



Central Athletics Coaching

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

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:

- Positive 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.

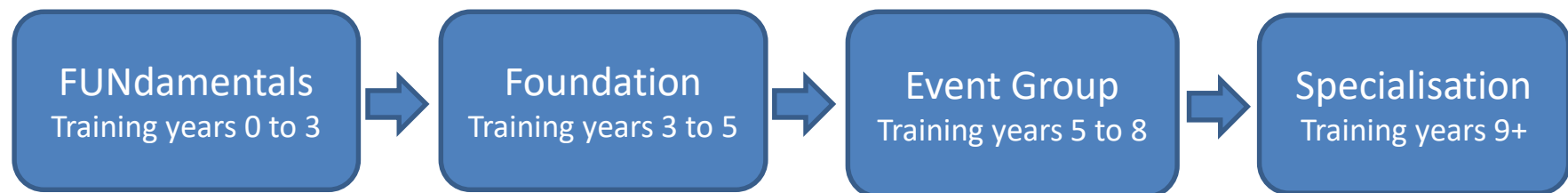
UK Athletics

Long Term Athlete Development

“Maximising Athlete Potential”

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

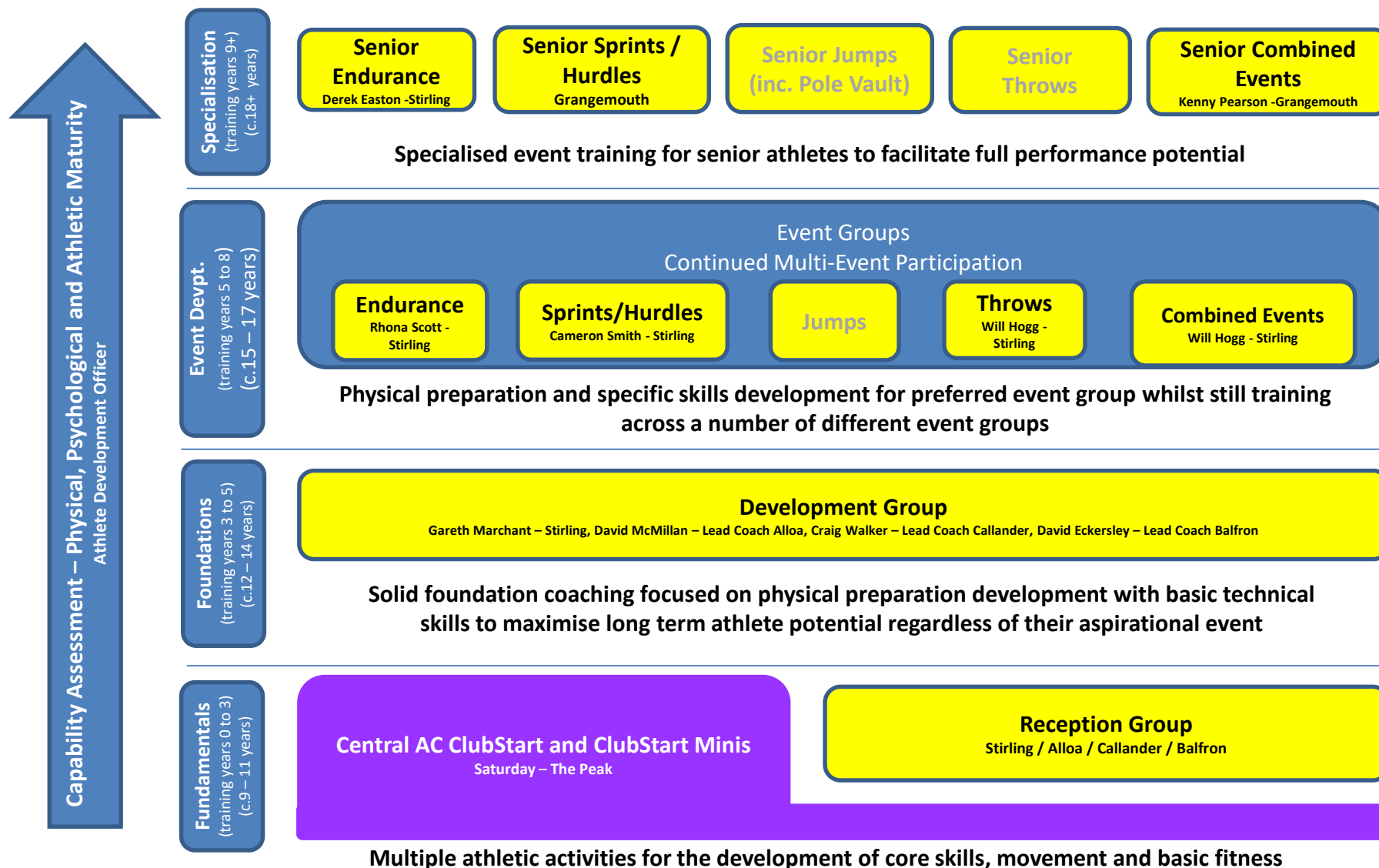
- Focusing on the right type and level of training based on the athlete’s stage of athletic development throughout their athletics career
- Multi-event approach with late specialism to build all the required foundations and technical skills in athletes at the correct stage of their development to nurture 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



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