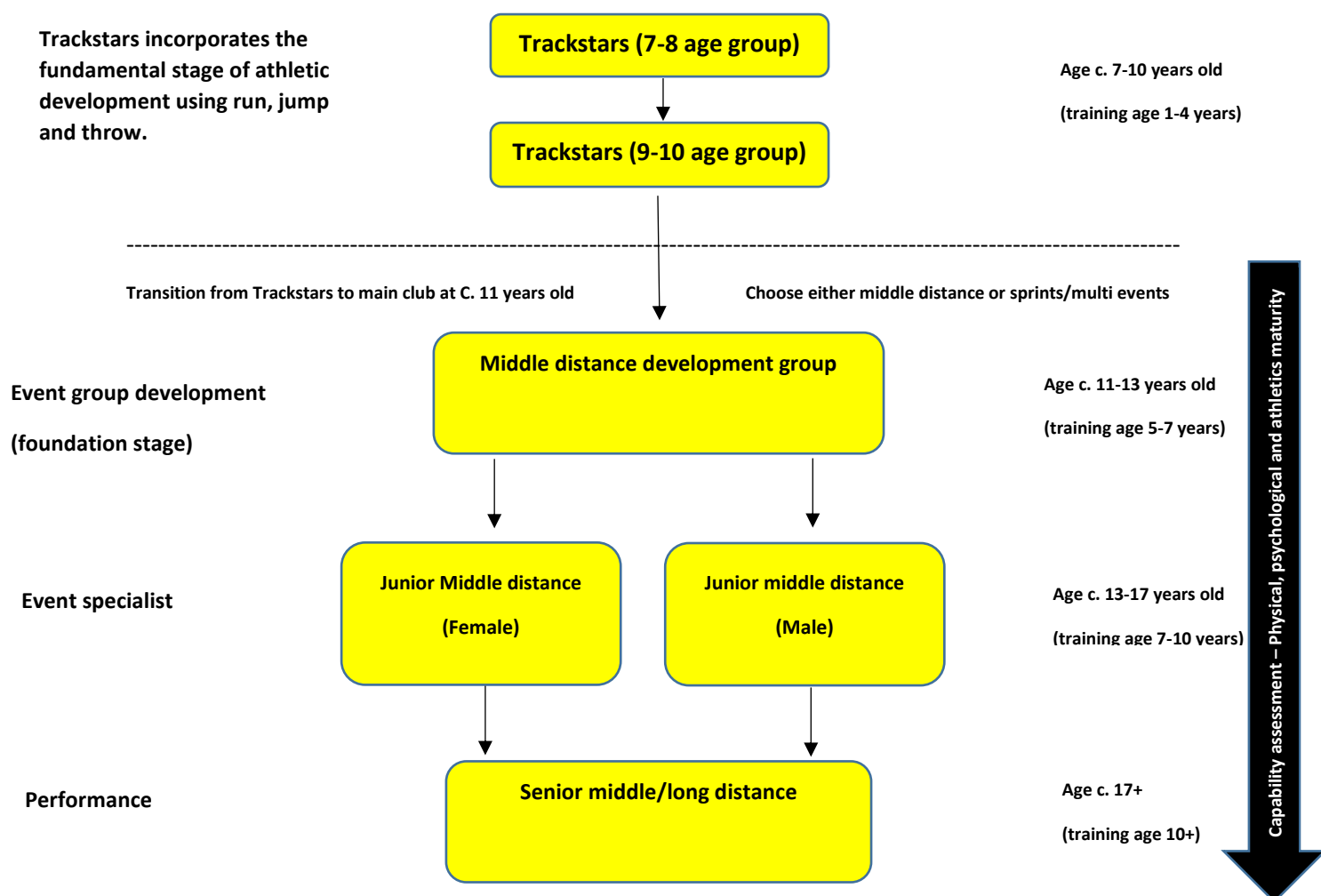


Kilbarchan AAC – Athlete Development Pathway



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Athletes entering the club out with this pathway be assessed and placed in a group dependent on their biological age and their physical, psychological and athletic maturity.

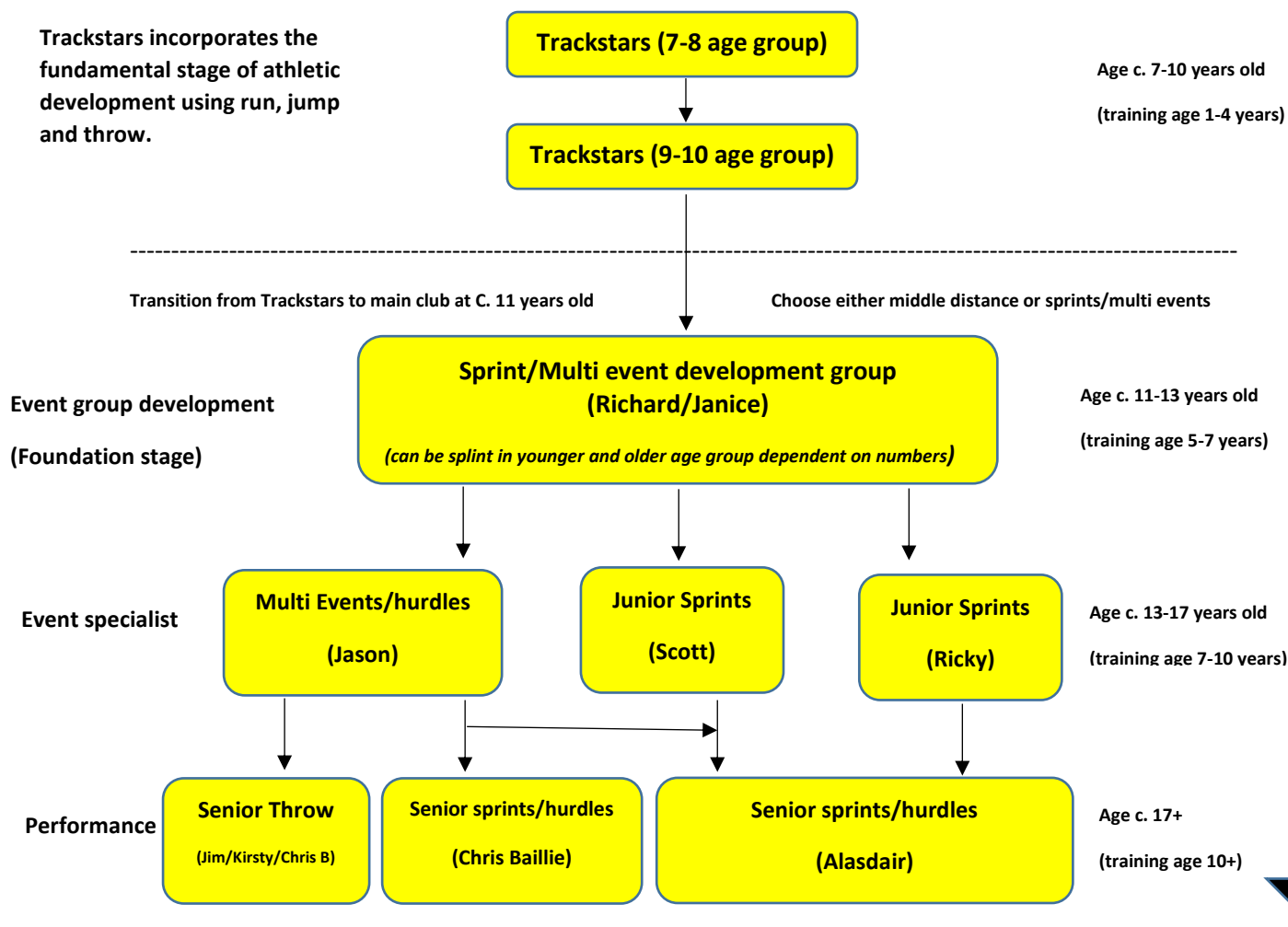
Athletes are allowed to change training groups however this should be fully discussed with their present coach before approaching another coach in relation to a potential move.

A certain level of behaviour is expected at training session and this applies equally to the coaches, athletes and volunteers. The club adheres to the UK athletics code of conduct policy ([codes-of-conduct-booklet.pdf \(uka.org.uk\)](https://www.uka.org.uk/codes-of-conduct-booklet.pdf)). If you have any concerns in relation to the above you can discuss this with one of the coaches or alternatively you can contact the club welfare officer.

Competing for the club

Kilbarchan AAC is a competing club and it we are trying to produce athletes that are able to compete at a local, national and international level and the club has an expectation that athletes will be willing and available to compete for the club if selected. This is the case for all levels within the club from Trackstars through to the Event Specialist groups.

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Kilbarchan AAC – Athlete Development Pathway

Trackstars (fundamental to foundation level)

All new athletes aged between 7 -11 years of age shall enter the club through the Trackstars programme. This part of the club is designed to give children a fun opportunity to participate in athletics activities and focuses on fundamental movements helping children learn vital skills they will need as they develop. Athletes are introduced to a range of athletic events, basic skills, balance, coordination and speed sessions; the essential ABC's of all sports.

Children will have the opportunity to practice and become familiar with the basic techniques involved in running, jumping and throwing events. Enjoyment and having fun are the key factors in this age group however as children progress through the programme there will be some focus in improving performance and an introduction to some of the competitive elements of athletics.



Trackstars progress to development group

Development group (Event Group Development – foundation level)

Athletes from 11 years old enter then main club training nights at this stage and will follow either the middle distance pathway of the sprints/multi events pathway depending on their interest.

Athletes in the this Group will continue to be monitored by the coaches and when it is considered appropriate they will be given the opportunity to progress to the event specialist group after consultation with the athlete, parent and the relevant coaches. It is recognised that some athletes may progress from the development group to the event specific groups quicker than others.

All Athletes will be given the opportunity to work with a specialist coach for a few weeks as a try out before making a decision on which event specialist group they wish to join.

Please note - The development groups are transition groups and there is an expectation that athletes will progress from this group to an event specialist group by the time they have reached 14 years of age.



Development group progress to event specialist

Event specialist/performance groups

This should be a natural progression to groups offering more individual specialised coaching for those Athletes who wish to progress within the sport whether it is to better their PB or gain international recognition. These groups cover all aspects of training and will be suitable to each individual athlete taking into consideration the athletes training, physical and biological age.

Athletes can if they wish be coached by different event specific coaches e.g. an athlete can be part of a sprint group but be coached in hurdles or S+C by other coaches. This should be done with agreement between the athlete and relevant coaches.