

IAAF Kids & Youth News



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International Association of Athletics Federations

Pushing ahead with the IAAF project to enter the schools

School and Youth Athletics Development:

- *IAAF Pilot Project for Athletics in schools.*
- *Kids Virtual Club: multicultural exchanges around Kids' Athletics.*
- *Development projects and initiatives for kids and youth athletics.*

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IAAF PILOT PROJECT for ATHLETICS in SCHOOLS

To build Athletics together and to continue to grow and develop the sport through to the centenary of the IAAF in 2012 and beyond, one of the major aims of the IAAF Athletics' World Plan is to penetrate the school community to make Athletics the sport number one. In accordance with this goal, the School & Youth programme was designed to assist everyone in athletics to continue to nurture the younger generation. Innovative actions have been undertaken to increase the number of appropriately trained instructors, coaches and lecturers.

To assist the Member Federations in this goal, to have core Athletics training inserted in the school curriculum in the long run, the IAAF organised a pilot pro-

ject in Africa for a dozen federations (English and French speaking countries): Mauritania, Senegal, Ivory Coast, Guinea (Conakry), Burkina Faso, Mali, Liberia, Ghana, Gambia, Nigeria, Kenya and Sierra Leone.

This project began by the training of two lecturers from each federation who would be charged in turn for the training of local lecturers. The latter would be responsible for bringing the project to ten schools of their respective country. The IAAF will provide the involved MF with 5 Kids' Athletics Kits and the relevant educational material. The CECS Level I Lecturers Course took place at the RDC of Dakar from 13 to 18 October 2008 and was conducted by Malek El-Hebil (IAAF MSD Senior Manager) and Charles Gozzoli (IAAF Consultant) with 24 participants.



KIDS VIRTUAL CLUB

The development of a worldwide network of schools or classes through the internet has recently been officialised by the IAAF School and Youth commission (July 2008). This virtual club would be like a forum focusing on kids' athletics, which is an excellent vehicle for exchanges and progress. Kids' Athletics is particularly adapted for the community work at local level. However, thanks to the internet, the cooperation is possible at a larger scale. One can easily imagine how much can be done: different cultures and societies would be able to communicate, exchange ideas and share experiences. The set up of the 'Kids Virtual Club' on the IAAF website was approved by the IAAF Council who met in Beijing on 23 August 2008 and shall be implemented in 2009.



School & Youth Programme Gaining Ground in Senegal



CECS Level I Kids' Instructors in Dakar, Senegal was conducted by Charles Gozzoli, IAAF Expert.

It took place in the IAAF Regional Development Center of Dakar from 24 to 28 May 2008 with 25 participants coming from different professional horizons: some were PE Teachers, others were students in the National Institute of Sports and PE of Dakar, and others were youth leaders in a very active association of St Louis, AKA (ASSCAN Kids' Athletics).

This Association counts people of merit who are dedicated and highly motivated. It is greatly to their credit that the programme is gaining ground in Senegal with an increasing number of schools and officials involved.

The curriculum of this course hinged on kids' athletics mainly and gave the participants a new approach of teaching athletics and the key to use it in their school, club, association or institution. This course aroused a great interest and several development projects have been implemented since.



Youth Athletics Gets off to a Good Start in South America



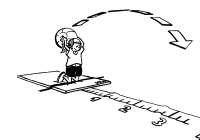
implement the IAAF Kids' Athletics programme in their country.

Several activities have been conducted since the course, in coordination with the RDC of Santa Fe, and particularly in Costa Rica and El Salvador.

To develop kids and youth athletics in South America, the IAAF appointed Abdel Malek El-Hebil (IAAF Senior Manager) and Oscar Gadea (IAAF Lecturer) to organise a CECS Level I Lecturers course from 5 to 10 June 2008. Coming from 11 South

American countries, 20 participants took part in the Course which was hosted by the IAAF RDC of Santa Fe, Argentina.

The objective of the course is to train future lecturers who will have to



Pakistani involvement in Kids and youth athletics



A CECS Level I Coaches course for kids and youth athletics was organised by the Athletics Federation of Pakistan (AFP) in Islamabad from 12 to 21 June 2008.

30 coaches took part in this 10-day course which turned out to be very successful since 20 passed the exams.



Mr. Muhammad Khalid Mahmood, General Secretary of AFP, declared that “ the involvement of the coaches was in true competitive spirit and all of them took a keen interest in the course with disciplined behavior. (...) They have assured to organize kids competition in the clubs and schools of their respective areas soon after the summer vacations”. The hard work and dedication of Mr. Nasrullah, IAAF Lecturer who conducted the course in cooperation with the IAAF, have to be saluted.

Development project in Moroccan schools



According to the Convention signed between the Moroccan Youth and Sports Ministry, the Ministry for Education, the

Moroccan Athletics Federation and the IAAF, a training course has been organised in Casablanca, Morocco, from May 12th to 17th, 2008.

This course is in line with the development project for PE and Sports in the nation's primary schools decided by the Ministry for Education which consented to include the IAAF Kids' Athletics programme in its project.

Conducted by Mr. Abdel Malek El-Hebil (IAAF Senior Manager) and Mr. Charles Gozzoli (IAAF Lecturer), the course was attended by 32 participants; they represented the 16 education authority areas of Morocco, covering the whole country. Once these 32 PE Teachers are properly informed and trained, it will be their turn to train teachers who will have to introduce and develop the Kids' Athletics programme in their respective school.

A Kids' Athletics competition was held during the course: it was staged in a school of Casablanca and 48

children (24 girls and 24 boys) aged 8 and 9 years old, took part in the event.



Outstanding Report from Malta

The Maltese Athletics Association has requested a technical course for CECS level I Lecturers in order to get a federal autonomy to run its own CECS level I youth coaches courses at a later stage. The course was held from 3 to 8 September 2008 and involved nine participants, all

were very enthusiastic during the training course which aroused a sustainable interest in the development of kids and youth athletics. They all agreed on the efficiency of the programme and reported that it was a positive learning experience with a special mention for the teaching material and the CD.

THE COURSE AROUSED A SUSTAINABLE INTEREST IN THE DEVELOPMENT OF YOUTH ATHLETICS



Kids' Athletics Camp in Ouagadougou

In the frame of the development plan for athletics in Primary schools, the Kids' Athletics Instructor of Burkina, Christian Desiré Sanon, who already conducted several Kids' Athletics exhibitions in 2007, organised a KA camp in Ouagadougou.

Indeed, since 1st September 2008, a KA activity camp has been launched to initiate the school and youth development programme in Burkina Faso

and continue the action which is being lead in the country since 2007.

This activity, starting at the beginning of the school year, is part of a development project which was concluded with a closing ceremony that took place on 24 September.

This activity was an interesting project involving both the federation and the schools.



The Formula One, the Speed Ladder or Cross Hop, were among the event stations proposed to the participating children.



Modified Equipment

Among the recommendations made to the IAAF Council, a specific recommendation concerned the Kids' Athletics equipment.

The IAAF will produce a handbook devoted to the local making of Kids' Athletics modified equipment.

In the numerous training courses of the past two years, a number of devices have been collected to make sets of equipment from local materials and available resources. Some experiences

were worth noting and the most relevant ones will be collected in a handbook.



Examples of modified equipment:

A 'home made' hammer, a sand glass with a plastic

bottle, a hurdle with drainpipes, etc.



Example of Educational Situation: Triple Jump

Kids' Athletics Event: Triple Jump

Analysis of the situation

The triple jump and long jump after a short approach require a minimum mastery of precision in the approach, the hopping technique, and the hop/step sequence. The hop/step practice is efficient to discover the support balance.

Instructions for the safety of the participant:

There are two guarantees for safety:

- Carry out the jumping exercises on a soft and non-slippery ground.
- Focus the efforts on the technique before working on the performance.



EDUCATIONAL CARD Objective: To improve the take-off precision

Proposed situation

Complete forward jumps with a short approach to improve precision in the support placement. The obstacles will be mainly horizontal so as not to force the participants to jump high.

The beginner's behaviour

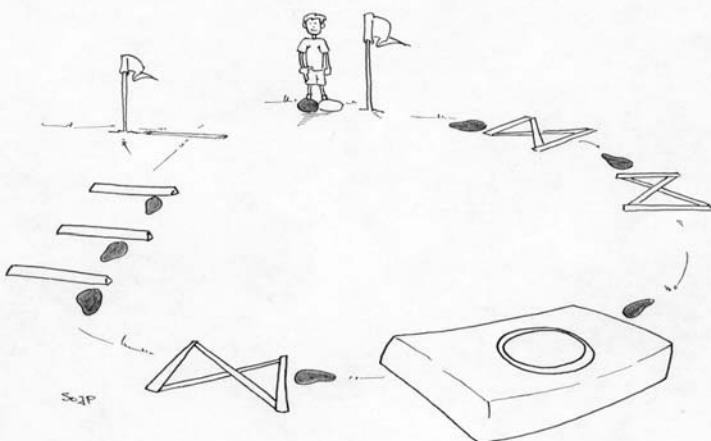
To gain precision, beginners slow down before the jumping area and look at the ground, turning aside from the regular general jumping behaviour.

Instructions for the exercise

Do not look at the ground and link the jumping and the running phases into a whole sequence.

Criteria for a successful performance

Precise foot placement—No loss of speed before jumping—Landing at running speed.



Teaching progression

Vary the distances between obstacles (keep short distance – 10m)

Modify the width of obstacles when possible

Carry out take-off from the right foot and the left foot

Landing on right foot and left foot after the hop

Progress towards games.

Safety & Equipment

Soft ground - Jumping markers - Safe and non-slippery markers.

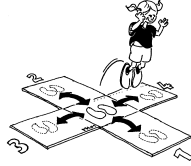
This is extracted from the *IAAF Educational Cards* available on the website through the following link:

<http://www.iaaf.org/mm/Document/imported/37264.pdf>

S&Y Projects and Activities

Athletics for Health, Happiness and Peace in Congo

Kintélé Refugee Camp



President of Congo, the President of the IOC and many officials from Sports and Politics,

a specific plan of sports activities was decided. It was intended for the children from the refugee camps of the less salubrious parts of major African towns and of rural areas.

A first operation was conducted in June in the Refugee Camp of Kintélé, near Brazzaville, Congo.

Athletics activities were proposed in the form of Kids' Athletics by instructors who had taken a 4-day training beforehand. The children really enjoyed these activities

which were twinned with team sports on this occasion.

The event took into consideration the environment and was adapted to the local conditions of the camp.

The participating chil-



dren took part in the challenge enthusiastically and the operation was a complete success thanks to the adaptability and inventiveness of all the people involved.

The teachers of the camp will perpetuate this activity for the benefit of the children's health and their social integration in Congo, through athletics and sports meetings.

This article was reported by C. Gozoli who took an active part in this initiative.

During the International Olympic

PERPETUATE THIS ACTIVITY FOR THE BENEFIT OF CHILDREN AND THEIR SOCIAL INTEGRATION IN CONGO

Forum devoted to youth, sport and Peace which was organised at the beginning of 2007 in Brazzaville by the Association of National Olympic Committees of Africa

(ANOCA) in the presence of the

News from Central African Republic



In the 3rd edition of the 'Kids & Youth News', we had presented the project initiated by Jean Jacques Youka, IAAF Instructor in the main provinces of Central African Republic. A training course for kids instructors was organised in July 2008, the objective being to train Primary school teachers in order to commit them in the development of youth athletics. This course is in keeping with the 4-year project which was decided in coordination with the Central African Republic Athletics Federation and which shall also imply a Kids' Athletics competition on a yearly basis.

World Athletics Day 2008



IAAF President Diack and IAAF General Secretary P. Weiss. The 18 winners were invited to the Herculis meeting in Monaco which was held on 29 July 2008 (See the pictures opposite).

For this edition, the IAAF offered the possibility to the participating countries to celebrate the event at any time in the month of May. This flexibility as well as the decentralized organization of the WAD permitted to get a large number of participants involved (165 MF).

- 84 Member Federations took part in both activities (WAD School & Club) and reported accordingly.
- 81 MF took part to the club activity only.

The IAAF also recommended to organise an exhibition of KA on the occasion of the WAD in the clubs or schools where it was possible and 27 MF cooperated.

The WAD draw was made on 7 June 2008 in Monaco by IAAF Senior Vice-President under the scrutiny of the

IAAF School & Youth Commission Meeting



From right to left: José G. Grossocordon, José Enrique Arraras, Lyle Sanderson, Howard Aris, Margaret Mahony, Jamel Simohamed, Bernard Amsalem, Majhoub Saeed Majhoub, Helio G. de Melo, Malek El-Hebil and Alexia Herrou.

The IAAF School and Youth Commission held its sixth meeting in Monaco on 28 - 29 July 2008.

The Commission discussed a number of topics focusing on the following issues:

- Education Courses for the IAAF CECS Level I Lecturers

- The Kids Athletics Programme
- The programme for the young athletes (13 - 15 year olds)
- The Youth Olympic Games (2010)
- World Athletics Day
- Promotion of the S/Y programme

and many other topics related to youth.

Several recommendations were proposed to the IAAF Council which met in Beijing in August 2008.

The draw from the School Team winners of the WAD 2008 took place under the scrutiny of the Commission Chairman (6 schools: one from each area).

The winning Schools (of PLE, SOL, AZE, SWZ, BOL and ESA) will be provided with a package of athletics equipment.

The meeting was chaired by Jamel Simohamed and attended in part by the IAAF General Secretary Pierre Weiss and the Director of the President's Office Cheikh Thiare.

**SEVERAL
RECOMMENDATIONS
WERE PROPOSED
TO THE IAAF
COUNCIL WHICH
MET IN BEIJING IN
AUGUST 2008.**



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School & Youth Latest News

Kids' Athletics seminar for coaches and PE Teachers in the Philippines

As a starting point to the development of kids and youth athletics, a course was organised by Jeanette Obiena, who attended the IAAF CECS LI Lecturers Course in RDC Jakarta (2007), in a private school where a kids' Athletics exhibition took place with children aged 7-10 years. The ultimate goal of this initiative is to promote Kids' Athletics in the private and public schools of the country.

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Oman Athletics Association encouraging Kids into athletics

The OAA target is to expose at least 2500 school-children (aged between 6 and 15 years old) to the IAAF Programme. So far, Rashid al Kindi (who attended the IAAF CECS LI Lecturers Course in RDC Cairo in January) and his team have involved three schools, showcasing the IAAF programme to around 300 students. *'With the help of my team and the support of the Ministry of Sports Affairs, we will spread the positive effects of this programme nationwide'* said Rashid.

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A CECS Level I Lecturers Course is planned in RDC San Juan, Porto Rico, for November 10-15, 2008.

20 participants coming from 16 Member Federations have been selected for this course. The complete report and photos will be provided in the next issue of this newsletter.



For further information regarding this newsletter, please contact:
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