

Athletics New Zealand Programmes Overview 2024/2025

Foundation Programmes - Run Jump Throw and Get Set Go

Athletics New Zealand has two foundation programmes for teaching athletics specific skills to kids. Get Set Go is targeted at kids aged 3 to 6 and teaches fundamental movement patterns of stability, locomotor and manipulative skills. Run Jump Throw is targeted at kids aged 6 to 11 and teaches the fundamental movement skills of running, jumping and throwing. The programmes are based on the philosophy that the development of skills, in a fun, participant-centred environment is the key to participation. The emphasis is on the development of fundamental movement patterns specific to athletics.

We understand that every setting is different. This programme is flexible and can easily fit into every delivery setting throughout New Zealand. The Get Set Go and Run Jump Throw resources have been developed for coaches, parents and teachers to help assist delivery of a child-centred approach that meets the needs of all Kiwi kids.

A Foundation Programmes coaches workshop takes approximately 2-2.5 hours and includes education on the three philosophies: the environment we create, maximum participation and understanding the participants, as well as the practical skills of the programmes.

Coaching Athletic Development Level 1

Coaching Athletic Development (CAD) Level 1 is Athletics New Zealand's new community-level coach education programme. CAD Level 1 teaches coaches the technical fundamentals of 11 athletics events and will help coaches to confidently coach athletics skills to junior athletes. The course bridges the gap between the Run Jump Throw Foundation Programme (target age 7 to 11) and competition-based athletics.

All CAD Level 1 event modules are delivered as practical workshops that take between 2-3 hours. This includes time for participant assessment and observation by the Coach Educator. At the end of the course, coaches will be awarded a "CAD Level 1" certificate.

Officials Education

Currently we use ANZOES and World Athletics eLearning. The National Officials Advisory Group (NZOG) are currently reviewing the mix of this and face to face education.

To look at eLearning go to elearning.worldathletics.org Sign in, it's free.

eLearning covers most of the sport in one module, where as under ANZOES it is separated into 8 areas.

- Group 1: Jumps (Long/Triple Jumps, High Jump, Pole Vault)
- Group 2: Throws (Shot Put, Discus, Hammer, Javelin)
- Group 3: Track (Judging, Wind Gauge, Lap Scoring, Umpiring, Starting, Time Keeping, Photo Finish)
- Group 4: Walks (Walk Judging, Chief Judge (A & B), Recording, Posting Board, Pit Lane (A), General Track Officiating)
- Group 5: Outside Events (Course Setting, Starting/Umpiring, Time Keeping, Judging/Lap scoring/Recording)
- Group 6: Administration (Competition Management/Announcing, Recording, Seeding and Draws, Technical)
- Group 7: Course Measurement (Course setting and Measuring for events outside the stadium up to and including Marathon distance)
- Group 8: PARA (All events)