

IAAF

Kids & Youth

News

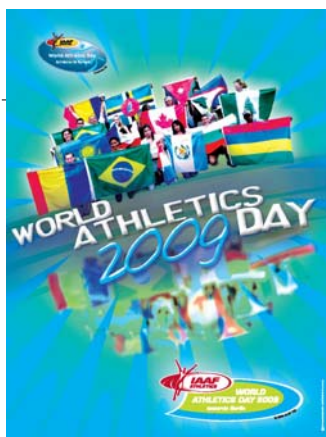


N.6 — FEBRUARY 2009

International Association of Athletics Federations

School and Youth Athletics Promotion:

- *WORLD ATHLETICS DAY 2009: Planning and preparations.*
- *Schools' Exchanges via Internet: when Kids' Athletics becomes a sharing platform.*



Heartened by the success of the preceding editions, the 14th World Athletics Day will take up again the participation of school children in individual and team competitions. Gathering clubs and schools, the WAD became one of the most important events which promotes our sport around the world.

SET THE WAD 2009 IN MOTION

It will be held in May, preferably the weekend of **16 & 17 May 2009** or during the month of May.

To attract as many children as possible, the Member Federations are prompted to get the authorities in charge of school sport in its country involved in the organisation and the celebration of this Day. As usual, the participating MFs will be provided with a parcel of promotional items to be presented to the participants (50 t-shirts, 100 pins, 100 posters and 100 diplomas).

Prizes

18 young athletes of the WAD, coming from all

Areas, will be drawn and these "lucky winners" from the individual competitions will be invited to attend part of the **World Championships in Athletics in Berlin, Germany** (August 2009).

In addition, six winning teams (among the 13-15 year olds, 1 from each Area) will be drawn to win **athletics equipment** offered by the IAAF.

Finally, the IAAF encourages its Members to organise a Kids' Athletics exhibition for the 7-12 year olds on this occasion.

Let us make the WAD a great Athletics Festival!

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SCHOOLS' WORLD EXCHANGES

Besides its beneficial effects for children in terms of health, pleasure and socialization, Kids' Athletics is an excellent vehicle for exchanges and progress: meeting other people, getting to know better foreign countries and different cultures.

To help cross-cultural exchange between PE teachers and improve their teaching approach, the IAAF has decided to initiate a school network covering the whole world. Contacts will be made through internet enabling Kids' Athletics users to get in touch with other teachers and pupils doing athletics in the same spirit.

The process has already been launched between Malta, France, Mali, Burundi and Morocco.

Should you be interested in this «school exchange», application forms can be forwarded on request at the following email address: Alexia.herrou@iaaf.org. Once you return this form, you will be added to a mailing list depending of several criteria (age categories, language, set objectives, etc.) and you will be able to get in touch with other schools with the same exchange criteria.



CECS LI LECTURERS' COURSES: PROVIDE NATIONAL EXPERTISE

A CECS Level I Lecturers Course for Spanish speaking National Federations took place at the University of PUERTO RICO from 10th to 15th November 2008.

The objective of this course is to train national lecturers who will be able to lead coaches courses and develop the School and Youth programme in the clubs and the schools of the country.



Seventeen (17) participants took part in this course, representing 15 Member Federations (Anguilla, Netherlands Antilles, Antigua, Bahamas, Barbados, Bermuda, Cayman Islands, Grenada, British Virgin Islands, Saint Lucia, Montserrat, Saint Kitts & Nevis, Turks & Caicos Islands, Trinidad & Tobago and Saint Vincent & The Grenadines).

Under the guidance of two IAAF Senior Lecturers, Mr. Oscar Gadea from Uruguay, and Mr. Lenford Levy from Jamaica, all the candidates were successful and accredited with different levels of competencies.

For further information and more photos, please refer to the website of the IAAF



RDC of San Juan (www.rdcsanjuan.org) and check the archives section.



CECS Level I National Lecturers Course in ALGERIA.



The objective defined by the IAAF in the training courses is clearly to make its Member Federations autonomous in terms of education and expertise and to implement the new programme within schools. If

the IAAF considers that one Member Federation can actually have its own educational structure, it recommends to organise Level I Lecturers courses allowing the participants to eventually lecture in their own country, in courses for national coaches.



Hence this CECS Level I National Lecturers Course which is geared to fit with this strategy. Sponsored by Olympic Solidarity, it took place in Algiers, Algeria from 25th to 30th November 2008 and involved 23 participants. This course ushered in the necessity for immediate action; the participants underlined the relevance of the IAAF Kids & Youth Programme and understood the original educational approach. They found the programme « complete, efficient and motivating ».

EDUCATION : A STRATEGY TO DEVELOP ATHLETICS IN THE WORLD

► **In LIBERIA, from 9 to 19 August, 2008.**



In coordination with the Liberia Track & Field Federation and the IAAF, a CECS Level I course took place in Kakata, Margibi County of Liberia. It was conducted by Mr. Frederick Massaquoi, local Instructor who served as facilitator of this course, he had attended a Seminar in Kenya where he was accredited as CECS Level I local Instructor.

The Daily Observer of the country as well as the report—full of substance and photos- testified to the success of the training course and the dedication of the 22 participants in spite of ascetic conditions. A Kids’ Athletics competition was organized including PE Teachers from schools in Mar-

gibi. Everyone avers that “the kids in Kakata were excited about athletics”.

Frederick Massaquoi asserted that “it was his fervent hope that teachers who are taught maintain the spirit of athleticism in the county (...) and take the sport throughout Liberia”.

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► **BENIN, from 13 to 18 October 2008,** started to implement its National Development Plan for a sound based athletics, with a training course for CECS Level I Lecturers in Cotonou. There were 14 participants representing all provinces of Benin and coming from the National Sports Institute. This course was the first of a series of three training sessions, which come within the framework of



this Plan. The Beninese Federation aims at making Kids’ Athletics accessible to as many schools as possible.



► **In SINGAPORE, from 13 to 22 November 2008**

Singapore Athletics Association has successfully conducted its first IAAF CECS Level I Youth Coach Course



which was “very informative” according to the 24 participants. It was lectured by Mr Nasrullah Rana who was assisted by Khairina Mohd.

“Nasrullah’s deep understanding and passion for athletics was very inspiring” said one participant. Some

Kids’ Athletics activities had already been initiated in Singapore and this



course is to give a boost to the KA development in schools.

► **BELIZE , from 1 to 10 December 2008**

Taking a step in the development of athletics, Belize hosted a CECS Level I Youth Coach course involving 13 participants. Conducted by Mr. Wayne McSween (GRN) and Mr. Angel L. Alicea (PUR), the course was attended by 13 participants. A Kids’ Athletics exhibition was scheduled in the curriculum of the course which turned out to be very successful.



IAAF KIDS' ATHLETICS IN AUSTRALIA



Brandt and the Athletic Centre's Program Manager, Daphne Grehan, decided to offer Kids Athletics. Five activities were chosen – 1 jump, 1 throw and 3 running activities. For the first hour the children practiced the activities by age groups. Then for the second hour they were teamed up in 5 teams across age groups. The teams were allowed 4 minutes actually performing each of the activities.

Athletic Centre for 8 to 12 year olds. The Athletic Centre plans to conduct a Kids Athletics promotional day later in the year, and then offer Kids Athletics through next summer for children not involved in Little Athletics.

Reported by Tom Brandt

Manager of the Athletic Centre

University of Queensland, Brisbane

Australia

The IAAF Kids Athletics was introduced into Australia recently when both a training and competition morning was conducted at the University of Queensland Athletic Centre on Thursday, January 22nd 2009. Tom Brandt, Manager of the Athletic Centre, was introduced to Kids Athletics on a study tour of France in April, 2008 (See Newsletter N^o. 4).

While in France he was hosted by IAAF Consultant Charles Gozzoli and was given a first hand briefing and view of Kids Athletics. Tom has brought the concept back to his facility in Brisbane.

44 children, ages 6 to 12, had enrolled in a Multi Sport clinic for one week of their school holidays through the University of Queensland Sports Association, which the Athletic Centre is a part of. For the athletic experience, Tom

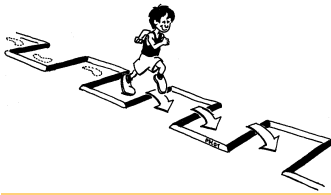
Additional time was allocated for rotating and captains bringing their team score to a central scoring point. Scores were recorded in readiness to be posted on the overall scoring board as soon as every team had performed at each activity.

The event was well received by the children. The children participated enthusiastically offering each other a lot of encouragement. Also the team leaders took their duties very seriously as well. The Athletic Centre will continue to offer Kids Athletics to children involved in the Multi Sport program at the University.

Kids Athletics will also be incorporated into the after school coaching programs being conducted at the



Example of Educational Situation:



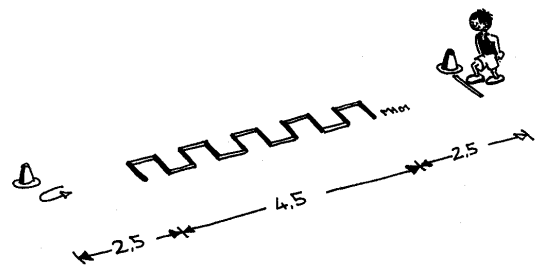
Kids' Athletics Event: Speed Ladder

Analysis of the event

The speed ladder event requires great planting precision at running speed and certain ability to create high frequency support.

Safety Instructions

Markers on the ground delimiting the "ladder" must be safe. The ground must be soft and non-slippery. A preliminary warming-up session is necessary for this event.



EDUCATIONAL CARD

Objective: Groundwork for high-frequency support

Proposed situation

On a slightly sloping base (2% at the most), manage spaces which get narrower with crossbars. Ask the participants to keep running down at a high speed, and make sure one foot always lands between two successive crossbars.

The beginner's behaviour

Beginners generally do not respect short distances between crossbars and keep striding along at high speed. Their stride will get worse (run on tiptoes).

Instructions for the exercise

Keep a correct running position.
Look where you are going.

Noticeable points

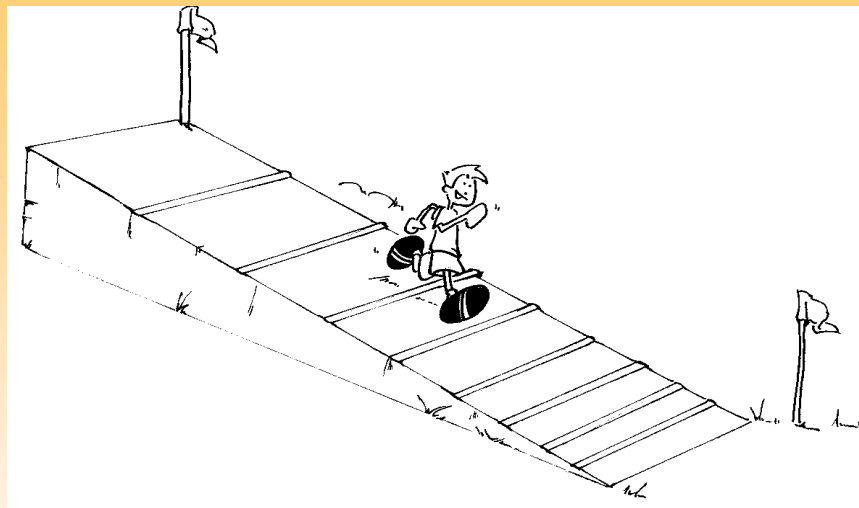
Respect the distances and maintain a running speed.

Teaching progression

Use different running areas. Organise running events with two opponents wrestling. Move towards games.

Safety & Equipment

Appropriate slope, horizontal markers, keep the finishing area free, vertical markers, organisation of the group.



S&Y Projects and Activities

KIDS' ATHLETICS IS CONQUERING LEBANON...

The end of the year has been particularly animated for Libanese children with several Kids' Athletics exhibitions which took place to their great delight.

- **Kids' Athletics for Independence**, 29 November 2008: this was the 7th event in Lebanon, which was



organised in Baabda with the enthusiastic participation of sixty children coming from six schools of Lebanon. This meeting was special according to the news we got: the climate was ideal, the participating children were very talented and the exhibition went smoothly sponsored by the Committee of the 6th 'Jeux de la Francophonie'. At the end of the event, the

children received certificates, t-shirts, pins and caps and they were supported by the mascot of the 'Jeux', their parents who came in large numbers, the General Secretary of the Libanese Athletics Federation, Mr. Nehmetallah Bejjani, the school directors and the local TV & press. Bubbling with enthusiasm and energy, the children competed for one hour and a half in an atmosphere where they could blossom.

- **Christmas KIDS**, 14 December 2008: Mr. Jean Ghaoui, IAAF Kids' Instructor, who is behind these events, reported that: "it was a wonderful day, never to be forgotten. Sixty children met at 'Notre Dame de Jamhour' School full of warmth and friendship... While some music was playing, the children were able to take part in the 7-event competition with keen interest. A briefing took place prior to the competition for the 12 organizing people. The press was with us, but also the parents, the Libanese Athletics Federation represented by its General Secretary and the school directors. (...) The kids repeated that it was the best time they



ever had". He added that "after one competition, I think it is the best Kids' Athletics and each new competition proves to be even better!"

- For 2009, seven Kids' Athletics competitions are scheduled throughout the country, which will certainly be full of promise.



WHILE IT IS MAKING PROGRESS IN MALI!



The IAAF applauds the initiative of one participant to a Lecturers' course, Mr. Harouna Coulibaly, who undertakes to organise a Kids' Athletics exhibition involving six teams which represented three different schools of the country.

Full of imagination and inventiveness, they worked all together to make their own equipment from the local materials.

To spread the IAAF Kids and Youth programme, another competition is scheduled for 25 May 2009 at national level.



DEVELOPMENT PROJECTS: HATS OFF !

- To ARUBA: Mr. Rudolph Simon**, IAAF Kids' Athletics Instructor, reported from Aruba that they just finished their 3rd week of kids' Athletic course. The students had the opportunity to set up the different events for the 7-8 age group on the field. Another training session took place in January where the students had the opportunity to achieve their training, before presenting their project in the local newspaper, on tv and radio. On January 16th 2009, they have started to implement the Kids' Athletics programme in six different schools. Each participant had to draw a 5-week planning of competition for kids, using the IAAF Practical Guide. Further information will be provided as and when they come.



- To MOROCCO: Mr. Abdel Chaheb** organised a training course for the under 12 and under 16 year olds in the



North of France. He has been very active and has made the most of the IAAF CECS Level I course he attended last year. With this experience, he managed to set up a number of projects with French kids' instructors. Aware of the necessity to involve the schools in the development of the Programme in his own country, he conducted also a training course for teachers in Safi, Morocco, December 2008.



- To MALTA: Mario and Paul**, IAAF qualified coaches for kids and youth, provided the IAAF with a regular feedback on their activity in their country and showed great initiative to develop Kids' Athletics in Maltese schools. In coordination with the national



ederation, Athletics Malta, the IAAF Kids' Athletics penetrated the school community. As testified by Mr. Anthony Chir-

cop, President of the Federation, this was possible because they went "directly to the

IT WAS A GREAT CHALLENGE (...) SINCE THEY "WERE INTRODUCING ATHLETICS ON AN ISLAND WHERE IT WAS NON EXISTENT

Ministry of Education and Sports". It was a great challenge to Mario and Paul since they "were introducing athletics on an island, Gozo (which is the sister island to the mainland Malta) where it was non existent and where there are no Athletics facilities whatsoever".

They are now working in four schools, doing kids' athletics once a week. "The kids have great fun and it motivates us to keep going" said Mario. We would like to men-

tion the kids' athletics meeting they organised in Malta with 70 kids from Gozo, making a total of 170 kids involved. The event was a tremendous success and so they are working to include more schools in the programme.

NEXT MEETINGS:

- 7th March 2009: Kids' Athletics Event in Malta
- 19th April 2009: A Kids' Athletics Festival is planned with lots of sports and cultural activities which should be offered to the children. Their wish is also to give an international dimension to their project and include foreign participation so that the children can share their experiences.





International Association of Athletics Federations

IAAF
17 rue Princesse Florestine
MC 98000 MONACO
Phone: +377.93.10.88.88
Fax: +377.93.15.95.15



School & Youth News

IAAF CECS Level I Courses in the weeks to come:

- **Oman Athletics Federation** is planning to organise a training course from 28th February to 9th March 2009 and has defined a development programme for kids and youth athletics in the schools of the country.
- **Surinam Athletics Federation** will be conducting a level I course from 13th to 22nd February 2009 in coordination of the RDC of Santa Fe, Argentina.
- **Athletic Association of Sri Lanka** has decided to conduct three Courses for 120 Physical Education Instructors. This ambitious educational project should start from 1st March, 2009.
- **Turks & Caicos Islands** volunteered to host a level I course to develop the school and youth programme in the area. It shall take place from 9th to 18th March 2009 and will be co-sponsored by the National Federation and the RDC of San Juan.



Omar Badr Hasmany

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The IAAF School & Youth Commission will hold its 7th meeting in Monaco, 21st and 22nd February 2009. Its members will discuss a large number of issues relating to kids and youth athletics and will make a number of recommendations to be submitted to the IAAF Council approval.

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A European Youth Athletics Conference took place in Oslo, Norway, 5-7 December 2008. It gave the IAAF the opportunity to introduce the School & Youth programme to the European countries. A Kids' Athletics exhibition was organised for the occasion.



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For further information regarding this newsletter, please contact:
Alexia Herrou, IAAF Member Services Department, Tel +377.93.10.88.17, Fax +377.93.50.85.93, Email: alexia@iaaf.org