

# IAAF Kids Athletics



## A Brief Overview...

Often children's athletics competitions are scale models of adult competitions. This standardisation often leads to early specialisation and elitism which can be detrimental to the development of most children. After several research initiatives and studies on the current situation, the challenge for the IAAF was to formulate a new concept of Athletics that is uniquely tailored to the developmental needs of children.

In 2001, the "IAAF Kids' Athletics" Working Group took the initiative and developed an event concept for children which featured a distinct departure from the adult model of Athletics. The concept was hereafter labelled, **IAAF KIDS' ATHLETICS** - An attractive, accessible, instructive and exciting Athletics programme aimed specifically at Children. It is a fun team based competition comprising of modified Athletics games aimed at avoiding early specialisation. The programme is aimed at 7 – 10 year olds (but can be modified for younger and older athletes) and links in well with the established Athletics New Zealand Run Jump Throw coaching programme.

## An exciting opportunity for NZ...

After the successful implementation of the IAAF Kids Athletics programme in Otago over the last two years, Athletics New Zealand is delighted to have been selected by the IAAF to participate in the IAAF/Nestle Healthy Kids Athletics Programme for the next four years. This means Athletics New Zealand now has the capability to develop and launch the programme in schools and clubs across New Zealand.

*"The IAAF Kids Athletics Programme is an exciting and innovative addition for our 7 – 9 Year olds. It offers better fundamental skill development and adds variety. The kids love it! The programme has great potential and has been incorporated into our inter- club competitions, club nights and inter-school (indoor) competitions".* Andrew Finn – NZCAA & Otago Childrens Athletics Association.

**For more information from the IAAF Kids Athletics Team check out:**

<http://www.iaaf.org/development/school-youth>



### How can the IAAF Kids Athletics Programme benefit our club?

- It's an additional programme you can offer your members – creates variation.
- It can be used as part of club nights E.g. In the warm up, linking with existing coaching programmes (Run Jump Throw), fun team competitions
- The IAAF/Athletics NZ endorsed 'Kids Athletics Trainer' in your club will be able to up skill parent and teacher volunteers with in your club network
- Engage and deliver to schools in your club area. It's a great tool for creating club school links and possible income for clubs (charging schools for use of programme)
- Indoor competitions (off season or rainy day option)
- Exciting alternative to traditional athletics
- Exciting bright new equipment
- Promotional tool – Have a go days/Open days
- Be creative...the possibilities are endless

### What will our club receive?

- Up-skilling of key instructors within your club
- IAAF Kids Athletics Kit valued at \$3000
- Event cue cards
- IAAF Kids Athletics – A Practical Guide for competition
- IAAF Kids Athletics Certificates
- On-going support from Athletics NZ



**Cost of the IAAF Kids Athletics Programme: \$3000**

***If you would like further information, please contact::***

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