

IAAF Kids & Youth News



N.7 — JUNE 2009

International Association of Athletics Federations

New impetus is given to Kids' Athletics in Oceania

School and Youth Athletics Promotion:

- *Oceania: Pilot Project for Athletics at School*
- *IAAF Expanding Kids' Athletics National Networks*

Since October 2008, the IAAF has launched a series of pilot projects which are specifically intended for schools. Following the first project for African countries, the IAAF proposed the same project for Oceania: a specific training course took place in the IAAF RDC of Brisbane, Australia, in cooperation with the Oceania Athletics Association, from 12 to 17 May 2009. 10 Member Federations were represented by 21 participants who have undertaken to implement the School and Youth Programme within 10 primary schools of their respective countries. Conducted by Malek El-Hebil (IAAF

Senior Manager) and Peter Wilson (RDC Acting Manager), the course has been evaluated by the participants and their feedback was unanimously positive. The

course aroused a keen and unprecedented interest for kids and youth athletics: the participants' projects did not take long to come in and many of them already designed an appropriate project to implement Kids' Athletics into schools. The candidates were from Australia, Cook Islands, Tahiti, Fiji, Nauru,



New Zealand, Niue, Papua New Guinea, Solomon Islands, Tonga and Vanuatu.

IAAF Oceania Kids' Athletics is on FACEBOOK. Please follow the link : www.facebook.com/pages/IAAF-Oceania-Kids-Athletics/82919647965?v=wallviewas=0

The Ukraine in the age of Kids' Athletics

Inside this issue:

IAAF CECS Level I Courses in Dakar, Beijing and Jakarta	2
Education: an Egyptian University adopts the S&Y Programme	3
IAAF KA: Necessity to play by the rules	4
Educational Corner: Discus Throw	5
Kids' Athletics Project in Colombia	6
World Athletics Day 2009: Post-event results	7
S & Y News	8



The National Olympic Committee of Ukraine in cooperation with the Ukrainian Athletics Federation and the IAAF, organised a seminar for 25 participants (methodologists from Ministry of Education of Ukraine) representing all the regions of Ukraine.

The main objective of the seminar was to introduce the IAAF Kids' Athletics programme and to discuss how it could be implemented within schools in Ukraine. Each participant has received a copy of the entire programme: CD, DVD, Books, documents and all the ppt. presentations. The seminar was conducted by Abdel Malek El-Hebil (IAAF Senior Manager). A Kids' Athletics Competition for

48 pupils has been organised during the seminar. The general Secretary of the NOC and a representative of the Ministry of Education attended the competition. The NOC had a surprise for the kids: 5 former Olympics Medalists were invited:

Olena Govorova – Athletics Olympic Bronze Medal (triple jump) Sydney 2000. **Oleksandr Krykun** - Athletics Olympic Bronze Medal (hammer throwing) Atlanta 1996. **Vadym Gutsayt** – Olympic Champion of 1992 Barcelona Fencing (sabre). **Svetlana Maziy** – Ukrainian rower Silver Medal Olympic Games 1996 Gainsville. **Anna Sorokyna** – Ukrainian Diving Bronze Medal at the Olympic Games 2000 in Sydney. They led the general warm up and autographed the certificates of the young athletes. At the end of the event, all the kids received a certificate of participation and many other presents offered by the NOC.

Expanding Kids' Athletics National Networks

◆ DAKAR, SENEGAL



The IAAF RDC of Dakar hosted a CECS Level I Lecturers Course from 29 March to 3 April 2009. This course counted 16 participants coming from 11 French-speaking countries of Africa: Benin, Burkina Faso, Comoros, Congo, Gabon, Guinea, Madagascar, Mali, Niger, Senegal and Togo.

The candidates attended the course with great interest and they all mobilized to set up new projects in their respective country, and besides, many of them already started to implement their projects. Charles Gozoli, IAAF lecturer, who conducted the course, reported that the action in favour of Kids' Athletics in the given countries was really progressing: some participants to the former IAAF LI courses included these new candidates in their projects. National networks of Instructors are developing, in particular in Senegal, Burkina Faso and Mali. Let us mention that the President of ASSCAN Association of Saint Louis, Senegal, (very active in St Louis, see Newsletter n° 5, p. 2) contributed to the course and they exchanged very informative ideas about Kids' Athletics. In short, the course contributed to feed the

mini-network of Kids' Athletics in Africa.



◆ BEIJING, CHINA

The IAAF CECS Level I Lecturers Course for Women was successfully held at the IAAF RDC of Beijing, during the period of 6—11 April 2009. Abdel Malek El-Hebil, IAAF Lecturer (Morocco) directed the activity according to a well



designed teaching programme. He was assisted by Mrs. Zhang Biyu, from Beijing Sport University, and worked in cooperation with the RDC to run the lectures, the practical sessions, the assessment, the written examination and the KA competition smoothly.

16 candidates took part in this course



representing 9 countries: D.P.R. of Korea, Hong Kong, Japan, Korea, Vietnam, Mongolia, Laos, Chinese Taipei and China. All the participants praised the course, in spite of the constraints of translation, and anyway, the IAAF RDC Beijing had provided Chinese, Japanese, Mongolian, Vietnamese and Korean interpreters for them.

Worth noting is the fact that Kids' and Youth Athletics is new to many

people in this area, and it was particularly well welcomed by Asian PE Teachers and Coaches.

The IAAF RDC of Beijing certified that it would make every endeavour to promote and implement the IAAF Kids and Youth Programme in its region, in cooperation with the member federations affiliated and the relevant educational institutions.

◆ JAKARTA, INDONESIA

Contributing to the future fulfilment of the objectives of the Athletics' World Plan, the IAAF still continues to increase the number of appropriately trained instructors to develop an Athletics' schools participation and development programme in every nation.

The CECS Level I Lecturers course which took place in the IAAF RDC of Jakarta involved 13 participants from 12 different countries: Bangladesh, Brunei, Cambodia, Indonesia, Iran, Malaysia, Maldives, Nepal, Pakistan, Philippines, Sri Lanka and Thailand. Abdel Malek El-Hebil, as IAAF Lecturer, was assisted by Nasrullah Rana (from Pakistan); they both managed to communicate their enthusiasm for the IAAF Kids and Youth Programme and to put into relief the relevance of the IAAF approach regarding youth athletics. One participant pointed out that the **“team aspect was a great asset to this programme. It is a real gift that the IAAF made to the next generation”**. This is a recurrent remark which is made after every course: the participants are always most grateful for being introduced to this programme.

Those newly trained instructors, from every corners of the world, joined the hundreds of representatives of the global athletics family. With the help of the IAAF and its affiliated federations, they will now do their utmost to build the future of this magnificent sport.

Official Agreement to Integrate the IAAF S&Y Programme in the Curriculum of Al Manufiah University of Egypt

Recently the President of The Al Manufiah University (Egypt) Dr. Mohamed Ez Al Arab has signed an agreement with the IAAF in order to officially integrate the IAAF School & Youth programme in the curriculum of the Faculty of Sports and Education.

The Ceremony has been attended by the Dean of the Faculty of Sport and Education of Al-Manufia Dr. Essam Edin Matwaly, El Hebil Abdel Malek (IAAF Representative) and Dr Hamdi Abderahim (Director of the IAAF RDC- Cairo).

The first educational course, in accordance with the IAAF standard, was launched on Saturday 14 March 2009. 22 participants took part in this first course which was conducted by two IAAF accredited lecturers: Dr Azza Mohamed Elemary and Dr Atef Sayed Ahmed.

All the participants are currently fol-



lowing courses to become PE teachers in the Faculty of Sports and Education in the Al-Manufia University.

The closing date of this first course was 9 April and Azza recommended increasing the number of Kids' Athletics competitions as the kids love it and applying KA to the rest of Egypt in order to involve more and more children in fun, athletics-like competition and retain them in the athletics community at a later stage.

In direct line with this approach, another training course was held in

Egypt- Faculty of Physical Education-Elharam – Helwan University from April 3 to May 2, 2009.

24 candidates were selected to take part in the course; they were successful and accredited with different levels of competencies. Under the guidance of Dr. Wael Mohamed Ramadan and Dr. Tamer Ewas El Gebaly, both local Instructors, the course went smoothly according to the IAAF standards.

These activities testified that Egypt firmly turned to the national implementation of the S&Y Programme, as a bridge to "real" athletics.



OMAN and TURKS & CAICOS show great initiative

OMAN has done particularly well in the organisation of a CECS Level I Course.

It was in Muscat from 3 to 12 March 2009, that the Sultanate of Oman held this course which involved 23 local participants. Conducted by Dr. Wael Mohamed Ramadan and Mr. Rashid Ibrahim Alkindi, it was very successful.

Worth noting was the big Kids' Athletics exhibition which took place as a fringe event on April 23, organised by a former participant to a course in Cairo, Egypt.

Oman, April 2009: children assembling the Kids' Athletics kit before the exhibition.



Oscar Gadea and the course participants during a practical session

From 9 to 18 March 2009, the city of Providenciales, **Turks & Caicos** hosted a CECS LI Course. It was specifically planned by the RDC San Juan for those MFs in North and Central America that do not have NOCs, and the following 6 countries were represented: Turks & Caicos Islands, Bahamas, US Virgin Islands, Anguilla, British Virgin Islands and Montserrat. Conducted by Oscar Gadea (Course Director from Uruguay) and Judith Robinson-Ewing (local Lecturer), it involved 24 participants including coaches, PE Teachers as well as Primary School teachers, « a good combination following the spirit and Philosophy of level I goal » according to Oscar, who enhanced also the « high motivation and commitment » of the group.

KIDS' ATHLETICS: PLAY BY THE RULES!

The IAAF Kids' Athletics concept was designed by experts and every proposal was made in the light of scientific and empirical data, to achieve precise purposes and following definite organisational rules.

The wheelwork of the IAAF Kids' Athletics has to be implemented with careful attention to the precision for maximum efficiency. Otherwise, we are coming round to aberration. The following examples are to show how the failure to observe the rules of the events, can distort the set objectives:

Example 1

Speed ladder has become « jump ladder »

This event station is proposed for the 7—8 age category to work on frequency support during this appropriate « sensitive phase ».

Jumps in this particular case can be harmful for children, as jumping often implies developing strength.

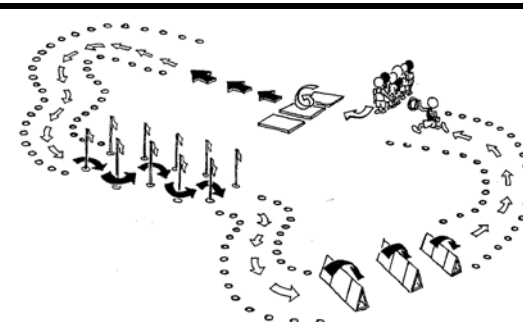


Example 2 : Formula 1

It emphasises the objectives of coordination (hand-eye and foot-eye coordination) and speed adaptation. Instructors are given much freedom... but the maximum distance should not exceed 60—70 m.

A Formula One event over a 200-m distance obliges children to resort to energy resources which would be totally inadequate for children.

To sum up: adapting and modifying freely BUT within a 60—70 m distance only.



Example 3

Medicine-Ball Backward Throw

It can be performed forward with possible loss of balance. In the case of the backward throw from a kneeling position, the loss of balance is not possible and it is even dangerous for the back and the neck of the children. For the 8-9 year olds, the backward throw must be completed from a standing position.



We could have recorded many other similar examples. And they raise the following issues :

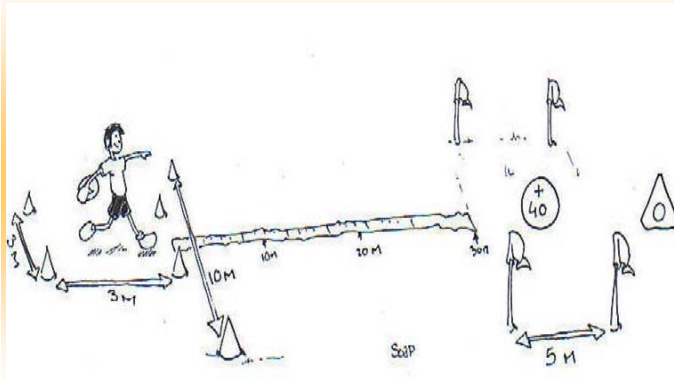
- ◆ It may challenge the safety of children,
- ◆ The developmental “windows of opportunity” in the young children are often missed,
- ◆ The worse consequence might be that some “fundamentalists of traditional athletics for kids” treat Kids' Athletics as a joke: more like a child's play for circus or for holiday activity centre for schoolchildren rather than athletics-like activity.

Each event is supported with relevant arguments, the event stations are adapted according to the ages, etc. But it is necessary to read carefully the information given in the IAAF material devoted to the organisational guidelines of the IAAF Kids' Athletics.

Charles Gozzoli, IAAF Lecturer

Example of Educational Situation: Discus Throw

Kids' Athletics Event: Discus Throw



Analysis of the event

The aim of this throwing event is to achieve both performance and precision of performance. An efficient motor approach is necessary to organise the event. It must be carried out with light implements (1kg maximum) which are easy to handle.

Safety Regulations

Throwers must play on a ground which is not slippery. Instructions for throwing are very strict and the throwing area is clearly marked out.

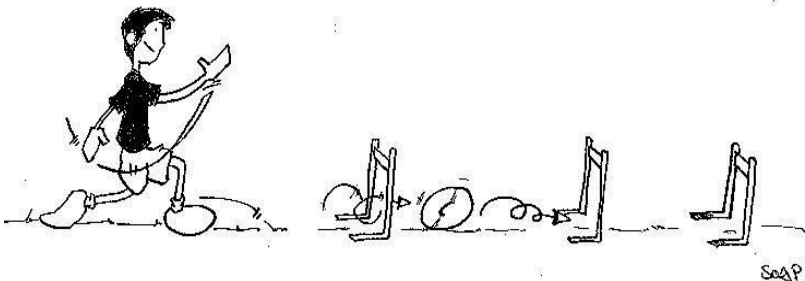
Finally, the throwing objects selected need to be safe for the other children attending the event.

EDUCATIONAL CARD

Objective: The grip, the throwing arm's action and the discus direction

Proposed situation:

Propose youngsters to bowl the discus on the ground, then to throw the discus in the vertical axis of the rim, after taking a walk-up as follows: left, right, and left (for a right-handed thrower) in a clearly marked-out direction.



The beginner's behaviour:

Beginners tend to hold the discus with the whole hand (thumb included). For a better command, he walks holding the discus along the thigh.

Such position prevents him from completing an effective throw.

Instructions for the exercise:

Legs are bent while throwing, the throwing arm and shoulder are completely relaxed (no brutal movement).

Noticeable points:

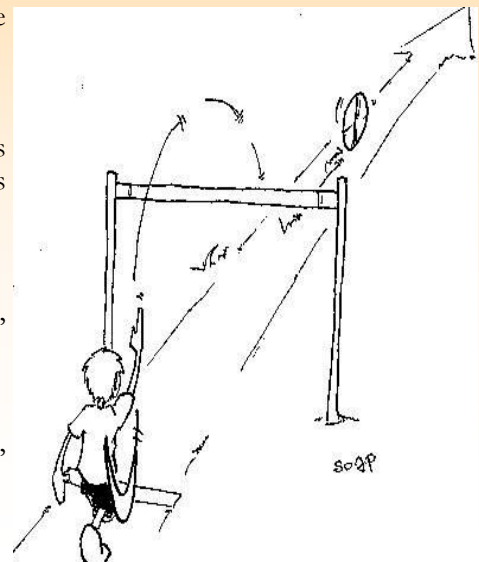
The athlete faces the throwing direction in a stable position, body is blocked in the direction of the left foot/shoulder's axis, the discus is rotated in the appropriate direction.

Teaching progression:

Vary the throwing implements (weight, form, etc), Vary the targets, Move to playing activities.

Safety & Equipment:

Well-organised area, Discuses of different weight, Organised group, "Gate" equipment.



S&Y Projects and Activities

Colombia: Using the local materials and available resources



Like in the past two years, José García Grossocordón, Responsible in charge of the Junior and Youth Categories, traveled to Colombia from 17 to 19 April to conduct a course-seminar on 'Jugando al Atletismo'.

This year's edition took place in the cities of Buenaventura, Santander de Quilichao & Tuluá. The courses were organized by the Institute of Sport, Physical Education and Recreation of the 'Valley of the Cauca' Department, the Regional and National Athletics Federations and by the Foundation Norfalia Carabalí (international Colombian-Spanish athlete ; 51.06 in 400 meters in 1992).

Coming from numerous municipalities in which the mentioned Andean Department of Colombia is divided, 125 participants took part in the three Courses.

They were celebrated on 16th April in the city of Buenaventura, that is the most important seaport of Colombia with a population of

350,000 inhabitants, participating 30 people.

On April 17, the Seminar was developed in Santander de Quilichao, municipality of the North part of the Department counting more than 70,000 inhabitants, of whom 70 people attended the seminar.

Finally, on 18 April, the third Seminar-Workshop took place in Tuluá, municipality located in the zone center of the Department, which counts approximately 200,000 inhabitants, of whom 25 persons took part.

Three Seminars were divided in two sessions, a theoretic one and a practical session. The interval time between these sessions was devoted to the use and the making of equipment (modified equipment from local materials and available resources) and also to make a small collation.

The practical sessions consisted of a demonstration of 'Jugando al Atletismo' competition and school children took part in the event. The competitions met with everyone's acceptance including the participants in each Seminar and the boys and girls. All of them really enjoyed organizing this type of athletics competitions and doing the utmost of the available resources.



José García Grossocordón
IAAF S&Y Commission Member



Worldwide Celebration of Youth Athletics

One of the most popular programmes of competitions in the annual calendar, the 2009 IAAF World Athletics Day has been well-attended by 160 IAAF Member Federations.

As motivational items encouraging enthusiasm for Athletics, thousands of gifts such as T-Shirts, posters, diplomas and pins were distributed to each competing Member Federation. The ultimate invitation is no doubt a huge and very attractive reward: the children who will be lucky enough to be picked from a draw of WAD winning national young athletes, will be invited to attend part of the **12th IAAF World Championships in Athletics in Berlin, Germany from 19 to the 23 August** this year. The travel and accommodation costs will be covered by the IAAF.

The WAD 2009 Draw was held at the IAAF Headquarters in Monaco under the scrutiny of the IAAF General Secretary P. Weiss and determined the winners as follows:

- ◆ 12 children from the Youth Age Group; 1 Boy and 1 Girl from each of the six Continents (Areas) from the winners of club competitions

SELLOUM	Riad	ALG
KHALAF	Abdel-Latif	SYR
KAMINSKI	Damian	POL
MARTINEZ	Junior	HON
SINCLAIR	Matthew	AUS
ALZATE	Cristian	COL

KANDJI	Sangone	SEN
FATTAH	Suzanne	YEM
WEIGERTOVA	Monika	SVK
BRATHWAITE	Kenrisha	BAR
HAMMOND	Kayla	AUS
JOURDAN	Dana	PAR

- ◆ 6 youngsters ranging from 13 to 15 years of age, each from respective continents were also selected.

DATA	Rophin (M)	UGA
LIU	Chia-Ying (F)	TPE
JANONYTE	Simona (F)	LTU
MONTUCHARD	Astrid (F)	PYF
YANKEY	Shanica (F)	DMA
ZAMBRANO	Yusleidis (F)	VEN

- ◆ In addition, 6 Teams (13-15 years old, 1 per area) from the winners of School Team competitions will be drawn and each shall receive one set of youth athletics equipment for their school.



WAD in AUSTRIA, May 2009



WAD in UGANDA, May 2009



WAD in Ukraine, May 2009



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School & Youth News

- **CECS LI LECTURERS COURSE IN MOROCCO - June 2009**

The Moroccan Athletics Federation has requested the IAAF assistance in the organisation of a CECS Level I Lecturers course. The country is very active in the development of kids and youth athletics.

- **EAA SURVEY**

Following the European Youth Athletics Conference which took place in Oslo, Norway in December 2008, a survey involving the participating countries was organised: they overwhelmingly support the Kids and Youth Programme.

- **MAURITIUS: Launching of inter primary school Kids' Athletics Competition**

The MAA has proceeded to the launching of the kids athletics competition in all primary schools of the 12 different regions last week. This was broadcasted on TV by the Mauritius Broadcasting Corporation during the Sports news and they have a wide coverage of TV and newspapers.

- **SEE YOU IN SUDTIROL, BRESANONE WORLD YOUTH MASTERCLASS**

IAAF Kids' Athletics Exhibition shall take place prior to the WYC on July 6th, with the cooperation of a local school and the contribution of six IAAF Ambassadors.

- **IAAF KIDS' ATHLETICS ON FACEBOOK!**

Please follow the link below and see the photos of Kids' Athletics in Australia, Niger, Algeria, China and France...

<http://www.facebook.com/photos.php?id=5693392565>



SURINAM, May 2009



Kids' Athletics OMAN, April 2009



UKRAINE, May 2009



LAOS, May 2009



WAD UGANDA, May 2009

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