

Level I – U16 Coach

With the introduction of the new CECS Level I (U16) which follows the IAAF Kids' Athletics (U12), there is the opportunity to emphasise and develop the educational aspects of teens' / youth athletics for effective work with youth and beginner athletes. The new Level I will produce qualified youth coaches who will be able to train and prepare teens providing the "bridge" from IAAF Kids' Athletics (U12) FUNdamentals (Run, Jump, Throw [RJT]) to 'real' athletics. Youth coaches will be competent and able to take the kids through to the youth programmes of training and competition relevant to teens' athletics (13-15 years of age). The Level I syllabus covers all event groups and emphasises the practical skills of coaching. At the same time, the Level I Course provides a theoretical base which is sufficient to allow coaches to continue learning, either through their own efforts or within the structure of the CECS.

To make the most efficient use of resources and ensure the optimum application and activity, Level I Courses will be conducted at locations within the countries of Member Federations, using IAAF accredited Level I Lecturers and standardised course materials. The course structure and timetable for Level I Courses are flexible (provided certain specified requirements are met) in order to adapt to local conditions. The norm will be for a 12-day residential course. A 10-day residential course with blended learning (E-Learning) is in production.