



# Kids & Youth News

N.9 — APRIL 2010

## IAAF Youth Training Seminars

### Kids and Youth Athletics Development:

- *IAAF Youth Training Seminars: the 13-15 year olds in the spotlight*
- *More and more School and Youth Initiatives from national authorities*

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### Kick off at RDC Cairo, Egypt

To complete the series of CECS Level I Lecturers' courses of late, held in the IAAF's Regional Development Centres, the IAAF has undertaken to organise seminars focused on the 13-15 age category. Because this age group is vital and requires specific coaching, different from kids' athletics and senior athletics, the IAAF felt it necessary to call a seminar involving all the active CECS Level I Lecturers to provide them with comprehensive knowledge to allow them to monitor the progress of the youngsters.

Abdel Malek El-Hebil, responsible for the School &



Youth Programme at the IAAF, has supervised the first seminar which was organised at the RDC of Cairo. Assisted by Mrs. Nadia Messaadi from Tunisia (photo above), he held the seminar for 22 Lecturers coming from 14 Arabic speaking countries: Jordan, Kuwait, Egypt, Palestine, Oman, Lebanon, Tunisia, Syria, Sudan, Morocco, Yemen,

Bahrain, Iraq and Saudi Arabia.

A specific set of equipment is being provided for this age group: spe-

cial throwing implements, transportable pits, light hurdles, etc.

The competition system which is proposed is to ensure that all the event groups are covered in a team competition.

For further information, please refer to the pdf already available on the IAAF website following the link:

[http://www.iaaf.org/mm/Document/Development/SY-Gen-ral/04/28/49/20081209103028\\_httpostedfile\\_IAAFTeamChamps13-15yearolds\\_7564.pdf](http://www.iaaf.org/mm/Document/Development/SY-Gen-ral/04/28/49/20081209103028_httpostedfile_IAAFTeamChamps13-15yearolds_7564.pdf)

The IAAF Member Services Department is planning to organise the same seminar in the nine IAAF RDCs.



## The Mythical Panathenaic Stadium of Athens hosting Kids' Athletics

In cooperation with the IAAF and the Hellenic Athletics Federation (SEGAS), the Hellenic Olympic Committee organised a seminar on the IAAF Kids' Athletics Programme on 20 - 21 March 2010. Conducted in the HOC premises, the seminar drew 47 participants who were for the most part coaches or PE teachers.



The two-day seminar comprised KA specific theory, workshops and practical sessions, and ended on a historical Kids' Athletics competition on the site of the ancient stadium, the venue for diverse events since Antiquity and in particular, for the first modern Olympic Games. 36 kids split into six teams, were proud to take part in the competition in such a prestigious venue. As usual, they were given a Certificate by the General Secretary and the Treasurer of SEGAS. The President of the HOC, Mr.

Spyro Capralos has inaugurated the Seminar and attended the Kids' Athletics Competition.

At the end of the second day, the course participants have undertaken to implement the Kids' Athletics programme in their respective schools and clubs. They received a Certificate of attendance during the Closing Ceremony under the scrutiny of the General Secretary of SEGAS. The Kids' Athletics programme has won unanimous support. Incidentally, the feedback from the participants, the President of the HOC and the General Secretary of SEGAS, has been very positive about it.



Mrs. Denise Panagopoulou from the HOC, who coordinated the Seminar, commented on the actions that will be held in the Panathenaic Stadium involving the IAAF Kids' Athletics Programme: “*The opening of the Panathenaic Stadium by the Hellenic Olympic Committee coincides with the implementation of the Kids' Athletics Program* in col-



laboration with the Ministry of Education and SEGAS. The programme will be available to children and schools every day during the school period that is between October and May of every year ». She explained that the programme would start on a trial basis from April 26th to May 21st, 2010 and would continue on an annual basis from the next start of the school year in October 2010. “*The program will be held every day from Monday – Friday from 09:00 – 13:00 welcoming two groups of 60 children for every session. During their visit the children will have the opportunity by using the audio guide devices to learn all the information about the history of the Panathenaic Stadium, as well as the great opportunity to learn and play by the implementation of Kids' Athletics with all the events of Athletics in Panathenaic Stadium, the unique historical stadium of the world.*” In these exceptional conditions, it's odds on that the IAAF Kids' Athletics will be very successful in Greece.

## Kids' Athletics in the Turkish schools

### Convention signed between the Turkish Athletics Federation and the Ministry of Education

A recent report put forward the outstanding actions undertaken in Turkey in the field of children and youth athletics development. The IAAF Kids' Athletics, since first introduced in 2002, has been the source of relentless activities for the Naili Moran Foundation for Athletics Education. In line with the IAAF Kids' Athletics Programme and in a format adjusted to fit into the national curriculum framework, the "Bebestad" Children and Youth Athletics Programme has been created and applied in Turkey since 2002.

In March 2008, this programme was endorsed by the Turkish Athletics Federation. The same report mentions the subsequent Convention signed between the Federation and the Ministry of Education: the programme is officially part of the national curriculum of the Primary and Secondary Schools.

### Principles of the "Bebestad" Children and Youth Athletics

**Programme:** This is a structure which uses the fun, team-based, multifaceted aspects of the IAAF Kids' Athletics in order to promote and enhance the teaching of basic athletics skills while introducing young people to organizational responsibilities. Two phases corresponding to two specific age groups are defined: different activities and teaching sessions are designed accordingly. The system is based on two elements:

- in-school and out-of-school activities (all ages)
- Regular-attendance based after-school Centers of Elementary Athletics for those children (aged 13+) having developed sufficient interest in Athletics.

### Cooperation from Physical Education and Sports Faculties

Workshops and Seminars were held in the past three years: the main objective was to encourage age faculty members to intro-

The Starting line of the Formula One event, in Aydin, Turkey (2009)



duce students taking P.E. Coaching and Teaching Courses to the sport of Athletics.

### Statement by the President of the Turkish Athletics Federation:

Underlining the fact that the Project mainly aimed at the 7-15 age group school children and their P.E. Teachers and Class Teachers as well, the President declared that about 200 Primary Schools would be selected as Pilot Centers in conformity with a set of criteria. This first cluster would account for the close follow-up of approximately 150.000 children.

*Acknowledgements to Mrs. Tülya Moran, President of the Naili Moran Foundation for her contribution to this article.*

## Uganda: A National Agreement in Progress



The Ministry of Education & Sports of Uganda and the Uganda Athletics Federation (UAF) have resolved to sign a Convention with the IAAF in order to implement the Kids' Athletics Programme in the Primary Schools of the country. Similarly to the Conventions signed in Morocco or Senegal—in cooperation with different Institutions—this agreement shall stipulate the obligations on all the parts involved. The IAAF normally provides technical training: 22 Kids' Athletics Instructors should be involved; each core Primary Teacher College should be represented by one participant. The objective is to exploit the multiplier effect as the people appropriately trained will then be in a position to train others, in order to build up large numbers of competent instructors. To support the educational process, the IAAF provides not only the requisite documents and educational materials for the training courses, but also the necessary experts' consulting.

This project sounds good for the future of Athletics in Uganda.



## National Initiatives for Youth Coaches' Education

### First CECS Level I Courses in Palestine

The Palestine Athletics Federation in coordination with the IAAF and the RDC of Cairo, and sponsored by Olympic Solidarity, launched two CECS Level I courses for local coaches to work in the field of kids and youth athletics. The courses were organised as following:

- In Gaza from 16 to 25 January 2010 : involving 26 participants (21 men and 5 women) and conducted by D. Nader Ismail Halawa and Mr. Tamer El Absee.
- In the West Bank from 14 to 23 January 2010 with the participation of 24 local candidates (18 men and 6 women). It was conducted by Mr. Saher Jouda and Mr. Mazen El Kateeb.

All the participants passed and

praised the lecturers for their hard work and efforts to make the course successful.

The President of the National Federation declared that he was very pleased to have such qualified lecturers from Palestine and nominated by the IAAF. He added that « holding this course in Palestine for the first time will contribute in developing Athletics increasing the number of qualified coaches ». He has requested that more technical courses be held in his country in the future.

The participants to the CECS LI Course at the Faculty of PE, Menofia University (Egypt)



### Second CECS Level I Course at Faculty of Physical Education, Menofia University - Sadat City - Egypt

Following the official Agreement to integrate the IAAF School & Youth Programme in the curriculum of the University—in March 2009, a second educational course was initiated on 2 March 2010, which would finish in May 2010. Under the guidance of local IAAF accredited lecturers, the course follows the IAAF standards and is looking very promising.

## IAAF Academy Youth Pilot Course

At Loughborough University, one of the most famous sport universities in the world, the IAAF organised a Pilot Course from 18 to 22 January 2010 to finalise a new IAAF Youth Academy Coach qualification. The objective is to create officials who will manage the development structures for youth and in particular the 13-15 year olds.

The participants—a number of top experts in the field of youth sports—discussed and examined several issues related to this specific age group and the following presentations were made:

- Coach-Athlete Relationship by Dr. Sophia Jowett
- The Role of Parents in Talent Development by Dr. Chris Harwood
- Growth and Maturation in the Young Sports Performer by Dr. John Morris
- Relative age,

Selection and impact of puberty on performance by Dr. Mary E. Nevill

- Talent Identification and Development Systems by Dr. John Morris
- Coach, parent, athlete relationships and social issues in the coaching process by Dr. Di Bass
- High Intensity Exercise and Resistance Exercise in Young People by Dr. Keith Tolfrey
- Spanish Youth Athletics Program with new competitions for schools by J.G.Grossocordon

The training seminars which are to take place in the IAAF RDCs will include the research works and findings of this Pilot Course.



## Example of Educational Situation: Forward Squat Jump

### How to prepare the forward squat jump?



#### Analysis of the jumping technique:

Jumping event which emphasizes not only the strength of the lower limbs but also the coordination between arms and legs, the symmetrical action of the lower limbs and finally the acceptance of losing balance forward.

#### Instructions for the safety of the participants:

Safety will be guaranteed by a soft and non-slippery ground and by providing the required instructions for cushioning upon landing (silent).

### EDUCATIONAL CARD

#### Objective: To learn how to move about, making standing jumps

Proposed situation: Make as many standing jumps as possible with amplitude requirements.

The beginner's behaviour: Beginners have difficulty performing several bounces; their lower limbs are often bent too much. The arms have a "stabilizing" effect.

#### Instructions for the exercise:

Legs are not too bent—Use your arms—Look where you are going.

#### Noticeable points:

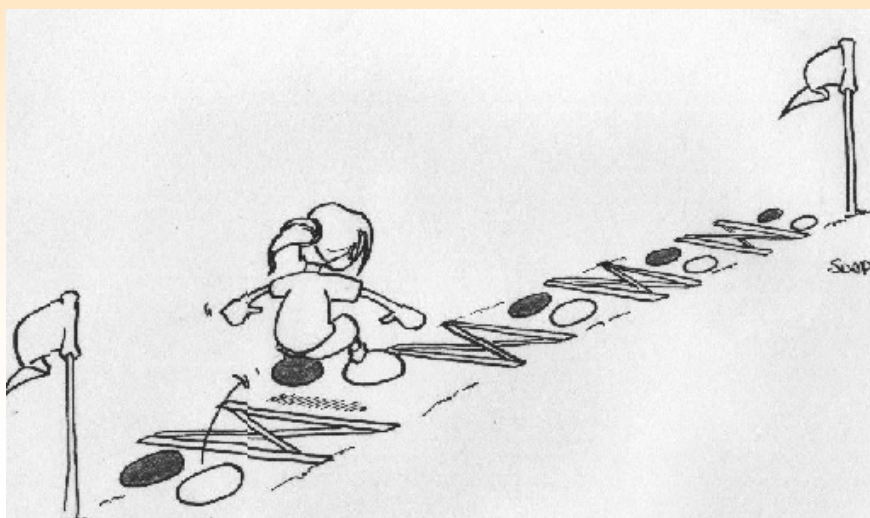
The bouncing sequence—General balance—Performance.

#### Teaching progression:

Change the nature of the ground (grass, sand, mats, etc)—Vary the amplitude with grids and lines.

#### Safety & Equipment:

Soft and non-slippery ground—Organisation of the group—Appropriate jumping distance (short)—Horizontal markers—Mats.



## Kids' Athletics Training Courses for PE Teachers in Sri Lanka

A large-scale Kids' Athletics Development Programme has been launched in Sri Lanka consisting in 5 training courses covering 23 out of 25 districts and involving over 300 PE Teachers.

Starting from November 19th to December 31st, 2009, the Kids' Athletics Programme aroused a national interest and had tremendous impact on Sri Lankan schools. The General Secretary of the Athletic Association of Sri Lanka, Mr. Prema Pinnewale, pointed out that it was the first time that so many PE Teachers from almost all parts of the island and so many kids from different backgrounds took part in such a programme.

The two certified lecturers introduced the making of equipment

from waste and local materials which was very useful.

Mr. Pinnewale was pleased of the eagerness and interest of political authorities, the Ministry of Education and the parents in the development of the Kids' Athletics Programme. With the help of the Medias, they tried to convey the positive value of Kids' Athletics.

The experience of Sri Lanka testifies that athletics can be part of education systems and not only left to clubs. If the Federation tries to involve the Schools and Education Authorities, they can work together to develop Athletics' school participation to achieve good health and fitness for schoolchildren.



## First step to introduce Kids' Athletics at Primary schools throughout the city of Dakar

Following the Convention signed in Monaco to promote the IAAF Kids' Athletics in all the Primary Schools and Districts of Dakar (see Newsletter N° 8), the implementation of Kids' Athletics has been launched by the President of the IAAF Lamine Diack and the Mayor of Dakar. A training course for 26 Instructors started on 19 January 2010, supervised by Abdel Malek El-Hebil, responsible for the IAAF School and Youth Programme.

This type of initiatives aims at introducing kids athletics as widely as possible, facilitated by the direct partnership with institutions.



*The participants to the Training Course with the Mayor of Dakar (above), and with the IAAF President Lamine Diack (opposite) prior to the Kids' Athletics exhibition in Dakar, 20 January 2010*



## World Athletics Day 2010: Youth, Athletics and Environment



For its 15th edition, the World Athletics Day is being prepared with the involvement of 161 IAAF Member Federations with a view to promote our sport around the world. With this participation rate, the World Athletics Day confirms its great popularity.

At its origin in 1996, this day was exclusively planned for youngsters who were members of clubs affiliated with Member Federations but has recently broadened to include the participation of schoolchildren in individual and team competitions. With the addition of these two new categories, the World Athletics Day has become one of the most important programmes of competitions in the annual athletics calendar.

This year's edition is under the sign of environment protection and sustainable development. Indeed the IAAF strongly urges Members Federations to take this opportunity to help build the awareness of the youth on "green" issues such as tree plantings and/or other environmentally-friendly initiatives such as inviting their athletes to take part in the protection of the environment at training and competition sites. It is also suggested that Member Federations seek the cooperation of local organizations specialised in ecological matters to assist in and promote sport and environment.

The dates chosen to hold the World Athletics Day 2010 are preferably the 15 and 16 May. The competition programme is identical to last years' and possibility is given to all participating Member Federations to stage both club and school events in several venues at the same time, i.e., in different cities, counties or regions.

There will be no draw this year but the IAAF has sent parcels of promotional items (T-shirts, pins, posters diplomas) to each Member Federation who announced their participation by the deadline. There will also be the usual financial grant credited to all who submit their results and reports on time (31 May 2010).

The IAAF wishes you a very successful World Athletics Day!



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## Latest News

- **YOUTH TRAINING SEMINAR IN RDC MOSCOW - May 27—30, 2010**

The IAAF is preparing a Youth Training Seminar to take place in Moscow, Russia, in cooperation with the local RDC. To date, 17 participants have been invited representing 13 Member Federations.

- **KIDS' ATHLETICS COMPETITION GUIDE : NEW TRANSLATIONS**

The IAAF continues to encourage its MFs to translate the KA Book in their national language. It is now available in three new languages: Hungarian, Czech and Greek, which brings the total of available languages up to 18: Arabic, Bosnian, Chinese, Divehi (Maldives), English, French, Indonesian, Italian, Japanese, Persian, Portuguese, Russian, Sinhala (Sri Lanka), Spanish and Urdu (Pakistan).

- **'ATHLETICS AT SCHOOL' PROJECT IN THE IAAF AREAS**

Since October 2008, the IAAF has launched a series of pilot projects which are specifically intended for schools. Following the projects for Africa and Oceania, the IAAF proposed the same type of activity for South America (IAAF CONSUDATLE).

Further information on the dates and the participating countries will be provided in the next edition of this Newsletter.

KA in Athens, 21st March 2010



KA in Estonia April 2010

KA in Budapest, December 2009



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