



Swansea Harriers Athlete Development Pathway

Developing the long term potential of ALL our athletes



Event Groups: Sprints & Hurdles

Colin Davies, Wendy Slade, Lynne Brier (sprints coach)
Year 7+
Tue & Thurs

Neal Merry (sprints coach)
Year 7+
Tue & Thurs

Andrew Griffiths, Tony Morris, Dave Williams & Wyn Leyshon (sprints & hurdles)
Mon & Thurs Year 8+

Barrie Owen (sprints & hurdles coach)
Tue & Thurs
Year 12+

Judith Gooding (sprints coach)
Tue & Thurs
Year 12+

Rob Jones (sprints coach)
Mon, Tue & Thurs
Year 8+

Event Groups: Endurance

John Griffiths & Gareth Davies
Tue & Thurs
Year 7+

Kevin Tobin, Rick Stratton-Thomas, Mark Thomas & Andrew Thompson
Tue & Sat

Tony Clements & Rob Buchan
Mon & Thurs
Year 7+

Rebecca Bennett, Simon Brewer, Helen-Marie Davies, Paul Flynn, Thomas Guest, Vanessa Harrigan, Craig Jones, Emily Marchant, Daniel Newton, Kneath Philippart,
Tue & Thurs Year 14+

Senior Endurance
George Edwards (coach)
Year 14+

Event Groups: Throws

Peter Roberts (coach)
Mon & Thurs
Year 9+ Advanced.
Discus/shot/hammer

Ian Bowles (coach)
Tue & Thurs
Year 7+ all abilities
All throws

Dai Dix (coach)
Tue & Thurs
Year 7+ all abilities
All throws

Jeff Squires (coach)
Tue & Thurs
Year 7+ all abilities
Javelin

Senior Javelin
John Davies (coach) -
Regional Coach based at
Swansea Year 8+

Event Groups: Jumps

Steve Ingram (coach)
Mon, Thurs & Sat
Year 8+
Intermediate+ LJ & TJ

Imelda Morrisson (coach)
Mon, Wed & Thurs
Year 8+
Advanced. LJ & TJ

Jane Hosgood, Islwyn Rees, Craig Guite (coach)
Bob Fenwick, Mark Beharrell (Assistant coach)
Mon, Tue, Wed & Thurs
Y7+ All abilities Pole Vault

Senior High Jump
Mon/Thurs/Sat
Steve Ryan (coach)

Event Groups: Combined/Multi Events

Steve Ingram (coach)
Saturday
Year 8+

Catherine Collins (coach)
Saturday
Year 6+

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 and the trustees at the different stages of their development. Please note there may be variances in days of coaching sessions outlined above.

Fundamental and Foundation U11, U13 & U15

Fundamental and Foundation Group Coordinator:

Andrew Jenkins (coach)

Academy Run Jump Throw
Mon Years 6 to 9.
Intermediate
Invitation only.

Primary Run Jump Throw
Development Group.
Tue & Thu
All abilities.
Years 5 & 6

Secondary Development
Run Jump Throw Group
Thu
All abilities.
Years 7 to 11

Fundamental and Foundation Group Level 2 qualified coaches:

Dean Packer
(HJ & Throws)

Dave Williams
(sprints)

Alan Rees
(endurance)

Catherine Collins
(multi)

Andrew Griffiths
(hurdles)

Tony Morris
(LJ & Hurdles)

Lee Cameron
(throws)

Ian Bowles
(throws)

Tony Clements
(throws & endurance)

Mark Thomas
(multi)

Mark Davies
(multi)

Dai Dix
(jumps & throws)

Jeff Squire
(throws)

Fundamental and Foundation Group Level 1 qualified assistant coaches:

Rebecca Ward

Chris Davies

Robin Wood

Sarah Bray

Sophie Rouys

Dave Lewis

Martin Smith

Caroline Wade

Rob Buchan

James Harwood

Peter Ludbrook

Diane Thomas

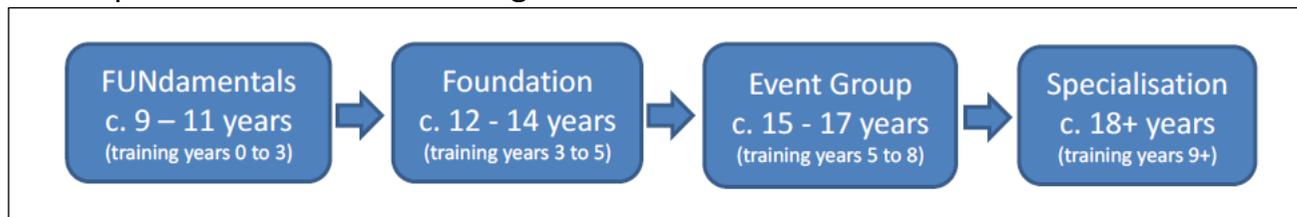
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UK Athletics Long Term Athlete Development “Maximising Athlete Potential”

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.

The below image summarises the UK Athletics Long Term Development Model, the Swansea Harriers Athlete Development Model and coaching structure above facilitates this.



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.

Swansea Harriers Athlete Development Pathway and Structure

Swansea Harriers operates within the UKA coach and athlete development model that ensures junior athletes obtain a comprehensive skill base that will equip them to reach their full potential as adults in whichever event/s they choose. Our

coaching structure, as described in this document, is designed to provide the essential base of foundation run, jump, and throw skill development, with a greater focus on specific events skill attainment as athletes progress through school and into adulthood. We want to ensure that our coaching structure enables athletes to enjoy their sport and to feel that there is clear pathway to enable them to reach their full potential.

The Pathway Explained

The Satellite Clubs highlighted as 1 and 2 in the pathway, are not specifically Swansea Harriers groups, but are partnership groups that provide an important route into the club when children reach school year 5 and above. The CHAMPS club (school year 3-4) and the Swansea University Academy (school year 4) are both based at the University track and aim to provide young children with the foundation movement, co-ordination and balance skills essential to athletics, and the fundamental run, jump, throws skills that will form the basis for more event group development and participation. The LC2 Run, Jump, Throw Group (school years 3-6) again provides essential fundamental and foundation skill based development. The key ingredient for all these partnership groups/clubs is providing a fun environment in which key basic skills are practiced and learnt, in preparation for transition to Swansea Harriers.

The Fundamentals and Foundation Club Group Structure

Within Swansea Harriers, fundamental and foundation skill development is delivered through our junior school groups (School years 5 and 6), which operate on a Tuesday and Thursday early evening (5 - 6.15pm). These groups provide opportunities to try the range of athletic events with a specific run jump and throw discipline at each session. It is the policy of the club that all junior school children (Years 5 and 6) attend one of these sessions before moving into more specific event group sessions during their secondary school years. This ensures that all juniors have the necessary range of skills to maximise their potential, as they move through the age groups, and recognises that it is not possible to properly identify the most favoured or best event at such an early age. Furthermore, as a fully mature athlete, regardless of the

event, their training will to some degree involve a variety of running, jumping and throwing activities, therefore a background in a range of events will provide a solid foundation for the future.

There is also an Academy (School years 6 to 9) within our Fundamental and Foundation Group structure, which is an invitation only group on a Monday evening (5.15 - 6.30 pm) for children who have reached a specified performance standard. The Academy continues the Run, Jump, Throw philosophy and provides more in depth skill and practice opportunities in two disciplines each session. This is a particularly important stage in moving into more event group sessions and will often be the bridge between the Foundation and Fundamental group structure and the Event Group structure within the club. A number of athletes in the Academy (from school year 7) can combine attending the Academy with an event group session on another day of the week.

The other important bridge to Event Group sessions is via the Secondary School Development Group (Year 7 - 11), which again provides opportunities to try (and be encouraged to try) a range of events/disciplines through one event at each session. Athletes attending this session (each Thursday 7.30-9 pm) will often be also attending a specific event group on another day of the week before deciding to focus in that event group. This would particularly be the case for athletes at the higher ends of the age range.

As junior athletes develop their range of skills and have opportunities to compete in a range of events, they will start to want to favour particular event groups, though many athletes will continue a multi event approach, and indeed the club will encourage this approach for as long as the athlete enjoys multi events and wishes to do this. Sprints, hurdles and long jump, for example, are all disciplines that go well together. Athletes who are competent in a number of events are a particular asset in club competitions.

The Foundation and Fundamental group structure is overseen by the Club's Coach Co-coordinator Andrew Jenkins, who thus provides a key role in not only ensuring the effective delivery of these sessions but also the communication pathway with our Event Group coaches.

What to Expect from our Foundation and Fundamentals Coaching Structure

- A warm welcome from the Coach Co-ordinator and his team of coaches
- An induction meeting for parents and athletes
- A structured run jump throw curriculum of sessions.
- Advice at the end of Year 6 as to the future options available to the athlete, and where relevant an introduction to the chosen event group coach

Event Group Coaching Structure

The club does provide a high calibre of coaches across all the event disciplines, and it is notable that our younger athletes are particularly successful in the more technical field and hurdling events, where good quality coaching and good facilities are especially important. The different event group coaches, the age groups catered for and night of training are provided in the attached pathway charts.

Athletes join the Event Group coach sessions usually through one of the following routes:

- Progress through the Foundation and Fundamental group structure
- Talent identification via Secondary school competitions

Senior athletes relatively new to the sport will join the relevant event group – this is particularly relevant to endurance where seniors will join the Tuesday and Thursday Endurance Group

What to Expect from Our Event Group Coaches

When getting involved with the Event Group coaches, athletes will:

- Receive a warm welcome
- Have a conversation about personal goals and aspirations
- Work within sessional plans and season plans relevant to the needs of individual group members and the relevant competition programme.
- Have an annual review of progress and goals

Where an athlete is involved with more than one event group, coaches will communicate and agree sessional and seasonal plans.

The club is committed to the Continuous Professional Development (CPD) of all our coaches and will encourage participation in workshops, conferences, mentoring and collaborative coaching. Where possible these opportunities will be locally based, and the Club is currently looking at how best to improve coach mentoring and the development of the website to provide a specific coaching portal to share good practice and learning.

All coaches are committed to the Club's Code of Conduct for Coaches

<http://www.swanseaharriers.co.uk/content/safeguarding-and-welfare> and UK Athletics Coaching Code of Conduct
<http://www.uka.org.uk/governance/welfare-and-safeguarding/guidance-documents-and-policy/>