

ATHLETE PATHWAY

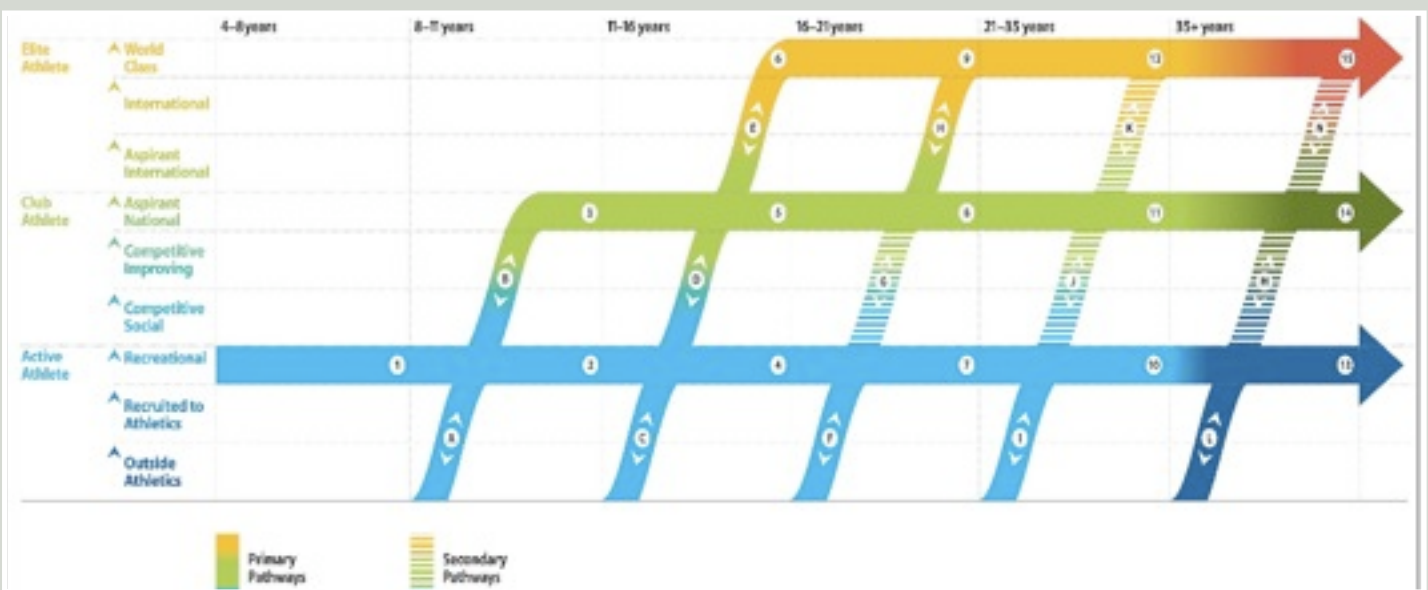
ENGLAND ATHLETICS - SOUTH EAST

A guide to talent development for athletes and parents.

www.mandmac.org



Introduction - The athlete pathway is a graphical representation of the routes an athlete may take at different ages and standards of performance. This page also gives an idea of the amount of training that is necessary at each performance standard. The diagram shows that athletics is a late development sport. There is no such thing as a World Class 14 year old in athletics which is different to other sports you may have been involved in such as gymnastics and swimming.



Recreational - This level is also called Panther and normally only needs a commitment of one day a week training. There are competition schedules for this level but participation in them is optional.

Competitive Social - At this level the focus should still be on fun and trying a range of athletic events. Membership of the club on an annual basis will allow access to a range of competition that will be mainly County based.

Competitive Improving - In the ideal situation moving to this level should be a definite decision and in most cases is likely to happen at D rather than B or G. It requires the support of parents as a commitment to training needs to be balanced with school or work commitments. If you feel that your future is best served by excluding sport entirely during exam periods then the best advice is to stay at Competitive Social. Assuming relevant standards South East region competition and attendance at County Squads may be needed at this level. An example of the family commitment would be to look at the competition programme in advance and arrange family visits to avoid fixture dates.

Aspirant National and above - Standards of performance or potential to perform at the relevant Level will be the main qualifying factors. At this level there would probably be an individual training and competition plan. An example of the required family commitment would be that holidays are booked around competitions not the other way round.

4-8 & 8-11 years - Most of this activity will take place in school or holiday schemes and should feature a multi-skills approach. Keep in mind that a good guide to develop sporting talent is to seriously try 5 sports before 11 years. **At present the club programmes start at 9 years of age.**

11-16 years - For early development sports this age group may need to make a commitment of many hours a week but with athletics it would be 1 day (1.5 hrs) per week at 11 possibly rising to 4 days (8 hrs) by 16. The talent development guidance would be to do 2-3 sports to 16 then pick one.

16 years + - If you have sporting talent then pick one sport at this age and give it a go. Hopefully that sport is athletics.

Panther Club Details

Panther Club is the place to start for U15s. If you are over 14 then you may need to look at the full coaching programme page as well. The Panther Club gives an introduction to all the Run, Jump and Throw aspects of athletics. Details of the sessions currently offered are listed here:

Medway

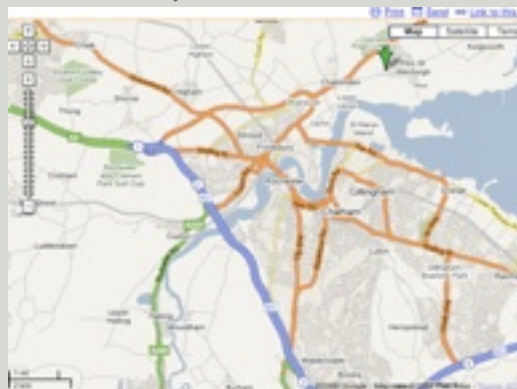
Tuesdays 6-30 pm

Hundred of Hoo School

Main Road, Hoo St Werburgh

ME3 9HH

Chris Bowman 07970 544 324



Saturdays 10-00 am

Deangate Ridge Track

Dux Court Road

Hoo St Werburgh

ME3 8RZ

Jim Sheehy 01622 737 670



Maidstone

Mondays or Thursdays 6-30 pm

Valley Park Community School

Huntsman Lane

Maidstone

ME14 5DT

Jim Sheehy 01622 737 670

