



Central Athletics Coaching

Central Athletic Club is committed to providing the best training for all of our athletes.

“Our philosophy, regardless of age and ability, is to encourage and support our members to achieve their goals in a competitive environment”

We aim to build upon their latent athletic capability and nurture them to become the very best athlete they can be.

In line with UK and Scottish Athletics best practice we take a long term view of our athletes, and our coaching structure is designed to support this.

In return we ask from each athlete is:

- Attitude
- Commitment
- Discipline

The following information summarises the UK and Scottish Athletics Long Term Development Model and shows how the Central Athletic Athlete Development Pathway and Coaching Structure facilitates this.

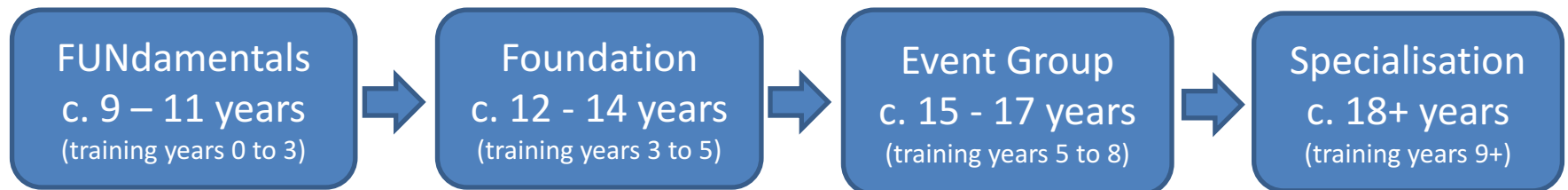
UK Athletics

Long Term Athlete Development

“Maximising Athlete Potential”

The key principles of the UK Athletics Long Term Athlete Development model are:

- Focusing on the right type and level of training based on the athlete’s stage of athletic development throughout their athletics career
- Multi-event approach with late specialism to build all the required foundations and technical skills in athletes at the correct stage of their development to nurture and maximise their long term potential and success
- Providing the appropriate training and competition load in line with their athletic ability to minimise the risk of injury in both the short and longer terms



It is not a competition to move through the stages, it is about moving through the stages at the right time for the athlete to give them the best chance at excelling in senior competition

Central AC – Athlete Development Pathway

Developing the long term potential of ALL our athletes

Capability Assessment – Physical, Psychological and Athletic Maturity
 Athlete Development Officer – Gareth Marchant

Specialisation
 (c.18+ years)
 (training years 9+)

Senior Endurance
 Tues / Thurs
 Derek Easton

Senior Sprints/Hurdles
 Mon/Tues/Thurs/Sun
 John Dawson/Cameron Smith

**Senior Jumps
(inc. Pole Vault)**
 Coach – Vacancy

Senior Throws
 Coach – Vacancy

Senior Combined Events
 Mon/Wed/Sat
 Kenny Pearson

Specialised event training for senior athletes to facilitate full performance potential

Event Dept.
 (c.15 – 17 years)
 (training years 5 to 8)

Continued Multi-Event participation

Endurance Tues / Thurs Rhona Scott	Sprints Tues / Thurs Cameron Smith / Vacancy	Hurdles Thurs Cameron Smith	Jumps Tues Andrea Partridge	Throws Tues Jessica Thomson	Combined Events Mon / Wed Kenny Pearson
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Physical preparation and specific skills development for preferred event group whilst still training across a number of different event groups

Foundations
 (c.12 – 14 years)
 (training years 3 to 5)

Development Group

Stirling - Tues / Thurs – Gareth Marchant / Will Hogg Alloa - Tues / Thurs – Gary Fraser	Balfron – Tues / Wed – Rhona McLeod / David Eckersley Callander – Tues / Wed – Sean Scott
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Solid foundation coaching focused on physical preparation development with basic technical skills to maximise long term athlete potential regardless of their aspirational event

Fundamentals
 (c.9 – 11 years)
 (training years 0 to 3)

Active Stirling – Development Squads
 Tues – Stirling High
 Wed – Dunblane
 Thurs – The Peak, Stirling
 Fri – Balfron High

Reception Group

Stirling: Tues / Thurs - David Cumming / Will Hogg Alloa: Tues / Thurs - Gary Fraser	Balfron: Tues / Wed - David Eckersley Callander: Tues / Wed - Sean Scott
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Multiple athletic activities for the development of core skills, movement and basic fitness

NB This is a guide to suit most athletes in the club. Some may move as deemed appropriate by the Athlete Development Officer along with the relevant coaches at the different stages of their development

Long Term Athlete Development

Athlete Development Officer

The Athlete Development Pathway is the responsibility of the Athlete Development Officer (ADO).

Other key responsibilities of the ADO are:

- Ensuring training is appropriate for the age and stage of an athlete's development.
- Ensuring athletes pass between groups at the relevant time in their development.
- With coaches, assess athletes readiness for movement between groups
- Liaison point for parents on athlete readiness for movement between groups
- Conducting regular meetings with Club coaches to discuss athlete progress