



Coventry Godiva Harriers Club Induction

Overview



- Our Club
- The Club Pathway for Young Athletes
- Athlete Development Model and Pathway
- Competition Options for Young Athletes
- How You Can Help Your Child (Parent Guidance)
- Helping out the Club
- Key Personnel
- Questions and Answers

Our Club



Historic:

- Coventry Godiva Harriers was founded in 1879
- One of the oldest clubs in the country!
- Since 1984 this has been our base

Approach:

- Presently, we are a club for all

Our Club



We are all volunteers, so please value that we are giving our time.

Each and every one plays an important part, not just the ones that you see and hear.

We plan to invest in people, including young athletes, to give back.

We hope that you'll consider lending a helping hand.

Our Club



Track etiquette:

- Be mindful of throwers and look out for the yellow throwing signs
- When someone shouts track, stand to the line closest to you
- The water jump is for steeple chase only
- Barriers are to separate the competition area from the crowd
- Equipment should only be used in the presence of a qualified coach

Off-Track:

- Hi-Vis and listening to group leaders is essential



Behaviour Of Young Athletes

We would like to improve the quality of sessions for young athletes so that they continue to have fun and enjoy what they are doing in a safe environment.

Beyond the athlete code of conduct here is a traffic light system (young athletes):

Red: **Failure to comply** with the code of conduct, asked to leave.

Yellow: **Repeat offence** in the same session, athlete sent to head coach to explain their behavior against the code of conduct, sits out for **10 minutes**

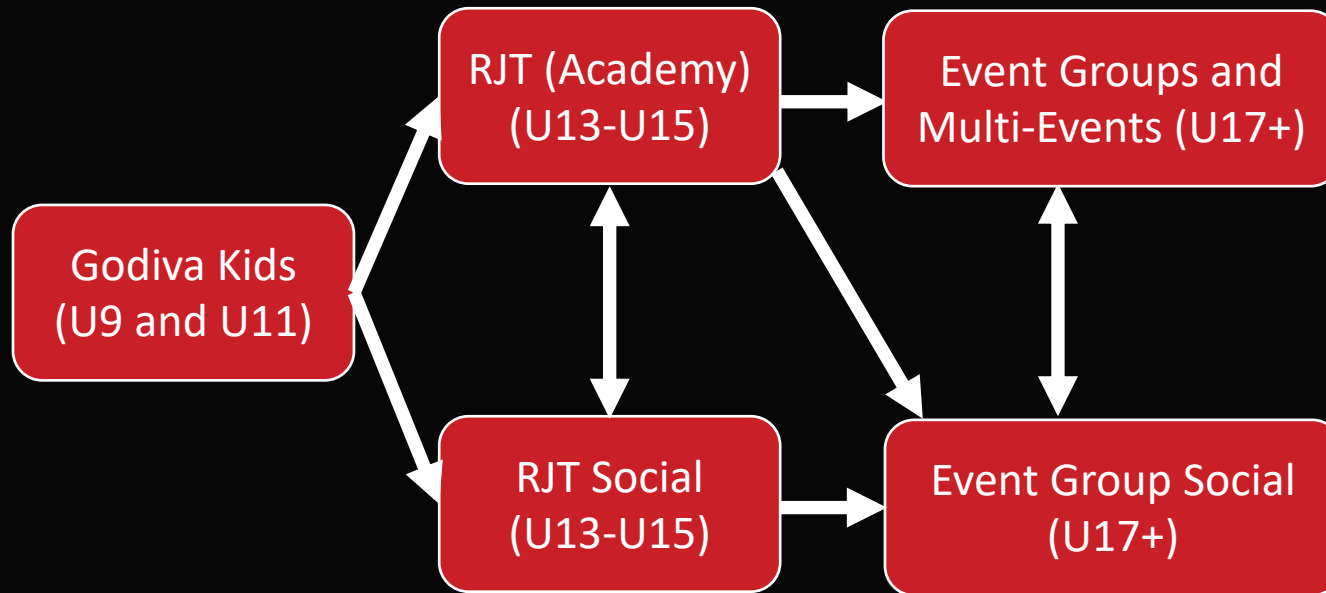
Green: **Unacceptable behaviour** spotted, group coach has a word with the athlete (challenge), if no immediate improvement, they will sit out for **5 minutes**

The Club Pathway for Young Athletes



- Club pathway for **NEW** young athletes based on their age at entry point.
- U9 (Year 3 - min age 8) - Godiva Kids (games based **FUNdamentals**)
- U11 (Year 4/5) - Godiva Kids (**FUNdamentals**)
- U13 (Year 6/7) – Run Jump Throw Social (more social/recreational) or Run Jump Throw Academy (more focussed training as a transitional period - **Learning to Train**)
- U15 (Year 8/9) - if aged 12-14, Run Jump Throw (for initial assessment of athletic movement and skills, and to find out what athletes enjoy and are good at - **Foundation - Training to Train**) includes appropriate sampling of Youth Endurance, Jumps, Speed and Throws (delivered by RJT coaches)

CGH Pathway for Young Athletes



- Min age 8 for Godiva Kids (club rules)
- Min age 12 for off-track Endurance (insurance reasons)
- A progressive 6 year programme to prepare athletes for Event Group training

What is Run Jump Throw?



- It is what we call the transitional training group at CGH that utilises the Athletics 365 curriculum – effectively a version of the old GK2
- All new members aged 12 years of age (Year 8) will be enrolled for initial assessments of fundamental movements and skills
 - Younger ones (U11) must start in Godiva Kids and only regular attenders will be invited to Run Jump Throw (Academy) at U13
- U11-U15 initially split in age groups but evolves into ABILITY based groups
- Fun challenges

How does it work?



- Regular and consistent training groups
 - Same group for a given term, same coach/coaches for that group
 - Better understanding of what has been done so far/where people are at
 - Structured sessions – quality coaching
 - Less repeat and more progression as a result
- In line with UKA and England Athletics guidelines and programmes
- Ratios of mostly 1:6 and 1:8
 - Recommended is 1:10
- Ongoing assessments (process goals)
 - To gather a picture of each athlete across the term/year

What is Athletics 365?



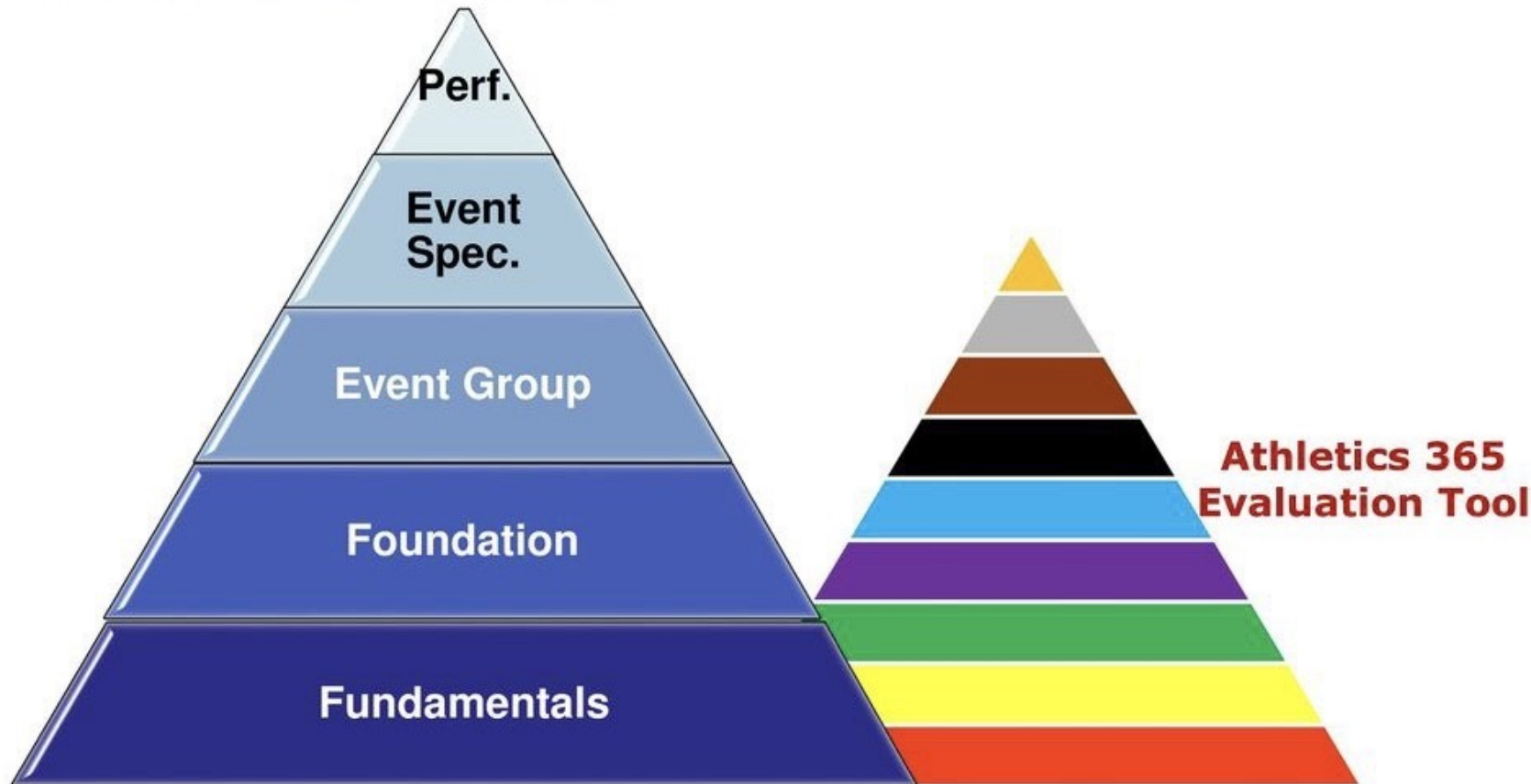
A development system for athletes devised by UKA and England Athletics

- It aims to do this by:
 - Adopting a Multi-event approach with colour stages
 - Athletics 365 curriculum
 - Stepping away from early specialisation – (Athletics is a late specialisation sport!)
 - Less of coming to a club thinking “I’m a sprinter”, who knows?!
- Involves:
 - Physical Conditioning
 - Running for Speed, Distance, Over Obstacles and in Teams
 - Jumping for Height, for Distance
 - Throwing – Pushing, Pulling, Sling and Swing plus rotation

EA Athlete Development Pathway



Where is the athlete now?



- Black attainment level in Athletics 365 means athletes have the movement skills to begin event group training

Why?



- We are a late specialising sport
 - What does this mean? It takes a long time to get to our best
- It's important to do the right training, at the right time, in the right way
- Often what isn't working is because of something not quite right with fundamental movements and skills
- England Athletics recommend multi event type training up to U17s

EA Athlete Development Model



| Athlete Dev Stage | Training Age | Movement Ability | Training Content | Physical Preparation | Training Frequency |
|---------------------------|--------------|--|--|---|------------------------|
| Event Specialist | 7yrs + | Honing and practicing movement related to a single event under pressure. | Traditional session structure with 1 event only in a session plus fitness development. | Directly related to the event. May be affected by season and competition program. | 5-12 sessions per week |
| Event Group Development | 2-7yrs | Refining learned movements for a single group of events. | Traditional session structure with 1-2 events AND fitness development. | Formal Event Group regime which may be seasonality driven. | 3-6 sessions per week |
| Foundation | 1-3yrs | Learning athletics movements across a broad range of events | Run, Jump, Throw using adapted / competition equipment. | Aspects to be learned and progressed using comfort and stress loadings. | 2-4 sessions per week |
| Fundamentals of Athletics | 0-1yrs | Learning general athletics movements | Run, Jump Throw using games based activities. | Aspects to be learnt through games – comfort loadings. | 1-2 sessions per week |

Competition Options for Young Athletes



- In-house – RJT challenge days – individual and team based (family too!)
- Quad Kids – School Years 3-6
- Sportshall Athletics (U11-U15)
- County Championships (U13+)
- Heart of England League – U11-U20
- West Midlands Young Athlete Cross Country League – U11-U17
- Youth Development League (lower age group) – U13/15
- Various opens

How You Can Help Your Child



Guides and Recommendations

- Print out term dates and competitions and add them to your calendar
- Keep a copy of the training timetable
- Check the website for changes and information
- Keep us updated on what they are doing (athlete profile – including growth chart)
- Abide by the [Code of Conduct](#)

How You Can Help Your Child



Be positive at all times



Support your coach's tactics and decisions



Offer words of encouragement during matches and training



Work cohesively with other parents



Role model the rules and respect the officials

Ways to Improve Your Child's Experience of Coaching



Encourage and listen to your child



Give your child constructive feedback 48 hours after a match or training session



Be open to your coach's point of view



Praise your child and other people's



Smile, have fun and enjoy watching your child reach their potential

Help out the Club



- Get involved!
 - Did you know many clubs ask parents for 4-6 volunteering occasions per annum?
 - We have plenty of roles on offer, plus the training support to go with it.
- We would like to build the club and to do that we are always in need of more coaches, officials and other volunteers.
- Got a child at an event? Offer to put in a short shift.
- What doesn't seem like much can actually make a huge difference!

Key Personnel (Coaching and Comps)



- Youth Section: Heather kids@coventry-godiva-harriers.co.uk
- Team Managers: teams@coventry-godiva-harriers.co.uk
- Memberships: Julie and Pete registrations@coventry-godiva-harriers.co.uk
- Welfare: Jayne and Eamonn welfare@coventry-godiva-harriers.co.uk
(Make sure you save the Welfare number on the poster!)
- Interim Chair and Officials Coordinator:
Stewart officials@coventry-godiva-harriers.co.uk
- Coaching Coordinator (pending): coaching@coventry-godiva-harriers.co.uk



Questions and Answers

Any additional please do contact us:

vice-chair@coventry-godiva-harriers.co.uk



Thank You

From The CGH Team