



14/15 Season Coaching

**Ballarat Little Athletics
Centre**

Plan

Version 0.5

31/07/2014

The purpose of the Plan is to provide for the stakeholders, the reasons for and expected output from the Coaching Subcommittee activity, together with its estimated cost, delivery time frame and risk assessment, thus providing a sound basis for approval of the plan. Once approved, this document defines the criteria against which the overall success of the Coaching Subcommittee activity will be measured.

The Plan effectively forms the 'contract' between the Committee Executive as the sponsoring body and the Coaching Subcommittee.

The plan contains , or references via links to the BLAC website, the most current version of information.

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1. VERSION CONTROL

Version	Release Date	Author	Description of change
0.1	13/05/14	K Jones	Initial version
0.2	19/05/14	K Jones	Included draft Coaching Calendar and Terms of Ref
0.3	23/05/14	J Jones	Added some content in Approach Section to give the idea
0.4	20/07/14	J Jones	Added content from pre-existing info and basic event instructionals
0.5	02/08/14	K Jones	Amended to take into account coaches and committee review comments
1.0	05/09/14	K Jones	Initial version for Committee review
1.1	15/09/14	K Jones	Amended to take into account risk evaluation and Committee review comments
2.0	30/09/14	K Jones	Final version for Committee executive approval

2. SUPPORTING INFORMATION

Title	Version	Date	Location
Coaching Task	NA	NA	CTM Database – Coaching Task
Little Aths Victoria Education and Training	NA	NA	LA Vic website

3. DISTRIBUTION

Name	Role	Date	Version
Coaching Staff	BLAC		0.4, 0.5, 1.0, 2.0
BLAC Committee	Governance		0.4, 1.0, 1.1, 2.0

4. AUTHORISATION

BLAC Role	Name	Signature	Date
President	Shane Bicknell		
Vice President	Wayne Castleman		
Secretary	Deb Darlow		
Treasurer	Glenn Tyler		
Coaching Subcommittee Co-ordinator	Kate Jones		

5. TERMS OF REFERENCE

1. Background

In Season 2008/09 BLAC began midweek coaching on a small squad basis at various locations until 2011/12 when the coaching was conducted consistently on Wednesday evenings at Llanberris. The training for all these years was not widely publicised and was very much run to the coach's preference of events for a small contingent of athletes.

In season 2012/13 a key takeaway from the LA Vic Minifest was that Centres with a strong focus on coaching were successful and indeed a survey conducted State wide confirmed that high on the parent's list of desirable qualities for a Centre was the emphasis on coaching.

The concept of roving coaches during Saturday morning competition was established in 2012/13 which also continued in 2013/2014, with an average of 3 roving coaches each week.

In 2013/14, midweek training was more formally organised by the Coaching Subcommittee and covered all events on a somewhat adhoc basis of skill based or games play largely depending on the availability of coaches and composition of athletes attending. Attendance was approximately 20 athletes each week. 15 sessions were conducted from 09/10/13 – 26/03/14.

2. Purpose

This Subcommittee is responsible for training and development of coaches and athletes.

The range of core activities includes creating and running a coaching program for athletes, establishing a coaching staff, and training Team Managers regarding basic athletic instruction.

3. Objectives

1. To have a well-trained group of coaches each with an a specific event(s) interest who are on hand each Saturday normal competition for specialist advice.
2. To conduct midweek training with a focus on event skill based instruction for improvement at Saturday competition.
3. To build the relationship between coaches and Age groups, so that all athletes and parents have a point of contact for skill development advice and training.
4. To foster and increase the number and qualifications of coaches. To provide advice and training to Team Managers and parents to enable correct instructions for events conducted at Saturday morning competition.

6. 2014/2015 BRIEF

1. In Scope

1. Document and provide formal and ongoing training in basic instruction for correct conduct of events conducted on Saturday morning competition
2. Design and conduct midweek training sessions to cater for all age groups, abilities and events
3. Document and provide ongoing advice in event specific techniques for the information and development of parents , Team Managers and athletes

4. Oversight of events conducted during Saturday competition to ensure correct operation and to provide specialist technical coaching advice, but within the confines of the scheduled event timeframe
5. Provision of centralised facility during Saturday morning competition for 'between event' cool down, warm up and training activities
6. Document, communicate and review coaching activity throughout the year, to inform the Committee and members of progress and planned changes.
7. Recruitment and training of coaches

2. Out of Scope

1. Relay training (Coaching SC will provide documentation to assist and advice as required but training is Co-ordinated by the Competition SC and conducted by the Team Managers)
2. Coaching proper during events on Saturdays (Saturday is competition day, so the extent of coaching is to provide specialist advice between attempts but not to hold up competition)

3. Key Interfaces & External Dependencies

1. Athletes

Athletes are the reason for the existence of the Coaching Subcommittee and the highest priority of it. All Coaching activity is aimed directly or indirectly at the enhancement of the athletes enjoyment, performance, self worth, self confidence, sense of community and friendship.

2. Parents

Parents are critical to the success of the coaching effort. Parents' involvement as coaches, subcommittee members, and as the fundamental encouragers of their children, not only support but indeed enable coaching.

3. BLAC Coaches

Coaches operate under the auspices of the Coaching Subcommittee, and provide core advice in line with the approved instructionals documented.

4. Consultant Coaches

There are a number of coaches who have built strong relationship with BLAC typically due to BLAC athletes being coached by them in their later years in BLAC and beyond. BLAC coaches may seek advice from these coaches on specialist coaching technique, and these coaches may be involved as guest coaches at midweek training.

5. BLAC Committee

The Coaching Co-ordinator on behalf of the Coaching Subcommittee reports formally to the Committee via the Committee meeting.

The Committee communicates to the coaches via the Coaching Committee Co-ordinator

6. Little Athletics Victoria (LAVic)

LAVic provides training opportunities which are considered by coaches and parents. LAVic also publish event rules and amendments, which are noted by the Coaching Subcommittee to ensure coaching documentation and practices are maintained in line with them.

7. Active After School Communities (AASC)

The AASC is a federally funded initiative which employs coaches to provide after school activities in relation to a sport chosen by Schools benefited by this scheme. An opportunity exists for BLAC coaches to be employed by the AASC particularly when schools have chosen athletics.

The AASC has a high regard for the coaches sourced from BLAC. An athletics program has been designed by BLAC coaching staff which is used for the AASC athletics program.

7. BUSINESS CASE

1. Outline – Key Reasons for 2014/15 Brief

It is the view of BLAC, that focused attention to skill development and activities designed to help children enjoy athletics and training, provide the best platform for individual increase in self-confidence and self-worth through personal improvement. A natural consequence, although not an objective, is that this dynamic is a major factor in driving retention rate up.

The clear advice and research from LAVic is that training is an aspect to be highly valued for enhancing improvement, interest and enjoyment, and is a key requirement from parents.

Incorporation of training during events and as an organised package between events as well as providing consistent and well organised midweek training is seen as a key plank in building the culture of friendship family fun and improvement at the Centre. This is seen as part of the Centres mission to provide an activity which contributes to an improved lifestyle and community.

2. Expected Benefits	Rating	Measurement
Greater interest in athletics	High	Survey results, retention rate
Greater improvement in performance	High	PB volume, survey results
Greater awareness of and relationship with other athletes and parents	High	Volunteer levels, level of 'outside athletics involvement' reduction in instances of bad sportsmanship
Higher levels of self confidence and self worth	High	Survey results
Greater sense of community and satisfaction in working together for a common goal	High	Volunteer levels, participation at outside competition meetings, social events
Higher participation at midweek coaching	Medium	Attendance records
Higher level of volunteer involvement in Coaching	Medium	Coach and Subcommittee numbers
Better results at State level competition	Low	Results
Higher participation rate on Saturday competition and alternatives to normal competition	Medium	RHQ data
Higher retention rate	Medium	LAVic data

3. Estimated Costs Total \$9,950

Labour	Cost
Co-ordinator (ex BLAC athlete)	\$500
Midweek coaches (ex BLAC athlete) Level 1 @\$20/hr x 2 x 20 sessions	\$800
Midweek coaches (ex BLAC athlete) Level 2 @\$25/hr x 2 x 20 sessions	\$1,000
Saturday comp Coaches (ex BLAC athlete) Level 1 @\$20/hr x 2 x 20 sessions	\$800
Saturday comp Coaches (ex BLAC athlete) Level 2 @\$25/hr x 2 x 20 sessions	\$1,000
Guest coaches @\$30 x 10	\$300
Equipment	

T Shirts (Level 1 – 2 yrs commitment) /Spray jackets (Level 2 =- 2yrs commitment)	\$200
On Track (Current stock value approx. \$500)	\$200
AASC (July 2014 - \$500 worth via AASC grant) held by Coaching Co-ordinator	Nil
Training	
ITCC@ \$105 x 10	\$1,050
Level 1@300 x 5	\$1,500
Level 2@300 x 5	\$1,500
Level 2 Specialist @300 x 2	\$600
Sundries	
BBQ's, prizes, gifts etc	\$500

8. APPROACH

1. Sub Committee

A Coaching Subcommittee is formed around May-Jun each year, and its Co-ordinator is the vehicle for communication to and from the Committee.

The Coaching Subcommittee meets regularly (often, for convenience, after Saturday normal competition, to discuss, plan and review activity.

The Co-ordinator is responsible for producing the yearly plan, seeking input and gaining approval for it from the Committee, and implementing it.

The Co-ordinator also produces a monthly report for the Committee and typically attends the Committee meeting to present it.

2. Planning

Planning for the upcoming season starts early (May) for the Coaching Subcommittee, especially as there is significant lead in time needed to recruit coaches, offer and organise training, and produce the yearly plan for coaches and Committee approval.

The process of planning is to start with the prior year's Yearly plan and end of season review document to commence the upcoming season's Yearly plan documentation.

The V1 plan is an optimistic one on the basis that 'if nothing is ventured then nothing is gained'. This approach is maintained throughout the formation of the plan; (May-August) to capture the aspirations of the Coaching Subcommittee and Committee.

There are some key risks; the main one of which is lack of resources. At the end of September, a risk evaluation is undertaken, and V2 of the plan is created as a realistic guide to activity in the upcoming season.

The hope is always that V2 is similar to V1

The end of season review importantly includes members and committee feedback on the season, whether adhoc, at meetings, or via survey, and all these artefacts are examined to make sure the yearly plan is relevant on a year to year basis.

The Yearly Plan is the authoritative document for the years coaching activities and should include all relevant information including the Coaching Calendar and subcommittee activity at a high level of detail to avoid the need to be determining process and practice during the competition season.

3. Midweek Coaching

In 13/14 a fee of \$2 was charged for midweek, \$1 of which went to BRAC for the gate fee. Collection of the fee was an added task which delayed the coaching session and the small numbers of attendees did not make this worthwhile. For 14/15 no fee will be charged, however the membership fee has been increased to cover costs and encourage greater attendance.

The format of midweek training will be settled and documented well before season commencement and communicated as part of the Coaching Calendar on the website. It is expected that these actions will also drive a greater attendance at midweek coaching.

A key component of the training each session will be technique coaching which will be provided for all events on a rotational basis and will incorporate guest instructions from external coaches, aiming for a single guest per session both to maintain the high profile of this aspect and to make it achievable.

SESSION	EVENTS
1, 8	Long and Distance
2, 9	Shot and Walks
3, 10	High and Hurdles
4, 11	Javelin and Sprints
5, 12	Triple and Distance
6, 13	Discus and Walks
7, 14	Hurdles and Sprints

NOTE - Names below are only at the planning stage; no one has been asked yet

EVENT	BLAC COACH (PREFERENCE)	EXTERNAL COACHES / GUESTS
Long jump	Kate	Paul Cleary
High jump	John	Paul Cleary
Triple jump	Kate	Paul Cleary
Shot put	Emma	Lindsay Burgoine
Javelin	Shane	Lindsay Burgoine
Discus	Shane	Lindsay Burgoine
Sprints (blocks, standing starts)	Dan, Liam, Dino	
Middle/ long distance	Daryl	Rod Griffin, Senior club athletes
Hurdles	Kate	Ray Wienberg, Kate Ryan, Anna Rice
Walks		Darryl Biggins, Jarred Tallent, Rachael Tallent

Detailed session plans are shown in the Appendices. Refer also to the Coaching Calendar section for session summary.

4. Saturday Morning Coaching

Coaches are deployed across 6 aspects on Saturday normal competition;

- Warm up (3 – 6 coaches)
- On Track (1- 2 coaches)
- Team Management (3 coaches)
- Coaches Corner (1-2 coaches)
- Event Management (1-6 coaches)

- Roving (1-2 coaches)

The allocation of tasks is dependent on the number and attributes of coaches available on the day and the order of priority is as listed above.

Each year, coaches are assigned age groups and are responsible for establishing a relationship with them. The extent of the relationship is mainly up to the coach, but as a minimum includes warm up 8.30 – 8.40 on Saturday normal competition, and making all parents and athletes in those age groups aware that they are the point of contact for coaching advise.

After the coaches warm up, the coaches attend to their duties for the day as directed by the Coordinator.

The On Track sessions are conducted for U6 and U7 athletes at 9.30am and 10.30am respectively. The On Track sessions are to follow the prescribed On Track program by coaches who have competed LA Vic on Track training.

A number of coaches (Aths Aust Level 1 2 or 3), assume Team Manager responsibility, and if so, this is their sole role after warm up. They provide ad hoc coaching / specialist advice to all athletes in the age group between event attempts within the constraints of the event schedule timeframe.

Coaches Corner is manned from 10.00 – 11.30am at the 200m start shelter and provides a 'between events' resource for athletes. It includes refreshment, rolling videos of athletic event technique tips and inspirational clips, games based training drills and next event warm up routines.

Event Managers (who may be coaches) are responsible for the event being conducted correctly and in the prescribed timeframe. Coaches in this role will provide 'between event attempt' coaching and specialist advice for all athletes.

Note – Where a coach is an Event Manager and a Team Manager is a coach then the Team Manager/Coach shall be responsible for coaching duties at the event.

5. Coaching Calendar

A Coaching Calendar for the whole year is to be prepared by the end of August. It is a draft for some time, as lining up some special guests may not be able to be confirmed until later. The calendar is designed so that it is a summary and easily referenced by members, (ie in the handbook, on the notice board) but there is a link to the detail of each session, which displays the session plan when accessed via the website.

NOTE – Coaches names below are only at the planning stage; no one has been asked yet

Day	Date – Time	Description	Who	Location
Wed	Midweek Training 03/09/14 - 4.30 - 5.30 followed by BBQ and coaches demo	Back to basics - Running <ul style="list-style-type: none"> • Hit the competition season running. • Learn or refresh the core skills and drills for running • BBQ and coaches demo and tips follows. 	New and learning parents and athletes	Llanberris
Wed	Midweek Training 10/09/14 - 4.30 - 5.30 followed by BBQ and coaches demo	Back to basics - Jumping <ul style="list-style-type: none"> • Last thing you want is 3 no jumps in the first week of comp ! • Leap into learning or refreshing the core skills and drills for jumping events. • BBQ and coaches demo and tips follows. 	New and learning parents and athletes	Llanberris
Wed	Midweek Training 17/09/14 - 4.30 - 5.30 followed by BBQ and coaches demo	Back to basics - Throwing <ul style="list-style-type: none"> • 3 no throws could also be described as Throwing up. Very embarrassing in the first week of competition !. • Avoid disappointment, and 'put' your name down, to learn or refresh the core skills and drills for Throws events. • BBQ and coaches demo and tips follows. 	New and learning parents and athletes	Llanberris
Wed	Midweek Training 24/09/14 - 4.30 - 5.30 followed by BBQ and coaches demo	Back to basics - Total Recall <ul style="list-style-type: none"> • The final warm up. • Get the specialist advice and training you need for each and every event you need to learn or refresh the core skills and drills for. • BBQ and coaches demo and tips follows. 	New and learning parents and athletes	Llanberris
Sat	Registration 27/09/14 – 10.00–12.00	Registration, BBQ, Come and Try and Volunteer day <ul style="list-style-type: none"> • Coaches will be on hand for the Come and Try events 	All	Llanberris

		<ul style="list-style-type: none"> BE a Coach – Ask us how; Coaching Subcommittee members will be there to sign you up ! 		
Sat	Normal Competition 04/10/14 - 28/03/15 8.30am - 12.00noon	<p>Warm up, On Track, Specialist Advice and Coaches Corner</p> <ul style="list-style-type: none"> Coaches lead warm up with designated Age groups and touch base for needs and tips etc. Coaches attend at particular events based on specialist skill set. U6 and U7 attend separate ‘On Track’ session between events Just say ‘CC’ - Coaches Corner provides ‘between event’ cool down, refresh, training vids, drills and activities and warm up for your next event. 	All coaches not in a Team Manager role	Llanberris
Sat	Wk 1 Normal Comp 04/10/14 –10.30 – 11.00	<p>30 MIN INTERMISSION - EVENT INSTRUCTION PART 1</p> <ul style="list-style-type: none"> It is critical that the correct technique, particularly to avoid fouls, and key instructions for events is understood by parents and Team Managers, so come along and hear it from the horses mouths. The children will be entertained by a scavenger hunt ! 	All Parents	Llanberris - middle of the field
Wed	Midweek Training 8/10/14 - 4.30 -5.30	<p>Long jump and Distance focused training</p> <ul style="list-style-type: none"> Skill based fun training session with special guests - Paul Cleary - Level 4 Jumps coach click here for session plan (Note – link to session plan will be inserted when it is produced) 	All Athletes	
Sat	Wk 2 Normal Comp 11/10/14 –10.30 – 11.00	<p>30 MIN INTERMISSION - EVENT INSTRUCTION PART 2</p> <ul style="list-style-type: none"> It is critical that the correct technique, particularly to avoid fouls, and key instructions for events is understood by parents and Team Managers, so come along and hear it from the horses mouths. The children will be entertained by a scavenger hunt ! 	All Parents	Llanberris - middle of the field
Wed	Midweek Training 15/10/14 - 4.30 -5.30	<p>Shot Put and Race Walking focused training</p> <ul style="list-style-type: none"> Skill based fun training session with special guest – Darryl Biggin - Level 4 Race Walking coach click here for session plan (Note – link to session plan will be inserted when it is produced) 	All Athletes	
Sat	Wk 3 Normal Comp 18/10/14 –10.30 – 11.00	<p>30 MIN INTERMISSION - EVENT INSTRUCTION PART 3</p> <ul style="list-style-type: none"> It is critical that the correct technique, particularly to avoid fouls, and key instructions for events is understood by parents and Team Managers, so come along and hear it from the horses mouths. The children will be entertained by a scavenger hunt ! 	All Parents	Llanberris - middle of the field
Wed	22/10/14	etc TBC	All Athletes	
Sat				
Wed	29/10/14	etc TBC	All Athletes	
Sat				
Wed	05/11/14	etc TBC	All Athletes	
Sat				
Wed	12/11/14	etc TBC	All Athletes	
Sat				
Wed	19/11/14	etc TBC	All Athletes	
Sat				
Wed	26/11/14	etc TBC	All Athletes	
Sat				
Wed	03/12/14	<p>Mid Season IRONATHLETE WIPE OUT COMP bbq and prizes</p> <p>Let's see how you go with in the athletic obstacle course. ! Exercise, dodge, jump roll, run , put, throw, and hurdle you way through our tough ironathlete course. and talk about your success, thrills and hopefully not too many spills over a sizzling sausage, softy and</p>	All Athletes and bold parents	

		lollie or 10!		
		Christmas Holidays break		
	10/02/14	Blow out the cobwebs Get the specialist advice and training you need for each and every event you need to learn or refresh the core skills and drills for. BBQ and coaches demo and tips follows.	New and learning parents and athletes	
	17/02/15	etc TBC		
	04/02/15	etc TBC		
	11/02/15	etc TBC		
	18/02/15	etc TBC		
	25/02/15	etc TBC		
	04/03/15	etc TBC		
	11/03/15	etc TBC		
	18/03/15	etc TBC		
	25/03/15	End of season wipe out competition BBQ and prizes Let's see how you go with you super trained bodies in the athletic obstacle course. ! Exercise, dodge, jump roll, run , put, throw, and hurdle you way through our tough ironathlete course. and talk about your success, thrills and hopefully not too many spills over a sizzlong sausage, softy and lollie or 10.	All athletes and bold parents.	

6. Communication

Key documents such as the Yearly plan, Coaching Calendar, List of Coaches and qualifications, will be loaded to a new 'Coaching' page on the BLAC website.

Ongoing communication to all members will be as part of the weekly newsletter, including a weekly segment for Coaching tips. There will also be a

The content for the [Coaching Webpage](#) follows:

Introduction

Coaching is an important part of Ballarat Little Athletics. Our aim is to ensure athletes are trained in the conduct of events using correct technique to assist in continuous improvement. We use correct equipment for all age group events and conduct events in accordance with standards set down by Little Athletics Victoria, which are approved by Little Athletics Australia and Athletics Australia. Our coaching staff and qualifications are listed below.

A strong focus for Under 6's and Under 7's during competition and all as required in our midweek training sessions is to ensure that the fundamental motor skills required for run jump and projection are instilled.

On Track

We provide a 1 hr skill based games play program during competition for our U6 and U7 athletes (2 separate sessions each week)

7. Reporting

8. Meetings

9. Information Management

Information regarding Coaching, including emails, documents, meeting minutes and reports is stored in the BLAC information database (CTM). From there, relevant aspects are included either directly into this planning document, or are posted to the BLAC website and a link to them is included in this plan (in section 2 as well as the relevant section (s) elsewhere in the plan.

During the review phase of the plan (April – September) to avoid drafts of documents being posted to the website, those drafts are included as Appendices to this plan.

10. Relay Training**11. Equipment****12. Parents Training – Rules and Key points**

It has been difficult to generate interest for the majority of parents in event instruction, with less than 10 people a year undertaking the intro to coaching course paid for by the Centre. An absence of this basic training significantly reduces the likelihood of parents being willing to take on a Team Management role, adds stress and risk in filling the event official roles at Regional and State competition and reduces the ability of a parent to support and encourage their children in athletics.

A multi faceted approach is to be taken to train parents in basic event instruction as it is felt that with relatively small effort major benefits in the areas mentioned above can be achieved.

Video clips (U Tube) of the basic event instruction will be produced. These will be played at the ‘Come and Try day’ and can be provided the presentations will be

An initial idea to include this training in the 'back to basics' midweek sessions prior to the season commencing was enhanced after discussion at the May Committee meeting which generated the notion of training the parents in event instruction in an intermission period (30 mins) during the 1st 3 Saturdays. It was felt that an extra 30 mins in the program rather than dropping an event to accommodate such a training session was the way to go.

This is an exciting initiative as the vast majority of parents will be in attendance,, as opposed to an estimated 50 maximum for midweek training. It is also hoped that the basic training will encourage many to be involved in Team Management and even join the Coaching group.

The LA Vic Intro to Coaching Course (ITCC) will still be offered, but the reality is that more comprehensive training is the critical aspects of event instruction specific to our Centre can be provided by the existing coaching staff.

The content is documented in the Appendices below, which has been verified by the coaches and Committee as being the single authoritative and consistent message given by all coaches and officials for the season.

Documentation will be handed out to parents after the sessions as well.

It will be important to make sure this is publicised well, and reiteration that a parent is required to be in attendance each week. A dependency could also exist with the Volunteers SC if the first 3 weeks are used to ensure volunteer roles are filled.

The approach will be to provide a parents only session, while the athletes undertake an orienteering treasure hunt activity, covering all events instruction over the 3 weeks as follows:

(include the Agenda for each week here)

The Coaching Subcommittee will be responsible for identifying who is in attendance (via a members list being ticked) , and contacting who is not and offering to run a separate explanation session after each meeting and more formally during the Christmas break.

13. Coaches Training**14. Grants / Fundraising**

15. Coaches Payment**Background**

An initiative commenced in 2005/2006 season to pay an ex-athlete to take on the On Track coaching. This arrangement continued each year and was extended to include some payments for ex-athletes taking on some key admin (Results Co-ordination) tasks in 2009/2010 up to 2011/2012. The effort for results was lessened with the adoption of RHQ system in 2012/2013, so no payment was required. 2012/2013 saw the initiation of roving coaches on Saturdays and payments were made for the ex-athletes involved. This was extended in 2013/2014 to include payment for ex-athletes involved in midweek coaching.

10. ACTIVITY AND PRODUCT BREAKDOWN

Staged Product and Resource Plan							
Stage	Id	Activity / Product Description	Dependent On	Resource	Planned Effort	Planned Start	Planned Finished
Prep	1	Co-ordinator transition		Dan Martin, John Jones	20hr	01/05/14	31/05/14
	2	Season Plan document			10hr	13/05/14	30/06/14
	3	Team Manager/Parent Training organisation		Kate Jones			
Stage Total							
Operation	1						
	2						
	3						
	4						
Stage Total							
Review	1						
	2						
	3						
Stage Total							
Grand Total							

11. KEY PERFORMANCE INDICATORS AND CRITERIA

Coaches Performance		Communication	
1.	Team Manager Training	2.	Coaching Staff Numbers
3.	Parent review - Saturday	4.	Athlete Improvement
5.	Parent Review - Midweek	6.	Coaching Qualifications
7.	Subcommittee Governance	8.	AASC
9.		10.	

12. APPENDIX

Appendix 1 – High Jump – Rules and Key Points

HIGH JUMP at Ballarat Little Athletics Centre (BLAC) - Key Information

1 - Introduction

This instructional provides important information for High Jump at BLAC, including the particular rules for acceptable performance as defined for BLAC.

The rationale for the BLAC rules can be found in the Approach section of the Coaching Plan (refer BLAC website – www.ballaratlittleathletics.com.au)

Note - a separate instructional exists for BLAC core technical aspects which defines the core coaching approach applied at BLAC

2 - Warm-up

A suitable minimum warm up for High Jump is as follows:

1 - calf raises x 5 x 2



2 - hop on the Plant leg x 5 x 2



3 - Kick up take off leg x 5 x 2



4 - Slow high knees x 10 x 2



5 - Take 2 step imaginary overhead mark x 5



3 - Rules and Process

1 - Only Scissors or Fosby flop are BLAC legal jumps

2 - U6-U10 - Everyone must do scissors until they can clear 1.5m in competition



3 - U6-U10 - 1 shallow mat is used for scissors jumpers then 2 shallow mats are used for Fosby jumpers

4 - U11 - U16 - Scissors is allowed but only deep mat is used (so shorter jumpers will likely land seated rather than feet)

5 - U11 - U16 - Fosby Flop is encouraged



6 - Event Managers discretion as to increments raised by, to ensure event is finished in allocated time

7 - Every effort will be made to accommodate PB attempts by small increment

8 - Jumpers can enter competition at any height they like (ie useful for better jumpers wanting to save themselves for pb)

9 - Baulks commence 60 second count down to complete jump

4 - Training drill at home

1 - Scissors - Kick up and land on same foot over line, then kick other leg over. gradually raise height on line on ground

2 - Fosby flop - practice the 5 step run in, 1, 2 angle, 3 turn and lean out, 4 twist facing straight back, 5 force knee up and around. Land (on feet or bed on back!) facing straight back

Appendix 2 – Race Walking – Rules and Key Points

RACE WALKS at Ballarat Little Athletics Centre (BLAC) - Key Information

1 - Introduction

This instructional provides important information for Race Walking at BLAC, including the particular rules for acceptable performance as defined for BLAC.

Note - a separate instructional exists for BLAC core technical aspects which defines the core coaching approach applied at BLAC

2 - Warm-up

A suitable minimum warm up for Race Walking is as follows:

1 - Arms out - bend and swing x 10 x 2



2 - Swing arms across body one way then the other x 10 x 2



3 - Race walk with normal technique, but hands behind the back and very short strides (12 inches or less).



4 - Drive up knee and opposite arm back
Swing leg under the body, and
swing opposite arm up high x 10 and swap



3 - BLAC Rules and Process

- 1 - U6-U8 training only - participation points 400m
- 2 - U9-U10 400m participation points or 1,100m PB and participation points
- 3 - U11-U16 - 400m participation points or 1,600m PB and participation points
- 4 - 1,100m and 1,600m race walkers must collect a numbered sticker before 9.00am from the parents hub
- 5 - 1,100m and 1,600m are judged and to get PB must finish within max time and with less than 3 warnings
- 6 - 1,100m and 1,600m racewalkers must have the numbered sticker on the left hand side of their shorts before race start.

4 - Training at home

Train your body to walk farther than your selected race distance. By dedicating a long training day one day a week to adapt your body to long walks, you gain physical, mental, and emotional benefits. The longer distances teach your body to burn fat as a source of energy, increase your capillaries' capacity, and promote other physiological benefits. Walking farther than your targeted race distance allows you to feel comfortable focusing on race pace instead of race length.

Make sure you can talk comfortably and maintain good race walking technique at this pace for at least twice many miles. Do not start out fast and then slow down. If anything, do just the opposite. Start slow, and if you feel good, pick it up a little later. However, do not sprint the end of the workout.

If you maintain a fairly steady pace, the distance makes the workout harder. Time on your feet, not pace, determines the benefit of the workout.