



# Kids & Youth News

N.15 – MARCH 2013

## Kids' Athletics Joins IAAF Centenary Celebrations

### Kids and Youth Athletics Development:

- Find out what the School & Youth Programme achieved in 2012
- Athletics in School projects in Europe and Asia



Kids and sports legends at the IAAF Centenary in Barcelona



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A select group of young athletes took part in an IAAF/ Nestlé Kids' Athletics competition at Barcelona's Arc de Triomf, where they were greeted – and inspired – by a host of athletics legends as part of the IAAF Centenary weekend on 24<sup>th</sup> November 2012.

48 children aged between 10 and 11 were divided into eight groups of six, and they took part in seven different events covering all the main areas of the sport – running, jumping and throwing – and hundreds of spectators turned out in the city centre to watch the action unfold.

Each of the eight teams were also assigned a legendary captain – Fermin Cacho (ESP) the 1992 Olympic 1500m champion, Pauline Davis-Thompson (BAH) the 2000 Olympic 200m champion, Meseret Defar (ETH) the two-time Olympic 5000m champion, Frank

Fredericks (NAM) the 1993 World 200m champion, Dan O'Brien (USA) the three-time World Decathlon champion, Yelena Isinbayeva (RUS) the two-time Olympic Pole Vault champion, Paula Radcliffe (GBR) the 2005 World Marathon champion and Irena Szewinska (POL) the multiple Olympic sprint champion.

Between them, they boast a collection of 44 global championship medals – 23 from the Olympic Games (15 of them gold), and 21 from the IAAF World Championships (nine of them gold).

But the day was not about major titles. Instead it was a celebration of 100 years of athletics excellence, looking forward to the beginning of a second century of existence for the world governing body for the sport of athletics.

Davis-Thompson was keen to stress the importance of starting athletics at a young age: "It's very important

because there are certain things that they can learn from being involved in athletics at an early age," she said. "They can learn how to be disciplined, which is very critical in life. Even when they are no longer athletes, you'll use that for the rest of their life.

"They can learn how to be dedicated, which is also another critical point in life that you need to help you to survive; it's a survival skill you need to have to develop.

"Athletics also teaches you to have the desire; the desire to go after what it is that you want," she added. "That's also another critical life skill that you'll use for the rest of your life."

The event was co-ordinated by Malek El Hebil, Jamel Simohammed and Jose Grossocordon.

*Edited from original text by Jon Mulkeen for the IAAF.*

## Haiti Holds CECS Level I Course

From 1<sup>st</sup> to 10<sup>th</sup> December 2012, 24 participants (17 men and 7 women) from athletics clubs in Haiti attended an IAAF CECS (Coaches Education and Certification System) Level I training course for youth coaches in the country's capital, Port-au-Prince. The course was conducted by Mr. Charles Gozzoli (France) with the valuable assistance of Mr. Dramane Coulibaly (Mali) and aimed to educate participants about coaching 13-15 year old children, and included a Kids' Athletics module for coaching younger children. As part of the course, a Kids' Athletics competition was organised at Saint Louis de Port au Prince School in which local children took part in running, jumping and throwing events.



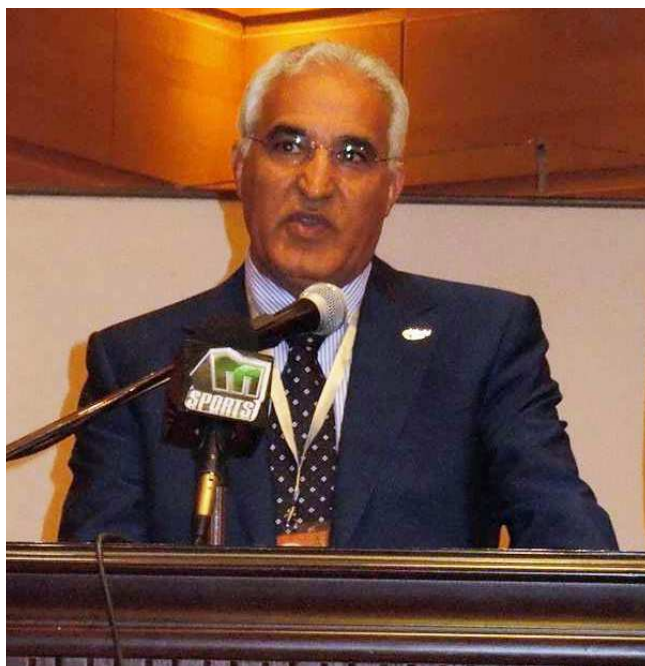
**The Kids' Athletics Competition underway in Saint Louis de Port au Prince school, Haiti**

According to the course director, Mr. Gozzoli, the course took place under good conditions despite the country having suffered a catastrophic earthquake in January 2010.

The Athletics Federation of Haiti was also present throughout the duration of the course.

*Thanks to Charles Gozzoli for his contribution.*

## Malek El Hebil Appointed Director of MSD



**Malek El Hebil**

On 1st January 2013, Abdel Malek El Hebil, formerly Senior Education Manager, was appointed as the new Director of the IAAF Member Services Department.

With 26 years of experience in the development of athletics on a global level, Malek is certainly well placed to take on this new challenge. On his appointment, he expressed his enthusiasm and motivation to continue to promote and develop the sport of athletics worldwide: "I am delighted to have been presented the opportunity to lead the development of athletics within the IAAF and I am grateful for the support I have received following my appointment which has strengthened my motivation to take the development of athletics to a new level."

We are sure that those of you who know Malek will attest to his considerable experience in the athletics world at both national and international levels, and his knowledge of the sport which will certainly serve him well in his new position.

## 2012 School & Youth Summary



2012 was with doubt a busy year for the School & Youth department of the IAAF. With the new sponsorship deal with **Nestlé Healthy Kids**, Kids' Athletics took centre stage with a total of **31 Kids' Athletics Lecturer courses** taking place all over the world, from Beijing to Bhutan, Mexico to Morocco. By way of these courses, 874 new Kids' Athletics lecturers are now working to spread the programme around the world and encourage young children to practise athletics.

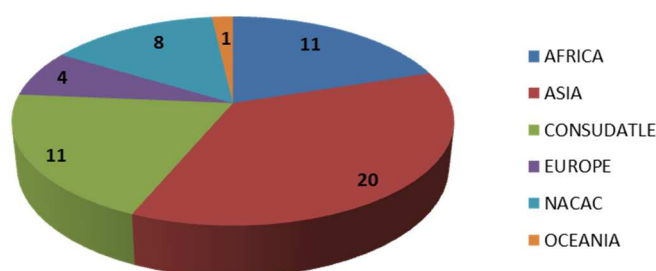
In addition to the courses held to train lecturers, **413 Kids' Athletics kits** containing all the equipment needed to stage a Kids' Athletics competition for 7-12 year old were distributed to around 40 different countries. This is significantly more than in previous years and is thanks to the support of Nestle Healthy Kids.

This year, the project will continue to grow with more Member Federations signing up to implement Kids' Athletics in their countries.

Elsewhere, the CECS (Coaches Education and Certification System) programme is also growing steadily with **55 CECS Level I Coaches' courses** organised in 2012 and a total of 1156 of attendees. Those you completed the course successfully are now able to coach athletics to kids aged from 7 to 12 years old.

In addition, 10 CECS Level I Lecturer courses were held around the world, training **171 new lecturers** who will now be able to educate Level I coaches. This is essential to ensure that an ever-increasing number of youth athletics coaches are being developed in areas where these skills are most needed for the promotion of Athletics.

CECS LI Coaches Courses by Area - 2012



### What's coming in 2013?

2013 looks set to be another big year for School & Youth in the IAAF. In the second year of the sponsorship deal with Nestlé Healthy Kids, new federations will be implementing the Kids' Athletics programme, a new **Athletics at School** project will be launched in the NACAC (North America, Canada and the Caribbean) area and more CECS courses will be organised round the globe.



**World Athletics Day** is also fast approaching: the IAAF's traditional youth festival will celebrate its 18th edition this year. Once again, the World Athletics Day offers the opportunity to promote Athletics with Youth participation through clubs and schools.

The IAAF hopes that the organisation of the WAD can be implemented in the key towns of each Member Federation during the month of May and strongly encourages all Member Federations to take part in the World Athletics Day to promote our sport's bright future. Additional to the WAD, an implementation of the existing IAAF's **Kids' Athletics programme** and "Green Project

"initiatives through tree plantings and/or other environmentally-friendly initiatives are recommended and greatly appreciated in order to reinforce this goal "Athletics for all".

**The School & Youth Programme would like to wish all its readers best wishes for 2013 and success in all their sporting aspirations!**

## Kids' Athletics Competition in Rouen

On Saturday 22<sup>nd</sup> December, the Athletics School of Rouen organised its first Kids' Athletics event which coincided with a Christmas meeting drawing young sportspeople and more experienced athletes from the best clubs in the area. The Kids' Athletics competition was organised by Alexandre Maurice, head of the school, and Mariane Debicki, a trained Kids' Athletics Activator who attended an IAAF training course in Eaubonne, France in October 2012. They were assisted by a team of about 20 volunteers and welcomed 80 children aged between 8 and 11 years old from local clubs to try their hand at activities such as the cross hopping, the Bends Formula sprint relay, target throwing and forward squat jumping.

According to Alexander Maurice, the point of the day was to show children the fun in "playing" at athletics. "New events along with innovative organisation allow them to discover these activities". As for Mariane Debicki, she agrees that athletics schools must offer a kind of athletics that is inspiring, accessible and educational to ensure the children's athletic future. Going one step further, she noted, "The children that we're training today will almost certainly be our champions of 2020!"

The parents of the children who took part in the day were also impressed by the initiative. They quoted giving the children an opportunity to play against each other and challenge their peers as a key aspect in the project. In the same vein, they appreciated the fact that Kids' Athletics is an event totally adapted to children which allows them not only to participate in the sport but also to share the experience and camaraderie with their playmates.

The children, tired out after 3 hours of activities, were treated to a generous snack before being presented with their participation certificates.



**Kids in Rouen show off their Kids Athletics certificates**

## Kids' Athletics in Lebanon

In Lebanon, the IMAM MEHDI school, under the direction of Miss Hoda, organised a Kids' Athletics event on 13 January 2013, supervised by the Lebanese Athletics Federation and attended by its General Secretary, Mr. Nehmetallah Bejjani.



**Honing javelin throw skills in Lebanon**

60 kids from 6 schools from all over Beirut region took part in the event where they played and jumped their way through a series of games (javelin, M Ball, cross hop, distance, hurdles, Formula One and 6-minute endurance at the end). During the course of the day, all the participants received T-shirts and certificates of participation

As per the Kids' Athletics programme guidelines, 24 teachers, coaches and athletes attended a training course on the organisation of Kids' Athletics events, given by Mrs Hoda El Awadi.

## Kids' Athletics Kicks off in Vanuatu

The Kids' Athletics programme has recently been formally introduced to the South Pacific island of Vanuatu with the launch of a new initiative in the country which allows a club to run the Programme as a separate body which will be affiliated under the national athletics federation, Athletics Vanuatu.

The initiative was launched by a group of runners who wanted to pass their knowledge of Kids' Athletics to children who do not have the opportunity to participate in physical activities. The result is the Vanuatu Kids' Athletics Club which will be solely responsible for running Kids' Athletics activities in the country.



Kids practising hurdles in Vanuatu

The programme has gotten off to an energetic start with activities scheduled for an hour every afternoon from Monday to Thursday. Each session has been attracting on average 15 to 30 children aged between 5 and 12 years old. On 29<sup>th</sup> November, Vanuatu Kids' Athletics Club held a competition for the participating children, and at the same time organised two exhibitions: one for the general public and also an education exhibition for the

Athletics Leagues of each province attending the AGM of Vanuatu Athletics (held the same day). The success of this new initiative looks set to continue in 2013 as seven local schools in Vanuatu's capital, Port Vila, as well as another school in the Tafea Province of the country, have shown an interest in conducting the programme for their pupils in the coming year. The project has also attracted some media attention and local sponsorship which will surely further accelerate the rapid expansion of Kids' Athletics in Vanuatu. IAAF's School & Youth Senior Manager, Abdelmalek El Hebil congratulated the Vanuatu Kids' Athletics Club President, David Benjamin, on his dynamism and enthusiasm toward the Kids' Athletics programme. We look forward to hearing about the club's progress in 2013!

## Kids' Athletics Grows in China

Kids' Athletics is growing in China with 6 official Kids' Athletics competitions held in the country since the beginning of 2012. The events took place in Beijing, Inner Mongolia, Gansu Zhejiang, Hubei and Shenzhen and more than 150 schools took part in the programme, reaching over 3000 children in total.

The Chinese Athletics Association also organised 12 instructor training courses, attracting more than 800 instructors from about 300 schools.

The good news is that the children who have taken part have very much enjoyed the competitions and schools will now look to organise more events by themselves, ensuring the continued development of Kids' Athletics throughout China.



Participants from a Kids' Athletics course in Ningbo

## Athletics at School Asia Launched in Jakarta



**The participants of the seminar in Jakarta with local kids showing off their certificates**

December 2012 saw the latest instalment in the Athletics at School programme kicked off in Jakarta, Indonesia as a seminar was held for 12 countries from the Asia area. In line with the World Athletics plan to develop athletics so that it becomes the first sport in schools worldwide, the programme has already been implemented in several other regions since its launch in 2008, including Africa in 2008, Oceania in 2009, South America in 2010, Arabic-speaking countries in 2011 and Europe in 2012. The seminar for Asian countries took place between 27 and 31 December at the Regional Development Centre in Jakarta and was led by Gunter Lange, an experienced youth coaching lecturer.

As in previous years, each of the selected Federations (Afghanistan, Bangladesh, Bhutan, Brunei, Cambodia, Indonesia, India, Iran, Maldives, Nepal, Philippines and Timor Leste) were asked to send two lecturers to be trained during the seminar. The 24 participants were PE teachers and coaches in their native countries and, following their return home, will be charged with passing their knowledge to local lecturers who will then be responsible for bringing the project to schools in their country, in cooperation with their National Federation. Each of the countries that participates is required to sign a commitment to the IAAF that it will implement the project in at least 10 pilot schools during 2013.

It is through this method of passing on and disseminating knowledge to local lecturers and then to the target audience, children, that the Athletics at School project aspires to spread the practice of athletics among today's youth in order to inspire a generation to adopt healthy, active lifestyles as well as to identify our athletic stars of the future.

*Thanks to RDC Jakarta for their contribution.*

**One of the kids receives a certificate of participation from lecturer, Gunther Lange**



## Athletics at School in Europe

The Athletics at School project in Europe has also gotten off to a great start since the seminar was held in Moscow in September 2012. 10 European countries were selected to participate in the project (Armenia, Azerbaijan, Belarus, Estonia, Georgia, Israel, Latvia, Lithuania, Moldova, Russia) and 5 Kids' Athletics kits, donated by the IAAF, were sent to each of the countries who signed a commitment in which they agreed to implement the Kids' Athletics programme in 10 primary schools.

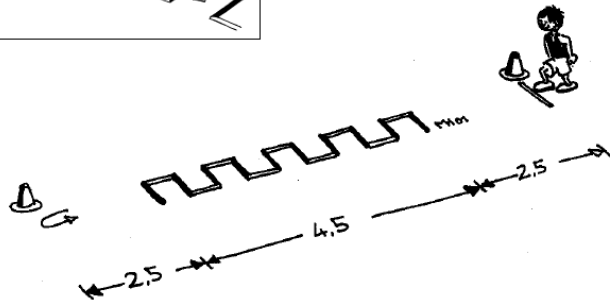
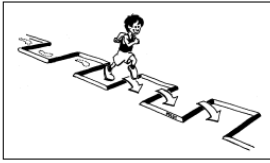


**Estonian school children practise throwing**

The Estonian Athletic Association was enthusiastic from the outset and arranged 3 Kids' Athletics events for Estonian schools in October 2012. These were attended by 80 participants in total and the Athletics Association has reported that the teachers are very fond of the programme.

The Athletic Federation of Lithuania also reported that, as at November 2012, one of its lecturers had already organised 4 Kids' Athletics events with 2 more scheduled before the end of the year.

## Example of Educational Situation: SPEED LADDER



### How to prepare for Speed Ladder ?

**Analysis of the event:** Two marker cones are set up 9.5m apart and a coordination ladder is set up on the floor at equal distance between the cones, with 50cm between each bar. Each participant has to run from one cone to the other, stepping through the bars of the ladder (see diagram opposite), quickly turn at the second cone and run back through the ladder to the first cone. This event requires competence of precision in the landing of supports at running speed and the ability to create high frequency support.

**Safety of the participants:** The markers on the ground must be safe and the ground must be soft and non-slippery. Don't forget to warm up!

## EDUCATIONAL CARD

**Objective:** Work on the frequency of the take-off

### Proposed situation:

Work with a beat box (or music playing) with changing time frequency and adjustment of the take-off to the beat.

**The beginner's behaviour:** Beginners will put up with the imposed sound frequency, responding in a tense and belated way.

### Instructions for the exercise:

- Feel the given beat
- Be relaxed

### Noticeable points:

- Follow the required frequency
- Maintain a running speed
- Try to feel the beat rather than think it out

### Teaching progression:

- Variety of rhythm and frequency
- Variety of sound even visual aids (team-mates, other)
- Move towards games

### Safety:

- Appropriate frequencies
- Organisation of the group

### Equipment:

- Marked out running area



## KA Film Project in Seoul, South Korea

Following a request from the Korean Association of Athletics Federations, the IAAF sent a Kids' Athletics expert, Charles Gozzoli from France, and a video multimedia expert (Giles Follereau) to Seoul for three weeks in June 2012. Their mission: to create a professional video on all the Kids' Athletics training events and meetings. These 150 videos will be uploaded and visible on the Federation's website but also made available to all schools in the country.

The South Korean federation is currently embarking on a massive implementation of Kids' Athletics in its clubs. To date, very young children aren't involved. A lot of material has been bought to spread the concept of Kids' Athletics throughout the country.

In addition to the videos of the training events and meetings, two longer videos have been filmed covering a Kids' Athletics competition in Boucheon, near Seoul, and a Kids' Athletics training session.

The Korean Association of Athletics Federations was very involved in the project with technical supervisors and members accompanying the team, and the welcome was very warm and the work very professional with a team of 4 very well-equipped

people who have doubtless done a great job.

The country is 5<sup>th</sup> in the world in terms of gold medals won at the London Olympic Games for all sports and, now that it has decided to implement the Kids' Athletics programme, their high standards and organizational expertise should allow Korea to reap the rewards in athletics.

*Thanks to Charles Gozzoli for his contribution*



Filming Kids' Athletics events in Seoul

## Kids' Athletics Success in Azerbaijan



Kids doing the cross hop

Azerbaijan Athletics Federation event. launched its Kids' Athletics programme in October 2012 with a national seminar held in Baku. The seminar, dedicated to Kids' Athletics, was conducted by Mr. Agil Pashaev and Mr. Jeyhun Huseynov and was attended by 20 participants (secondary school teachers and young experts). 14 of the participants were from the

During the last two months of 2012, two additional Kids' Athletics events were held in the country; a seminar for 18 participants took place on 11<sup>th</sup> November in conjunction with the "Sport for Development" organisation and was followed by a competition on 2<sup>nd</sup> December. The competition

Baku area and involved 48 children from Sumgait 6 from other and Baku areas, divided into 8 regions of the country. As the opportunity to use the new part of the Kids' Athletics equipment which they had received from the IAAF.

aspect of the course, a competition was held involving 36 children who were awarded certificates at the end of the

The future looks bright for Kids' Athletics in Azerbaijan, with 5 seminars planned in different regions and competitions in more than 10 secondary schools during 2013. To mark the anniversary of the launch of Kids' Athletics in Azerbaijan, the Federation plans to organise a National Championship of Kids' Athletics on 13<sup>th</sup> October 2013.

For those who would like to see more about Kids' Athletics in Azerbaijan, there is information and photos on [www.facebook.com/kidsathleticsazerbaijan](http://www.facebook.com/kidsathleticsazerbaijan).



## Argentina Blazes the Trail for Kids' Athletics



**The 27 National Co-ordinators charged with spreading Kids' Athletics in Argentina during 2012**

The end of 2012 presented the *Confederación Argentina de Atletismo (CADA)*, Argentina's national athletics federation, with the perfect opportunity to summarise the huge progress it has made with the Kids' Athletics programme since it was first introduced to Argentina in February 2012.

In a report compiled by Juan Alberto Scarpin, President of CADA, and Carlos Cavallero, an experienced youth athletics coach and Coordinator of the Kids' Athletics project in Argentina, the federation outlined the milestones achieved in 2012 and the plan for further development of the project in 2013.

Owing to the vast geographical area that Argentina occupies, CADA decided to approach the Kids' Athletics project in two stages: the first (carried out during 2012) consisted of planning and conducting training for 27 appointed National Coordinators from 10 out of 24 regions in Argentina. The Coordinators were trained over three days from 24-26 May at CADA's headquarters in Santa Fe and were conferred the

responsibility of holding courses during the course of the year where they, in turn, would educate PE teachers in schools across the country. In 2012, 22 of these courses were held with the remaining 5 due to be completed in the first quarter of 2013. As a result of this distribution of knowledge from Coordinators to teachers, CADA managed to reach 105,516 children in the first ten months of the programme. In addition, they liaised closely with the National Ministry of Education which, in July, declared the Kids' Athletics Project of "Interés Educativo" (Educational Interest) for the entire country, paving the way for Kids' Athletics to be introduced to some of the biggest provinces in Argentina, including Buenos Aires, Entre Ríos, Córdoba and Santa Fe.

The second stage of the project to be carried out this year is three-fold: the first objective is to consolidate Kids' Athletics in the regions where it has already been implemented by incorporating Kids' Athletics into daily PE lessons, holding events within and between schools and offering teachers further education where

required. Secondly, CADA plans to launch Kids' Athletics into the 14 remaining regions of Argentina where Kids' Athletics is not yet in action. The process for this is similar to the first stage and the federation is aiming to reach 65,000 new kids with the project in 2013. With their eyes firmly on the future of the sport, the third goal for this year's programme is identification of talent within schools. To encourage talented youngsters to continue to practise athletics, CADA is planning to create "Promotional Athletics Schools" in cities where they don't already exist and invite gifted young athletes aged 11-12 to attend these schools, progressively incorporating them in conventional athletics for 13-15 year olds as they advance.

While the Kids' Athletics Project in Argentina is an ambitious one, the energy and dedication of the CADA team will



## Kids' Athletics Flourishes in South Korea



**Kids' Athletics participants in Korea**

2012 was a great year for Kids' Athletics in South Korea where the Korea Association of Athletics Federations has implemented its

KA programme with real enthusiasm. Throughout the past 12 months, several events have been organized in Korea to promote the project, including training courses for lecturers and coaches who can then spread the Kids' Athletics programme to clubs and schools around the country. The KAAF has also made huge efforts to raise awareness of Kids' Athletics among primary school teachers and the reward for their endeavours will be the introduction of Kids' Athletics through those that were trained in 2012.

15 Korean schools were also involved in a School Sports Propagation Programme where children were inspired to participate in Kids' Athletics by some of their own home-grown athletics stars, such as Mr. HWANG Young-Jo (Men's Marathon Gold Medal, Olympic Games), Ms. JUNG Soonok (Women's LJ Gold Medal, Asian Games) and Ms. JUNG Hyelim (Women's 100mH Gold Medal, Asian Championships). With athletics heroes supporting them and the continued growth of Kids' Athletics, the future looks bright for Korea's future track and field champions.

## Mexico Embraces Kids' Athletics

On 8<sup>th</sup> and 9<sup>th</sup> December 2012, an IAAF / Nestlé Healthy Kids' Athletics event was held in Mexico for the first time when Malek El Hebil, School & Youth Manager for the IAAF, led a course to teach participants the concepts of coaching athletics to kids aged between 7 and 12 years old. He was joined at the official opening of the course by Antonio Lozano Pineda, Director of the *Federación Mexicana de Asociaciones de Atletismo* (Mexico's national athletics federation) and Alicia Enciso, Vice-President of Corporate Communications of Nestlé Group Mexico.



**Kids' Athletics Lecturers and kids in Mexico City**

Approximately 40 participants attended the course, held in Mexico City's National Centre for Sports Talent Development and High Performance, most of them physical education teachers from the states of Mexico and Veracruz. The course consisted of both practical and theory sessions and, on the second day, a Kids' Athletics competition was held with children from local schools. After completing events in running, jumping and throwing, cheered on by their parents, the children were awarded IAAF / NHK Kids' Athletics' certificates.

Following the two-day course, the attendees graduated as the first generation of PE teachers qualified to teach Kids' Athletics in Mexico with the aim of encouraging

more than 3000 children to adopt a healthier lifestyle through physical exercise and nutritional education.

During the opening ceremony, Nestlé affirmed its "Creation of Shared Value" strategy which aims to generate concrete benefits for Mexican society, promoting the quality of its food products and basing its growth on a push in nutrition, health and well-being with products developed for all stages in life.

Ms. Enciso confirmed this approach, stating, "Nestlé Group Mexico is committed to the promotion of healthy lifestyle habits with programmes of nutritional education like "Nutrir" and physical activity. We are sure that by becoming involved in this initiative, we will continue to promote nutrition, health and well-being in a large number of children in our country".

## Ivory Coast Benefits from Kids' Athletics

Between the 19th and 24th November 2012, a course was held in the town of Abidjan in the Ivory Coast to train multi-sport event organisers under the supervision of CONFEJES (Conference of Ministries of Youth and Sports in the French-speaking

already sports or social event organizers working in different towns in the Ivory Coast.

The course aimed to participate in the rehabilitation of this country, whose problems are widely known. Values such as Peace, Tolerance

organisation of a huge competition attended by more than 500 children. The Minister for Sports, the Director of Education, the General Secretary of CONFEJES and many other Ivorian dignitaries were present.

The work with Kids' Athletics was facilitated by the fact that the IAAF concept is already wide-spread in the Ivory Coast thanks to the actions of the president of the National Federation, Nicolas Debrimou, and his deputy, Martin Nikpi, in charge of Youth (and also a former CECS Level I course participant).

A programme involving many Kids' Athletics events is already planned for the coming season in different areas of Abidjan and also in other towns around the country.

Similar courses to train multi-sport event organisers have already been developed in the Republic of Congo, Burkina Faso, Burundi, the republic of Guinea and Rwanda. Each course has provided the opportunity to present and drum up enthusiasm for Kids' Athletics, and



Children preparing the field for a Kids' Athletics event

world).

The course was taken by IAAF lecturer, Charles Gozzoli, and taught the concept of Kids' Athletics to more than 30 participants, all of whom were

and Respect, embodied by Kids' Athletics, were reinforced by excellent practical sessions, but also by the great team work on the use of sport as a path to Peace.

The training ended in style with the

## Pakistan Launches Kids' Athletics

The Athletics Federation of Pakistan has been working hard to implement its Kids' Athletics programme in the country following a training course held in September 2012. The course trained 24 Kids' Athletics Lecturers who, since then, have been starting to organize their own training courses to educate Kids' Athletics



LAHORE: The participants of Kids Athletics Coaching Course pose with chief guest sports coordinator Asghar Khan. —Photo by Mansoor Ahmed

giant slalom races. —AFP.

### Kids athletics course

By Our Correspondent

LAHORE: Athletics coaching course for kids was organised here at the local City School.

This course was organised by the school in collaboration with Pakistan Amateur Athletics Federation (PAAF) that provided the Trainers for the coaching of 48 juveniles.

These very young kids showed keen interest and have got lot of learning and enjoyed the training. In all 24 Physical Education Teachers of the school got attended the coaching course for the training of kids in athletics.

### A press-clipping from the local media on the Kids' Athletics course in Pakistan

coaches in their respective areas. To date, 13 of these coaches' courses have been held in Pakistan with 9 more due to be held before the end of March. Each of the courses also involves a Kids' Athletics competition for 48 local children.



IAAF  
 17 rue Princesse Florestine  
 MC 98000 MONACO  
 Phone: +377.93.10.88.88  
 Fax: +377.93.15.95.15

**INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS**

**Latest News**

**IAAF School & Youth Commission Meeting 2013**

The annual IAAF School & Youth Commission meeting will be held this year on Sunday 3rd March in Monaco. Chaired by Mr. Jamel Simohammed (ALG), the Commission will discuss many areas concerning School & Youth in Athletics, including Education, Kids' and Teen Athletics, World Athletics Day and the International Youth Conference.

**Come and meet us in Donetsk and Moscow**

The IAAF Member Services Department (including the School & Youth Programme) will have a stand in Donetsk, Ukraine during the IAAF World Youth Championships (10-14 July) and in Moscow, Russia during the IAAF World Championships (10-18 August). We will be hosting daily Kids' Athletics competitions near the stadium in Moscow and invite our readers to come and meet us to say hello and find out more about the School & Youth Programme.

**Finalisation of 2013 Kids' Athletics Programme with Nestlé Healthy Kids**

On 27th February, Malek El Hebil, Director of the Member Services Department, will meet with representatives from Nestlé Healthy Kids in Vevey, Switzerland to discuss and finalise the 2013 Kids' Athletics Programme.

20 countries will be selected to participate in this year's programme to develop Kids' Athletics worldwide.

**International Youth Conference 2012**

To mark the IAAF Centenary, the 2nd International Youth Conference was held in Barcelona on 16-17 July 2012. It was attended by 73 coaches belonging to 53 MFs, together with 130 coaches from Spain.

The lecturers included Lyle Sanderson (CAN), a Member of the IAAF School/Youth Commission and Associated Professor of the University of Saskatchewan. His presentation was on "The application of growth and development knowledge in designing programmes that will enhance LTAD".



**Children in Lithuania practising Kids' Athletics**



**Kids' Athletics event in Tajikistan**



For further information regarding this newsletter, please contact:  
 Lindsay Douglas, IAAF Member Services Department, Tel +377.93.10.88.22, Fax +377.93.50.85.93, Email: lindsay.douglas@iaaf.org