



ARACP COACHING PROGRAMME OVERVIEW

1. PROGRAMME ACTIVITIES

The fundamental aim is to produce new parent coaches and up-skill existing ones. The guiding concept is to succeed well in the basic core athletic activities.

1. Recruiting new coaches

- A Club coaching package that includes some direct coaching of athletes with parent coaches in attendance.

2. Professional Development for existing coaches

- Club coaching sessions
- Coach mentoring
- Clinics and workshops including Athletics NZ or Athletics Auckland regional courses

3. Resource development

- Develop the AAI website

4. Maintenance of the Auckland Athletics Coach data base

2. PROGRAMME COACHES

This will be delivered by Neil Bartlett, Athletics Auckland's Coach Development manager. Other Coaches will be invited to participate, when the need arises.

Job Descriptions include:

- Completing all training requirements
- Delivering the programme activities to the required quality
- Making full and timely reports including data base information of new coaches trained
- Consistent availability and absolute reliability

3. PACKAGE FOR CLUBS AND SCHOOLS

Coaching delivered at your club or school

1. **Basic Athletics Skills** – For Junior Clubs, Primary, Intermediate and Secondary schools. This is an Auckland Regional Athletics Coaching Programme (ARACP), not aligned with any ANZ qualification. It is at a basic level and is free to clubs. Aimed at teaching parents/teachers basic skills over 3 groups of events. Guideline booklet for every coach are given free. 6 hours activity per club --2 hours on each of 3 groups: 1. track 2. long and high jumps 3. discus and shot. **NOTE: these are not just athlete coaching sessions; they are to train parent/teacher coaches** who will then coach within your club. Limit of 6 hours per club/school, subject to coach availability. Clubs may choose any combination of these sessions, but need to be specific about what they want. Clubs are to arrange their parent/teachers to attend. In the course of instructing these coaches, young athletes will be used for demonstration purposes, and this forms effectively a coaching session for these athletes. However, the prime purpose is to teach new coaches. A record will be kept of all coaches attending (emails and/or phone contacts).
2. **Teachers' Professional courses** – By arrangement and dependent on coach availability during or after school time, coaches could deliver courses to teachers either for one school or a cluster. Contact Neil Bartlett (development@athleticsauckland.co.nz).
3. **Electronic Coaching Resources.** List of resources, provided by Athletics Auckland. Consult Athletics NZ website/Get involved/ Coaching. No charge.

Coaching provided at a Central or Regional venue

1. **Basic Athletics Coaching:** Both practical and theory sessions will be conducted by Athletics Auckland. Refer to the website: athleticsauckland.co.nz and refer to Get Involved/Coaching for further information.

Professional Development offered to Existing Coaches

1. **Coach Mentoring:** This is an opportunity for new coaches to link with an experienced one, by arrangement, watching coaching sessions or receiving advice. A free service. This needs to be formally organized through Neil Bartlett at development@athleticsauckland.co.nz and is dependent on availability of Mentor Coaches.
2. **Camps and Courses:** The camps will be held through the Aspire Development academies, and will be delivered by selected experienced coaches. These will be advertised from time to time. They will be of varying levels according to demand: from fundamentals to advanced technical content. They are likely to be either in school holidays or on weekends. Courses will be held throughout the year from basic Athletics to intermediate and advanced level instruction. These will be facilitated by Athletics Auckland.
3. **Practicum opportunities in clubs:** Secondary school or tertiary students may serve practicum requirements at clubs, in coaching. Contact Neil Bartlett for further information.

Resources

Many resources will be provided with these activities above. Extra resources will be available for purchase if wanted, at a modest cost. Likely to include DVD's and Manuals