

# Kids & Youth News

N.12 — DECEMBER 2011

## Kids' Athletics awarded as the Best Project for Peace

### Kids and Youth Athletics Development:

- IAAF Kids' Athletics was distinguished at the 4th Peace & Sport Awards Ceremony
- Kids' Athletics Sustainable Development



IAAF Kids' Athletics programme honoured in Monaco at the 4th Peace & Sport Awards Ceremony  
(Photo Peace & Sport)

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The Peace & Sport Awards were launched in 2008 and reward the best sport initiatives which contribute to peace and social stability in areas stricken by political, economical and social problems. The idea is to highlight the best projects in order to inspire others and build sustainable peace through sport.

Among 21 nominees, seven winners were chosen for seven different categories. The IAAF has been awarded for the Peace and Sport Awards 2011 for the "Best Project for Peace from an International Sports Federation". The award winners were presented at the Peace and Sport Awards Ceremony on 27 October 2011 in Monaco under the presidency of HSH Prince Albert II, and President and Founder of

"Peace and Sport", Joel Bouzou.

The IAAF Kids' Athletics was praised for the new approach to athletics it proposes: it comprises athletics activities adapted to children between 6 and 12 years old which are fun, attractive and accessible to all without discrimination. In addition, the IAAF KA has been designed to be feasible everywhere, using adapted equipment, made from local materials, waste products and natural resources available in the immediate environment.

The multi-event and non-selective team aspects are also key characteristics which have weighted in the proceedings of the jury. The international jury consisted of eminent personalities invested at the highest level

in activities to promote or to consolidate peace through sport: H. E. Nawal EL MOUTA-WAKEL (Member of the Executive Board of the IOC and Director of the Organizing Committee of the OG in Rio 2016), H. E. Youssef FALL (Secretary General of CONFEJES), Hein VERBRUGGEN (President of SportAccord), Intendant General Lassana PALENFO (President of ACNOA and member of the IOC), Dmitry CHERNYSHENKO (President of the Organizing Committee of OG and Paralympic Winter Games in Sochi in 2014), Marisol CASADO (President of the International Triathlon Union, member of the IOC, Ralf-René WEINGARTNER (Director of Youth and Sport, Council of Europe) and Olivier LAOUCHEZ (CEO of Trace TV).

## Ongoing Investment of NACAC Countries in the S&Y Programme

From October 31st to November 5th was held in **El Salvador** the **IAAF CECS Level I Lecturers Course** with 25 participating coaches and physical education teachers, from 10 countries of Central America and the Caribbean.

Practical classes were held at the National Stadium "Magico Gonzalez" and the Sports Complex at the National University of El Salvador (UES), the theoretical evaluation and presentations took place in the INDES Complex, and were conducted by Lenford Levy (JAM) and Oscar Gadea (URU).

The topics developed over six days were as follows:

- Kids Athletics (concepts and presentation)
- The IAAF World Project
- Kids Athletics Competition
- Identifying talent
- Improvisation and Materials
- Training with kids
- Assessments (practical, theoretical and project presentation)



25 participants took part in this activity: 14 women and 11 men from Cuba (3), El Salvador (6), Honduras (2), Costa Rica (2), Guatemala (2), México (2), Dominican Republic (1), Nicaragua (4), Puerto Rico (1) and Belize (1). All the participants passed the course; 8 were certified as "IAAF CECS Level I Lecturers" and 17 as "IAAF Kids Athletics Instructors".

With this course, the IAAF has trained more than 700 Lecturers. The total number of CECS Level I Lecturers is 726.



*Kids' Athletics in Puerto Rico: warm up, hurdles event, jump with a pole and javelin throw.*

The **St. Kitts & Nevis Amateur Athletics Association (SKN)** continues its ongoing investment into its school - youth programme by hosting its 5th IAAF CECS Level 1 course since 2009.

The IAAF CECS Level I (Youth Coach) course targets IAAF Kids Athletics practitioners and Assistant Coaches from Primary and Secondary Schools and was sponsored by the IAAF and Olympic Solidarity through its local partners, St. Kitts & Nevis Amateur Athletics Association and the National Olympic Committee.

A total of twenty seven (27) participants (12 men and 15 women) took part in the course, under the guidance of IAAF CECS Level I lecturers Craig Connor (SKN) and Heather Richardson (AIA).

In the same region of the world, the **St. Lucia Athletics Association (SLAA)** recently hosted its 1st CECS Level 1 youth coach course to prepare Kids Athletics Activators and Assistant Coaches.

An unusually small group of 10 coaches participated in the IAAF / Olympic Solidarity sponsored course, which was supported by the National Olympic Committee (NOC) and Athletics Federation executive members. Wayne McSween (Grenada) and Elroy Agard (Barbados) were the instructors.

*Thanks to RDC San Juan for these reports*

## Coaches Education at National Scale in Algeria

With no less than 5 CECS Level I courses organised in 2011 (between March and October), the Algerian Athletics Federation has resolved to implement the School and Youth programme in all the regions of the country, and found the means to achieve its objectives. Successively held in Ouargla,

Constantine, Algiers, Tlemcen and Bejaia, the courses involved 118 participants in total, who showed a genuine interest in the IAAF new approach to athletics for kids and youth. The drive and hard work of the appointed lecturers who conducted the courses, are worth mentioning: Ali Kacem, Kamel

Hamici, Hachi Abderrahmane, Hadj Brahim Filali, Mourad Benslimani, Boubakeur Mohamed Zineddine, Farid Issaad, Tarik Mama, Abdel Hamid Meradji and Mohamed Bachir Douar all carried out



*Child enjoying Kids' Athletics in Tlemcen (June 2011)*

their action successfully. 112 candidates out of 118, passed the Level I course, which bodes well for the future of athletics in Algeria.



*Children helping the instructors to put up the Kids' Athletics equipment in Tlemcen*

## The School & Youth Programme in a few figures...

2011 being near its end, let us take a look back at the numerous activities which were carried out during the whole year. There has never been so many courses and seminars since the programme has been launched: with **56 activities** dedicated to the School and Youth Programme, 2011 has been very busy.

The programme has been introduced in more than **a hundred countries**. To date, **726 Instructors** were trained in the world and **160 countries** have at least one Lecturer.

More than **1,900 CECS Level I coaches** were trained throughout the world.

The Kids' Athletics Competition Guide has been translated into **22 languages**.

The programme knows an outstanding success and the results are better than expected. Indeed, several Ministries of National Education have signed a Convention of Partnership with the IAAF to implement the Kids' Athletics programme in the schools. National Olympic Committees, Universities and other NGO and Institutions also involved themselves in the School and Youth Development Programme. Some partners of international renown have chosen to use the IAAF Kids' Athletics in their development programme. For example: cooperation has been initiated between the IAAF and 'London 2012's International Inspiration Programme'. Thanks to Sebastian Coe's initiative, 'London 2012's International Inspiration Programme' aiming at 12,000,000 children coming from 20 different countries, has adopted the IAAF

Kids' Athletics and made it one of the key programmes to foster athletics in schools. They have already begun implementing it in different countries.

### To put it in a nutshell...

After six years of experience, we can definitely state that Kids' Athletics is a very popular programme among children. That is where its strength lies. The way it was designed, its spirit and simplicity have made it essential to teach children of 6-12 years of age, basic general skills. In addition, it should be pointed out that KA is no longer considered as a mere exhibition of children jumping, running or throwing; it is now considered as a full-fledged education programme for basic athletics, essential to sports and physical development.



## The IAAF Kids' Athletics in the Coaches Education & Certification System

Around the world, the IAAF Kids' Athletics has involved hundreds of thousands of children in fun, athletics-like competition. The new level I and II will produce qualified coaches who will not only be able to train and prepare young children for Kids' Athletics competitions, but also identify and develop talent to provide the "bridge" to real athletics. At grassroots it is the affiliation to individuals that determines retention, and level I and II coaches will be competent and able to take the kids through to the youth programmes of training and competition relevant to the 13-15 years of age. Without doubt, it will be these interpersonal relationships and the human element that will effect retention and transition.

The new 5-level CECS structure (implemented since January 2011) combines the traditional implementation of the CECS with the existing operations of IAAF Kids' Athletics, IAAF Youth Athletics and the IAAF Academy into an integrated system.

The long-term goals of the CECS is:

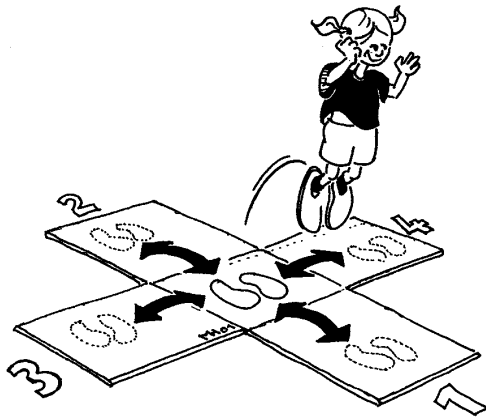
- to ensure that each country has sufficient coaches, qualified according to international standards, to enable its athletics programmes to function effectively
- To ensure that each region, and in turn, each country, is eventually capable of educating its own coaches to the same international standards without dependence on outside resources.

*For further information on the CECS, please contact the IAAF Member Services Department:*

[dpt.memberservices@hq.iaaf.org](mailto:dpt.memberservices@hq.iaaf.org)

	Level I	Level II	Level III	Level IV	Level V
Title	Youth Coach	Assistant Coach	Coach	Senior Coach	Academy Coach
Duration	10-day Course	14-day Course	14-day Course	14-day Course	3 to 12 months Course
Objective	To develop the skills to organise Kids' Athletics: preparation and competition + orientation to athletics for 13-15 years	To develop basic coaching skills	To develop intermediate coaching skills and knowledge	To develop performance coaching skills and knowledge	To develop a professional specialisation in performance management
Target Group	Teachers and Talent Scouts	Teachers and Coaches	Coaches	Performance Coaches	Experienced and active coaches
Entry Requirements	Minimum of 18 years of age, interest in athletics	Level I certificate and minimum of 21 years of age	Successful completion of Level II and one year of active coaching certified by MF	Successful completion of Level III and one year of active coaching certified by MF	IAAF Diploma in Coaching or Equivalent Recommendation by MFs
Qualification	IAAF CECS Level I Certificate	IAAF CECS Level II Certificate	IAAF CECS Level III Certificate	IAAF Diploma in Coaching, after two years of active coaching	IAAF Academy Diploma
Funding	IAAF, Olympic Solidarity and National	IAAF, Olympic Solidarity and National	IAAF / National	IAAF / National	IAAF, Area, MF, self-funded
Participants' goal after course	To stage Kids' Athletics and to prepare and motivate these youth (13-15 years) to continue with athletics	To implement appropriate athletics programmes to youth athletes	To coach a selected event group to beginner and developing athletes	To coach a selected event group to performance athletes	To serve the MF in the chosen area of Academy specialisation
Activity Area	Schools, Clubs, Member Federation, Ministry of Education	PE classes in schools, basic training in clubs	Athletics institutions (e.g. clubs), Member Federation	Athletics institutions (e.g. clubs), Member Federation	Member Federation, Universities, Clubs
Invitation	by Member Federation, Schools, Clubs	Recommendation by Member Federation	by IAAF, recommended by MFs	by IAAF, recommended by MFs	by IAAF, recommended by MFs
Equivalency	None	None	On request to IAAF and approval	On request to IAAF and approval	On request to IAAF and approval
Lecturer Education	CECS Level I Lecturer Organised by IAAF	CECS Level II Lecturer Organised by IAAF	CECS Level III/IV Lecturer Course Organised by IAAF	CECS Level III/IV Lecturer Course Organised by IAAF	"IAAF Academy Expert" (nominated)
Education choices	None	None	Event groups	Event groups	Chief Coach, Elite Coach, Coaching Development Director, Youth Chief Coach

## Example of Educational Situation: Cross Hop



### How to prepare for the Cross jump?

#### Analysis of the situation:

This event requires mastering the two feet take-off using muscular return. It also demands motor control during a long and organised exercise .

#### Safety of the participants:

The ground must be soft, non-slippery and perfectly level.

Markers on the areas should be clearly numbered and safe .

## EDUCATIONAL CARD

### Objective: To master side and forward hops

#### Proposed situation

Link up jumps, bouncing from the right to the left and forward, over a coordination ladder drawn on the ground.

#### The beginner's behaviour

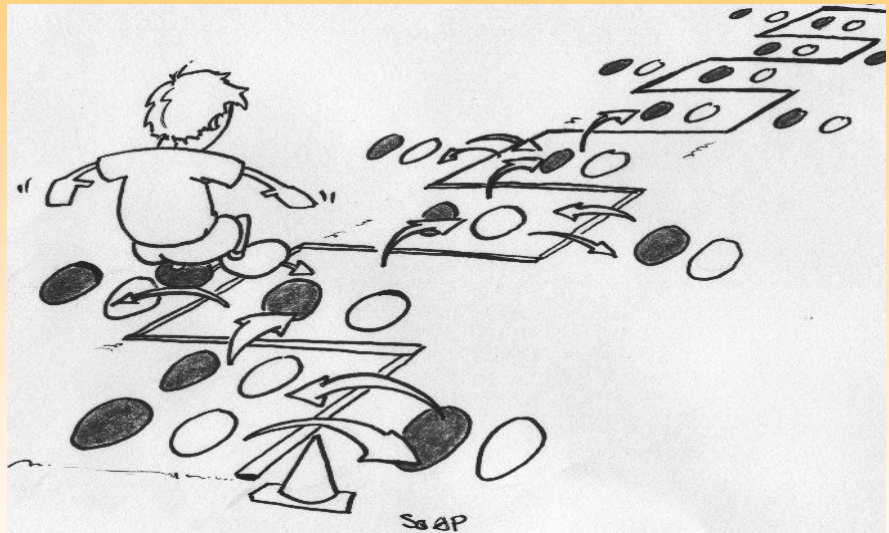
Beginners have difficulty memorizing the compulsory programme. They often tend to lose balance while hopping forward.

#### Instructions for the exercise:

Do not look at your feet, limit side and forward movements at the most.

#### Noticeable points:

- Carry out the exercises correctly
- No off-balanced movements
- Use your arms



#### Teaching progression:

Vary the forms of obstacles or markers (always adapted), impose a rhythm to follow, and keep time. Move towards games.

#### Safety & Equipment:

Non-slippery ground - Horizontal markers - Appropriate obstacles / venues - A stopwatch and a whistle.

## Kids' Athletics set in Tahitian Schools



In accordance with the Convention signed between the Ministry of Education, the Ministry of Youth and Sports, the Athletics Federation of French Polynesia and the IAAF, two Kids' Athletics courses have been organised in Papeete from 1<sup>st</sup> to 10<sup>th</sup> December 2011.

The first course lasted two days and involved 25 education assistants from the Ministry of Education. The second course was conducted during five days for 35 teachers working in primary schools. The syllabus comprised theory and practical sessions as well as workshops in which all candidates took an active part.

Both courses were organised in the National Institute for Youth and Sports. Lectures were given by Abdel Malek El Hebil (MAR) and Titaua Maurin (PYF), IAAF certified Lecturer.

During the second course, a Kids' Athletics competition has been organised by the course participants for 60 children aged 6 and 7 years old.

At the end of the course, each candidate presented a detailed project on the implementation of the Kids' Athletics programme in the school



where he/she works. The successful conclusion of all the projects will be crowned with a national Kids' Athletics competition, which is already scheduled in May 2012.

## Kids' Athletics crisscrossing Lebanon



It has been four years now that Kids' Athletics has been implemented in Lebanon thanks to the immoderate efforts of the IAAF Instructor Jean Ghaoui who undertook to spread the « Word » from the very beginning. With dozens of Kids' Athletics competitions in his account, he is among the most committed Instructors in the Kids' Athletics development in schools. Recently, a Kids' Athletics event was organised in the school of « Pères Antonins » of Baabda.

More than 60 children coming from 6 different schools took part in this special event. Bubbling with enthusiasm and energy, the children completed the 7 events in one hour and a half in a very good atmosphere. The proposed events were the following: Javelin throw, Discus Throw, Pole Vault, Long Jump, Sprint Hurdling, Formula One and the 6-min endurance.

Kids' Athletics Certificates and t-shirts were distributed to the young participants, in the presence of the General Secretary of the Lebanese Athletics Federation, Mr. Nemetallah Bejjani, the Headmaster, the Media, friends and parents. Jean Ghaoui reported that it was one of the most successful Kids' Athletics competitions he organised.



## 2011 Kids' Athletics Games in China



2011 "China National Kids Athletics Games" was held in Bird's Nest National Stadium

On October 22, 2011, the second "China National Kids Athletics Games" was held in Bird's Nest National Stadium. These Games were jointly staged by Chinese Athletics Association, Chinese Society of Education, IAAF RDC Beijing, Bird's Nest National Stadium as well as Tianlian Yangguang (Beijing) Sports Development Co., Ltd.

All together, more than 300 pupils of 20 primary schools from more than 10 provinces of China participated in the "National Kids Athletics Games". In order to develop

the kids' basic skills in running, throwing and jumping, the Organization Committee arranged seven interesting events in this Kids Athletics Games, including the following events:

Sprint/Hurdles Shuttle Relay, Formula One, Cross Jump, Pole Long Jumping, Precision Throwing, Speed Ladder and 8 Min. Endurance Race.

The objective of those Games was to motivate and promote the Kids Athletics project in China. Bringing excitement into athletics, it will also contribute to the fitness of children.

*Thanks to RDC Beijing for their contribution*



## IAAF School & Youth Commission 2011—2015

The Council of the IAAF, presided over by President Lamine Diack, met on 9, 10 and 11 November 2011 in Monaco on the occasion of the IAF World Athletics Gala.

The Council approved the composition of the IAAF School and Youth Commission for the period 2011-2015:

### Chairman:

Jamel SIMOHAMED (ALG)

### Members:

Bernard AMSALEM (FRA)

José Enrique ARRARAS (PUR)

Sebastian COE (GBR)

Helio Marinho GESTA DE MELO (BRA)

José GROSSOCORDON GARCIA (ESP)

Bang-Chool KIM (KOR)

Margaret MAHONY (AUS)

Mahjoub Saeed MAJHOUB (SUD)

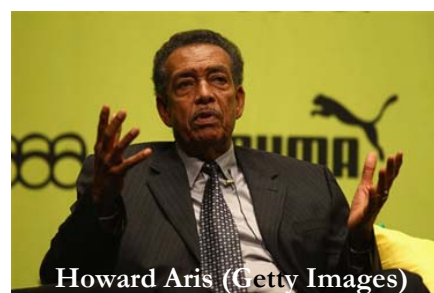
Lyle SANDERSON (CAN).

The 2011-2015 Commissions shall be published in the Directory & Calendar 2012 and are already posted on the IAAF Website.

(Link: <http://www.iaaf.org/aboutiaaf/structure/commissions/index.html>).

### Howard Aris passed away

The IAAF has been deeply saddened to receive the news that Howard Aris, the President of the Jamaica Athletics Federation, and IAAF S&Y Commission Member, died on November 10th. The IAAF on behalf of the global athletics family offers its condolences and sympathy to his family and friends.



Howard Aris (Getty Images)



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## Coming up in 2012

### IAAF Centenary: International Youth Athletics Conference



On the occasion of the IAAF Centenary, the IAAF will organise the second "International Youth Athletics Conference" on 16-17 July after the IAAF World Junior Championships in Barcelona 2012. Six high-level experts in various fields will be invited to share their specific knowledge and to participate in a general debate on the future and perspectives of youth athletics.

### Athletics at School Project for middle-eastern countries

Following the example of what was achieved in Africa in 2007, in Oceania in 2009, and in South America (Consudatle) in 2010, the 'Athletics at School' project will be conducted for 9 Arabic-speaking MFs of Asia: Oman, Syria, Lebanon, Jordan, Iraq, Sudan, Tunisia, Egypt and the Arabic Emirates. The course will be held in RDC Cairo for 23 participants from 18 to 22 December 2011 under the guidance of Abdel Malek El-Hebil (IAAF Senior Manager) and Nadia Messaadi (from Tunisia). The participating MFs should implement the Kids' Athletics programme in the primary schools of their country.

### Kids' Athletics Translations

The Kids' Athletics Competition Guide has been translated into three additional languages: Filipino, Korean and Khmer. To date, 22 translations are available: Arabic, Bosnian, Chinese, Czech, Divehi (Maldives), English, Filipino, French, Greek, Hungarian, Indonesian, Italian, Japanese, Korean, Khmer, Persian, Portuguese, Russian, Sinhala (Sri Lanka), Spanish, Turkish and Urdu (Pakistan).

**The IAAF School & Youth Programme Team wish you a VERY HAPPY NEW YEAR and look forward to meeting up with its readers again in 2012!**



**Kids' Athletics Games  
in China, October 2011**



**Sprint hur-  
dles event  
with impro-  
vised hurdles  
in Turks and  
Caicos  
Islands**

For further information regarding this newsletter, please contact:

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