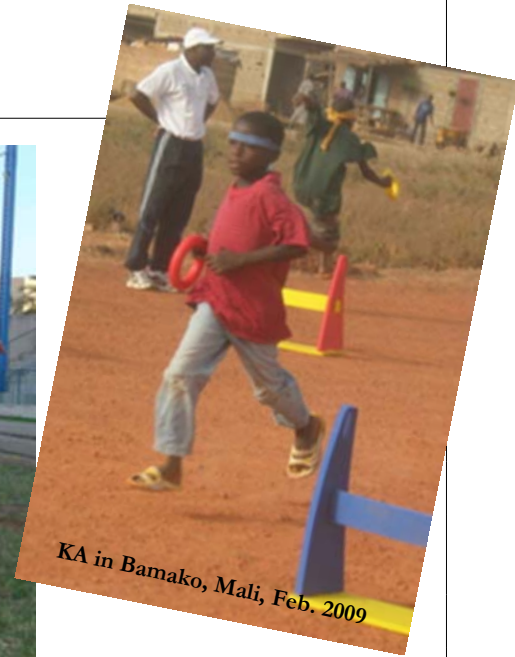
Further information will be provided in the next edition of this newsletter.

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The IAAF ‘School & Youth Programme’ team wish you a very **HAPPY NEW YEAR** and look forward to meeting up with its readers again in 2010.



KA in Lebanon, Nov.09



KA in Bamako, Mali, Feb. 2009



The 12 successful participants to the CECS LI Lecturers’ Course in Budapest, December 2009



Getty Images

400m World Record holder Michael Johnson posing with the WAD winners in Berlin

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