

## COACHING

TALENT PATHWAY	ENTRY STANDARDS	LONG TERM ATHLETE DEVELOPMENT STAGE	TRAINING
<b>AAAC DEVELOPMENT LEVEL 3</b>	<p>Competing at national level. Strong desire to compete in England Athletics Age Group Championships in their event (s).</p> <p>Committed to training and competing regularly.</p>	<p><b>Event Specialism:</b> Upon maturity, athletes will specialise in one or two events, or multi-events.</p>	<p><b>Target:</b> Five athletics sessions per week <b>Aim :</b> <i>Train to Win</i> <b>Session Content :</b> Event specific technical training. Physical Preparation. Physical literacy and conditioning.</p>
<b>AAAC DEVELOPMENT LEVEL 2</b>	<p>Competing at district and national level Demonstrate real dedication to their training and understand where they are going with athletics.</p>	<p><b>Event Group:</b> Around 15-16 years old athletes can start to focus on a specific event group (sprints, endurance, jumps, throws or multi-events). Athletes will still focus on a range of events within the event group so as to develop a good all round event group specific conditioning and co-ordination base.</p>	<p><b>Sessions :</b> Four athletics sessions per week <b>Aim :</b> <i>Train to Compete</i> <b>Session Content:</b> Event group specific technical training. Physical literacy and conditioning.</p>
<b>AAAC DEVELOPMENT LEVEL 1</b>	<p>Competing at district or national level. Regular attendance at training with a continuing interest in athletics and desire to maximise their potential.</p>	<p><b>Multi-event:</b> From 12 years + athletes will be exposed to a range of athletics events across many event groups (sprints, endurance, jumps, throws and multi events). At this age it can be difficult to predict what event athletes may be best suited to and many athletes do not know what they prefer.</p>	<p><b>Sessions:</b> Three athletics sessions per week <b>Aim :</b> <i>Train to Train</i> <b>Session Content:</b> Development of athletic skills over many event groups (sprints, endurance, jumps, throws and multi events). Physical literacy and conditioning.</p>

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<b>AAAC CHILDRENS' 5.30 SESSIONS</b>	Athletes should be competing at a local level in either AAAC open graded events, junior parkrun or local cross country events. Min age 9 years old Has an interest in athletics and a desire to maximise their potential.	<b>Sport Focus:</b> Up until around 12 years old children should be doing many sports, not just athletics, as this will allow the young athletes to pick up all the fundamental movement patterns required for training in the future.	<b>Sessions :</b> Two athletics training sessions per week <b>Aim :</b> <i>Learn to Train</i> <b>Session Content :</b> Basics of all athletics events (except pole vault). Physical literacy and conditioning.
<b>AAAC SATELLITES &amp; AAAC/ASV SESSIONS</b>	No entry standards	<b>Sport Focus:</b> Multiple sports	<b>Sessions :</b> One athletics training session per week <b>Aim :</b> <i>FUNDamentals</i> <b>Session Content :</b> Introduction to athletics. Physical Conditioning and Movement Skills

### ABERDEEN AMATEUR ATHLETIC CLUB TRAINING TIMES

Monday, Tuesday, Wednesday and Thursday evenings are the main training evenings for the club at Aberdeen Sports Village. There are two sessions on Mondays and Wednesdays, 5.30 - 6.30pm and 6.30 – 7.30pm ( may vary by coach). The AAAC childrens’ training group train between 5.30 -6.30pm on both days. There are also two sessions on Tuesdays and Thursdays, 5.30 - 6.30pm and 6.30 – 7.30pm ( may vary by coach).

As an athlete progresses, additional sessions will be added to their weekly training programme by their coach. The number of sessions you should expect to receive from the club is dependent on which coach you train with and what developmental level you have reached- refer to table above and Coaching Structure 2021 diagram in the Coach section.

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### **ENTRY TO THE CLUB TRAINING SESSIONS AT ABERDEEN SPORTS VILLAGE**

There are limited spaces in the AAAC childrens' training sessions at Aberdeen Sports Village on Mondays and Wednesdays 5.30 -6.30pm. It is recommended that children wanting to join these sessions, should firstly attend a club satellite or the AAAC/ASV athletics sessions, and show they have been competing in local parkrun, cross country or track and field athletics competitions (AAAC organise athletic competitions regularly. You do not have to be a member of the club to enter a competition that is described as "open graded", please refer to the club website). Children under 16 years of age will also need to attend a Club Try Out/Induction meeting with their parents, before they will be allowed to train at the club sessions. The Club Try outs/Induction meetings are held periodically throughout the year. You can take out club membership if you are wanting to compete for Aberdeen AAC, while attending any of the club satellites or AAAC/ASV athletics sessions.

If you are 16 years or older, wanting to take out club membership and join the club training sessions, you can join at any time of year. Please contact the club by email in the first instance.

### **ATHLETES ADDING ADDITIONAL EVENTS TO THEIR TRAINING PROGRAMMES**

Twice a year, at end of outdoor season in September and end of indoor season in March, athletes will be given the opportunity to inform the coaching team if they would like to add an additional athletics event(s) to their training programme or to move to try a different event. The coaching team will meet to discuss these requests and arrange for athletes to progress to the next development level in their training should the coach consider they are ready to move.

### **ABERDEEN AMATEUR ATHLETIC COMMUNITY LINKS**

Aberdeen Amateur Athletic Club (AAAC) greatly value our connections with primary and secondary schools in Aberdeen City and Aberdeenshire. These connections are achieved in partnership with Active Schools and Aberdeen Sports Village.

Research by Scottish Athletics has shown *"the vast majority of children who participate in athletics do so because they first experienced it at school.... and that more than 90% of Scotland's International athletes identify their school teacher(s) as the person responsible for motivating them to participate in the sport"*.

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Based on this AAAC are keen to reinforce existing and create new links that will provide a simple pathway for potential athletes from school into the club.

### HOW WE DO THIS

#### School Running Club/AAAC Affiliation

These sessions are run by the school staff with parent volunteers and are supported in their development by Aberdeen AAC. They run during term-time.

**Westpark AC** - Westpark Primary (Westpark pupils only).

#### Satellite clubs

These sessions are led by AAAC coaches operate during school term-time. Current sessions (Oct 21) are: -

**Albyn School** - (Albyn pupils only) Monday and Wednesday lunchtime, Friday before and after school. Contact N Crawford, Deputy Head Teacher.

**Inverurie** - Garioch Sports Centre, Tuesday 6 -7pm, term time.

**Inchgarth Community Centre** - Wednesdays 3.30-4.30pm, term time.

**Westhill** - Westhill Academy, term time 4.15-5.15pm (starting November 21)

#### AAAC/ASV athletics sessions

These sessions are run at Aberdeen Sports Village by the Aberdeen AAC in partnership with Aberdeen Sports Village. They are led by AAAC coaches. These sessions run during term time and we run camps during school holidays.

Athletics - Tuesday 4.30 -5.30pm 8- 15 years old.

Athletics - Thursday 4.30 -5.30pm 8- 15 years old.

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### **School Visits**

AAAC try to visit as many schools as possible each year to give children the opportunity to try athletics. These sessions follow the principles of long – term athlete development ensuring that the activities, skills and competition are all relevant to the age and stage of the participant. More importantly these sessions are intended to be fun.

The format of the sessions varies depending on the requirements of the school and can be a curricular “taster” session covering most athletics events, event specific curricular sessions i.e sprints, jumps, throws or an endurance session or a block of extracurricular sessions. AAAC do occasionally organise year group Sportshall competitions for schools.

### **Competitions**

AAAC organises a Primary Schools Track and Field Championships each year at Aberdeen Sports Village.

Our coaches are also involved in the Aberdeen Youth Games and Grampian Parasport Day.

6/10/21 RW-CDO