



Pathways

Participation

There are literally hundreds of separate entities and organisations in New Zealand delivering the athletics product. Private promoters and commercial organisations also deliver a significant amount of athletics participation opportunities.

Athletics New Zealand will partner with any competent event organiser to provide a better service to our members.

Multi Events 10 years +

The Multi Events stage of an athlete's career is the most important. This stage offers the greatest benefit to an athlete over the length of their career. During this stage an athlete should be establishing their technical model using age appropriate training programmes.

Children are ready to begin training according to more formalised methods; however the emphasis should still be on developing general athletics skills across a number of events than specialising in one event.

Specialising too early can be detrimental to later stages of development and increases the likelihood of injury or burnout.

Performance 19 years +

The Performance coaching pathway is for coaches of Olympic and senior world championship competition athletes.

Introduction to performance coaching is targeted towards coaches that aspire to become Olympic/senior world championship coaches. Modules are individualized to meet the needs of identified athletes with the ANZ Performance programme. Entry into the Performance coaching pathway is by invite only.



A coach needs to be able to identify the athlete's needs and deliver a programme suitable to these needs.

Athletics New Zealand aligns with the IAAF's Multi Events Athlete pathway for this group of participants.



Run Jump Throw 5 - 10 years

Run Jump Throw is the foundation programme of the Athletics New Zealand Coaching Programme. Run Jump Throw is based on the philosophy that the development of skills, in a fun environment, is the key to participation.

Athletics Skills and other physical activities should be modified to suit the physical, intellectual and emotional development of athletes.



Emphasis is on the development of fundamental athletics movement patterns, and is the foundation to correct movement techniques in other sports.

Run Jump Throw offers a chance to explore a traditional physical activity setting with a clear focus on quality experiences for all athletes.

Get Set Go 3 - 8 years

Get Set Go is a new and exciting initiative to help our Kiwi Kids develop the skills they need so that they can choose and enjoy being more active through play and sport. Get Set Go is designed for young children between ages 3 - 8, and helps them to master the skills that will make participation in games, sport and recreation activities more enjoyable and successful.

These include:

- The physical movement skills,
- The knowledge & cognitive skills, along with;
- The emotional & social skills they need.



Get Set Go offers teacher & coach professional development; delivery to children by qualified Coaches; and resources for parents and whanau. Get Set Go encourages the development of these skills through play, games and fun activities; supported by quality resources around assessment, teaching and learning.