

Kids & Youth News

N.10 — SEPTEMBER 2010

Joint initiatives in Uganda for athletics development

Kids and Youth Athletics Development:

- *Uganda: a Model of Cooperation with National Institutions*
- *Education: the best way to reach out to the kids and youth*



The UAF President signing the Convention in the presence of the Minister of Education and Sports

The Ministry of Education and Sports of Uganda, the IAAF and the Uganda Athletics Federation have signed a Partnership and Cooperation Agreement to develop the Kids' Athletics programme in the Ugandan Primary Schools.

From 5th to 10th June 2010, the KA Instructors course which took place in Kampala, has kicked off the project: with 35 candidates involved, coming from 22 provinces of the country, the course was very successful, thanks in particular to the close cooperation with the MoES and the UAF.

The course curriculum included theory and practical sessions, and a specific workshop has been conducted on how to improvise the sports equipment from the local environment. This 2-hour workshop has been much appreciated by all the participants. Being aware that athletic equipment is of some consequence to the development of Kids' Athletics, this is a way to help them solve the problem of lack of equipment in their schools. The improvised equipment has been used to organise a Kids' Athlet-

ics exhibition for 48 kids. The newly trained lecturers should now start to train PE Teachers, who will be in charge to roll out the KA programme in all the schools of the provinces.

For this five-year project, the MoES has undertaken to place sports equipment including twelve KA Kits at the disposal of the participants, as well as making the facilities available to host the relevant training and advanced courses. The UAF has provided five KA Kits required for the organisation of pilot courses, similarly the IAAF sent five KA kits to support this joint initiative.

Last but not least, the Kids' Athletics programme has even been included in the plan of action of the Federation for education and talent identification.



Improvised pole from a bamboo stick for KA

Inside this issue:

School & Youth Athletics Seminars for 13/15 years old	2
IAAF Technical Courses for Lecturers and Youth Chief Coaches	3
Young Leaders Forum in Barcelona 2010	4
Educational Corner: Shuttle Relay	5
Kids' Athletics Initiatives in Estonia and Niue, South Pacific	6
New Equipment for 13/15 year-old athletes	7
S & Y Latest News	8

School & Youth Athletics Seminar



Following the first Youth Athletics Seminar which took place in the RDC of Cairo (See Newsletter N°9), the IAAF has continued its action for the 13-15 age category through several seminars organised in the other RDCs:

- RDC Moscow: 28 – 31 May 2010 (17 participants from 13 MFs: AZE, BLR, BUL, EST, KAZ, KGZ, LAT, LTU, MDA, RUS, TJK, TKM and UKR).
- RDC Dakar: 31 May – 3 June 2010 (23 participants from 18 MFs: BEN, BUR, BDI, CMR, CAF, COM, CIV, DJI, GAB, GEQ, GUI, MAD, MLI, MTN, NIG, RWA, SEN and TOG).
- RDC Jakarta: 27 – 30 June 2010 (9 participants from 8 MFs: BHU, INA, MAS, MDV, PAK, PHI, SIN and SRI).
- RDC San Juan: 5 – 9 July 2010 (17 participants from 16 MFs: AIA, ANT, ARU, BAH, BAR, BIZ, CAY, DMA, GRN, MEX, AHO, PUR, SKN, VIN, TKS and ISV).
- RDC Nairobi: 24 – 27 July 2010 (20 participants from 19 MFs: BOT, ERI, ETH, GAM, GHA, KEN, LBR, LES, MAW, MRI, NGR, SEY, SLE, SUD, SWZ, TAN, UGA, ZAM and ZIM).



Group Photo in Nairobi, July 2010

- RDC Santa Fe: 22—25 August 2010 (16 participants from ARG, BOL, CHI, COL, CRC, DOM, ECU, ESA, GUY, NIC, PAN, PAR, PER, SUR, URU and VEN).

The selection of the candidates was based on the following principle: only those who have taken part in the CECS Level I Lecturers Course in 2007 and 2009, and actively worked in their sports organisations on the IAAF Kids & Youth Programme, were invited to participate in

the Youth Athletics Seminars. The main issues which were discussed, concerned the preparation of young athletes of 13-15 years of age, the means and methods of training for this category.

IAAF School & Youth Exhibition Stand during the WJC in MONCTON

In accordance with the recommendation made by the School & Youth Commission to promote the IAAF Programme, an exhibition stand has been set up during the 13th World Junior Championships in Athletics in Moncton, Canada, from 19th to 25th July 2010.

The stand benefitted from an ideal place to increase public awareness of the programme, since it was placed by the warm-up track where the majority of coaches and team leaders passed by. The operation turned out to be a real success in terms of impact and promotion: near to 400 CDs of the S&Y

Programme have been distributed—in English, French, Spanish, Arab, Russian and Chinese languages—to coaches, team leaders, officials, managers and athletes. It was a fantastic opportunity for them to get to know the programme through the educational material which was displayed for reference in no less than 19 languages.



IAAF Youth Chief Coach Academy

IAAF Academy Course, Kenyatta University—2—6 August

The first IAAF Academy Course dedicated to youth coaching (in English language), took place at Kenyatta University, Nairobi, from 2nd to 6th August 2010.

The objective of this course is to provide training for officials who will be in charge of managing and rolling out the IAAF Youth Project in their country. Those candidates, who were selected by their Federation, will act as Youth Chief Coach in their MF.

The programme was about the long term athlete development, the children growth, talent identification, Management, and included round table discussions. The 21 participants gave a very positive feedback on the course. The following countries were represented: Ethiopia, Seychelles, Tanzania, Sierra Leone, Botswana, Namibia, Zimbabwe, Nigeria, Uganda, Mauritius, Sudan, The Gambia, Ghana,

Malawi, Liberia, Swaziland, Lesotho, Kenya, Zambia, Eritrea and South Africa.

IAAF Academy Course, Dakar - 10 to 14 August

The second course was held in the hospitable premises of the National Institute for Sports and Physical Education of Dakar, Senegal from 10 to 14 August 2010.

The scientific part of the Academy lectures was given by the NISPE Teachers. The lectures—of great quality—were meant to make the Project comprehensible: they gave the candidates comprehensive knowledge on children (growth, psychology, etc.). The other part of the lectures was conducted by Elio Locatelli,



IAAF MSD Director, and Charles Gozzoli, IAAF Lecturer. They provided the participants with the requisite tools and approach to develop the IAAF Youth Project in their country. Practical sessions were organised to evaluate the progress of their works and projects. A presentation was made on the specific sports equipment designed for the different age categories. The Kids' Athletics Kit I (for 6-12 years) and II (for 13-15 years) were made available at the Federation and the RDC of Dakar.

Outstanding Lecturers' Course in Oceania



May 17—22: the IAAF launched the second CECS Level I Lecturers course for 14 participants, in the RDC Gold Coast, Australia. They were representing the following countries: Australia,

Fiji, New Zealand, Papua New Guinea, French Polynesia, Solomon Islands and Tonga.

Under the guidance of Abdel Malek El-Hebil, IAAF Senior Manager and Lecturer, the course aroused real enthusiasm for the School & Youth Programme. All the participants have undertaken:

- To work with their National Federation to develop Kids Athletics programmes in selected regions,
- To work with their National Federation to conduct in country IAAF Level I courses whenever necessary and liaise with the RDC – Gold Coast whenever decisions have been made to hold an IAAF Level I course,
- To continue to liaise with the RDC – Gold Coast whenever any assistance is required with their Kids Athletics Projects,
- To give regular reports to the RDC – Gold Coast regarding the progress of any KA projects / developments.

Kids' Athletics continues its travel all over the Globe



In the successive editions of this Newsletter, we have been trying to put the spotlight on the most significant actions, but of course, all the actions and initiatives would deserve a story. They all testify to the fact that the IAAF's Kids' Athletics and School and Youth Programme have literally travelled the world, from Oceania to Africa, from Europe to Asia, thanks to the hard work and dedication of those who believe in the values of athletics and want to reach out to the next generation.

Let us mention the latest training courses requested by Burkina Faso, the Sultanate of Oman, Grenada, Bahrain, Bahamas, Barbados, Niger, Japan, Malta, Togo and Turkey.

Concrete initiatives have been taken to make athletics the base sport for young people within schools all over the world. The Spanish Athletics Federation launched its Championships for 13/15 years old, consisting of competitions by school teams; Algeria has designed a Project to implement the IAAF Kids' Athletics Programme in all the country's regions (60 KA kits were purchased to support the project); Egypt continues the cooperation programme with Universities initiated last year, and organised the fifth CECS LI Course in the University of Alexandria from 17 to 26 July 2010, etc.

Barcelona: Bustling with Young Leaders Forum

European Athletics—UNESCO Young Leaders Forum, Barcelona, 26—29 July 2010.

Supported by UNESCO, the European Athletic Association resolved to organise a forum involving the young men and women under 24, who are interested in the future of athletics in Europe. This initiative was taken on the occasion of the European Athletics Championships of Barcelona 2010. The idea was to create a special integration of young people in our community, young people who are willing and ready to help to go forward.

Following a great number of discussions and debates looking to the future, some presentations were made to a very attentive audience: 95 young leaders coming from 47 European countries.

The IAAF's contribution has been requested and a presentation has been presented on the IAAF Youth Project.



It took place in the morning of July 27th in the prestigious venue of Catalogne Sports Institute, which is ideally situated next to the Olympic Stadium of the 1992 Games. Thanks to the valuable cooperation of Bill Glad, EAA Development Manager and Charles Gozzoli, IAAF Lecturer, the presentation aroused a keen interest among the young leaders and the UNESCO. This introduction to the IAAF Youth Programme comprised two parts:

- Theory: objectives, issues and assets
- Organisation of a Kids' Athletics Exhibition in the field with the young leaders.

In addition to the competition and the theory session, 100 CDs on the IAAF School & Youth Programme were handed out to the participants: the objective was to give the European young leaders the key to implement the programme easily.

Example of Educational Situation: Shuttle Relay

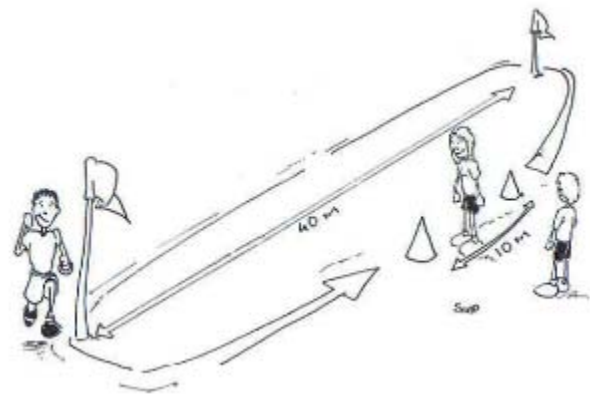
How to prepare for the Shuttle Relay?

Analysis of the situation:

The shuttle relay requires specific abilities at maintaining maximum speed, the changeover mastery, and a minimum ability at evaluating speed and adjusting one's pace to other runners.

Safety of the participants:

Safe ground, well-organised takeover area, safe relay baton.



EDUCATIONAL CARD

Objective: To prepare for a quick active run and reaction to the starting signal

Proposed situation

Have the participants complete active sequences to improve resistance (to a partner or an implement), and reaction to a sound or a visual sign.



The beginner's behaviour

Beginners find it difficult to remain in a leaning forward position (the pelvis is held backwards by the rope). They also have difficulty developing the drive phase (lack of strength from the ground support).

Noticeable points

Body is bent at the pelvis level, No full extension of support leg, Upright position of the body.

Teaching progression

Vary the resistance (always appropriate), the distances, develop reaction speed thanks to sound or visual aids, and move towards games.



Safety & Equipment

Non-slippery ground, Ropes or any adapted implements, Instructions for moderate resistance, Vertical markers, Organise pairs of similar strength and weight.



Seminar for PE Teachers in ESTONIA

Following the CECS LI Lecturers Course in Kiev in June 2009 and the Youth Athletics Seminar in Moscow (May 2010), Victor Predbannikov, IAAF Certified Lecturer from Estonia, has not been slow to start implementing the IAAF Kids and Youth Programme in his country.

Indeed, among his great initiatives, he conducted one-day seminar on the IAAF Kids' Athletics program for PE teachers of Narva. The seminar was attended by 18 candidates and consisted in presentations and practical work.

He has published large series of pictures on an online photo gallery, and has invited all who might be interested to have a look following the link below:

<http://picasaweb.google.ru/vpredbannikov/Olumpiamangud#>

*Related Photo:
Sprint hurdling during KA Competition (June 2010).*



Kids' Athletics in Niue, South Pacific

On the 7th July 2010, Niue Athletics Association in the South Pacific, held a Kids Athletics Exhibition facilitated by Emani Fakaotimanava-Lui who received his IAAF training and certification in Australia last year. Numerous KA have been held on Niue since then, but this is the first opportunity to hold the workshop to pass on the knowledge to others.

The next day, a practical session was held with children from all over Niue who were on school holiday. The workshop participants were able to practice some of the skills they had acquired the previous day.

Although there were no KA equipment or implements, NAA is grateful to Niue Primary School for allowing the use of their markers, cones, etc with other improvised implements from Emani and cardboard boxes from other participants.

Overall, the children enjoyed themselves and the feedback was that they wanted more! The news crew also visited and covered the story with a TV footage in the evening that had the audience of the entire island of Niue.



NAA will continue to develop KA through the school programme in 2 one-hour sessions every Friday from 8-9am and 1-2pm including Saturday afternoon sessions. This will lead to more KA competitions to be held during the school holidays.

To find out more about NAA, please visit www.oceaniasport.com/niueathletics/

Thanks to Emani Fakaotimanava-Lui for this article

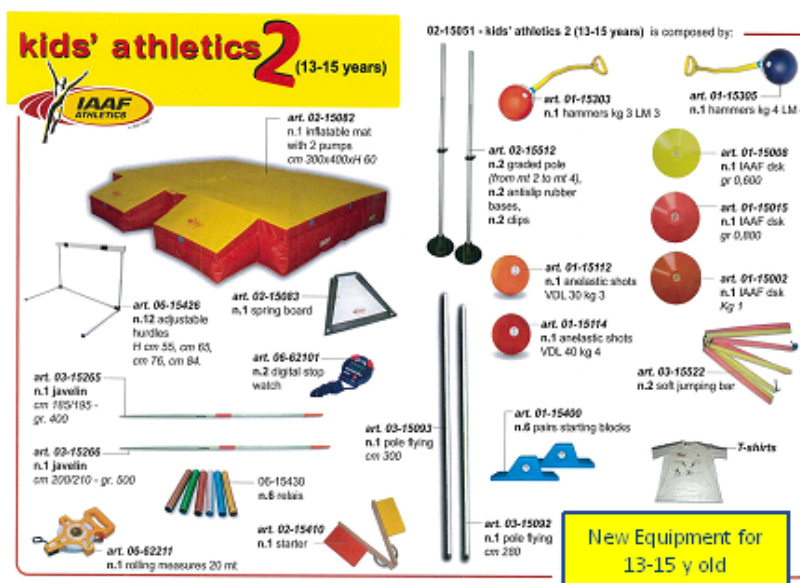


New Equipment for 13-15 years old

Kids' Athletics Kit 2—13/15 years old

To accompany the IAAF Youth Athletics seminars and because the 13—15 age category requires specific coaching and adapted equipment, the IAAF has undertaken to design a new set of equipment. This set is composed of adapted javelins, hammers, discus and shots, adjustable hurdles, an inflatable mat with 2 pumps, soft jumping bars, etc.

Each IAAF Regional Development Centre has been provided with one set of equipment to help training the 13-15 years old and support the evolution of athletes from Kids' Athletics to youth athletics.



Spain celebrating WAD 2010

This year World Athletics Day was celebrated in Spain in twelve cities of nine Regional Federations on the weekend of May 28th to 30th with 14 competitions and 1,600 Primary schoolchildren. The competitions and activities were of the Program 'Playing Athletics', which are based on the IAAF Kids' Athletics. Another event took place on June 5th-6th with 629 students from Secondary education in Lloret de Mar.

WAD was celebrated in more than ten cities of Spain.

In San Javier, it was held simultaneously with the sixth edition of the National Tournament 'Jugando al Atletismo' (Playing Athletics). Previous local, provin-

cial and regional competitions were staged before the Final in all Spain from October 2009 to May 2010. In the National Final Phase the best school of each Community participates. Each team is made up of 5 boys or girls of up to 12 years of the same Primary School. 180 schoolchildren of Primary Education participated representing 29 schools of 17 Autonomous Regions, with 36 teams.

In Lloret de Mar, WAD was celebrated simultaneously with Spanish Championships for Regional Teams (14 and 15 years old).

A Press conference introducing the National *Playing Athletics* Competition and the WAD took place in the City council of San Javier on 5 May, in the presence of local and regional authorities, and international athletes.

The tournament is completed with two activities involving all the participants. The Friendship Relay was organised in the seafront

promenade of Santiago de la Ribera, with the participation of 15 teams made up from a draw among all the participants, volunteers, organizing persons, teachers and parents. Many spectators supported the runners of the Friendship Relay.

The second crowning activity of the WAD Celebration, consisted in a big convivial cultural and gastronomic gathering: everyone could enjoy local food and discover the regional habits and customs. It was indeed a great opportunity to extend the children knowledge of other regions of Spain, to taste their typical products and to create new relationships.

Please find more photos and information on the following link: http://www.rfea.es/gifs/fotos/2010/2010_jugando_atletismo/album/index.html

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Latest News

IAAF School & Youth Commission Meeting

The IAAF is looking forward to the 9th meeting of the School & Youth Commission, which will take place on 19th September 2010 in Monaco. Chaired by Jamel Simohamed, the meeting promises to be very interesting and fruitful. Further information will be provided in the next edition of this Newsletter.

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CECS Level I Lecturers' Course in TURKEY

The Turkish Athletic Federation will host a training course for National Instructors from 3rd to 7th September 2010. The objective is to train a panel of national lecturers who will be entitled to educate national level I coaches, using the « multiplier effect », by training the trainers, and effectively develop the Kids and Youth Programme.

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'London 2010's International Inspiration Programme'

This programme is aimed at schools and communities across the world to inspire the new generation to greater sporting activity, particularly in 20 developing countries. A meeting was held in Monaco HQ on 18th June 2010 to start the cooperation process between the IAAF, IIPC and UK Sports to implement the Kids' Athletics Programme in Jordan, Mozambique and Nigeria in the year 2010/2011.

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IAAF Cooperation with "Peace & Sport" Organisation

Taking care of the children's well-being in troubled countries (warring, post-war countries, hit by natural disasters, etc.), the Organisation has signed a Convention with the IAAF so that those children can benefit from Kids' Athletics. The first action has been undertaken in Haiti, where the IAAF has sent 10 Kids' Athletics Kits as a donation. The IAAF has also agreed to support financially a training course for KA Instructors.



Photos above and opposite: KA in NIUE, South Pacific, July 2010



Example of improvised equipment, CAMBODIA, 2010



KA in ESTONIA, June 2010

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