



Athletics Ireland News

Athletics Ireland

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Welcome to the 4th edition of Athletics Ireland news containing details of a new event, the Spar Mile Challenge, and information about many other programmes. The aim of us all involved in athletics is to promote & develop the sport in Ireland, and the people taking part in it. With this in mind the Development Officers have focused on programmes which strengthen clubs by educating coaches, providing equipment, and assisting the thousands of volunteers who run Irish Athletics. If you would like to give feedback on any aspect of athletics, please send an e-mail to me at ceo@athleticsireland.ie

Brendan Hackett, CEO Athletics Ireland

Fit4Life Meet n Train 2007

The Fit4Life Meet n Train programme will be funded under the 2007 Women in Sport initiative. All clubs have been invited to apply to be considered as one of the 40 clubs chosen nationwide to participate in this years programme.

The 2007 programme will take the form of a Fit4Life Meet n Train programme. The idea is to encourage clubs to expand their 'traditional' structures to include a section for the 'recreational runner' or adult participant.

Athletics Ireland will provide support to the club and 'Fit4Life Leader' training to 3 individuals from each chosen club to



help them to organise and run the 'Meet n Train' programme in their club.

Full details of what AAI's role in this programme will be, as well as the expected role of the club are outlined on the Application Form which has been sent to every club in the country and is also available on the AAI website.

SPAR Mile Challenge

The Spar Mile Challenge will take place on 07/07/07 in 28 venues in Ireland.

On the 07/07/07, we challenge you to complete the classic distance of 1 mile in one of 28 locations throughout Ireland, and be part of a major national event.

Challenge your friends and family. Challenge your work colleagues. Challenge yourself to complete the classic one mile distance. No experience required. This is a fun event, a challenge for all the family to try. **All are welcome.**

Red	4-5 minute miler
Orange	5-6 minute miler
Yellow	6-7 minute miler
Green	7-8 minute miler
Blue	8-9 minute miler
Indigo	9-10 minute miler
Violet	10+ minute miler

You can participate for a charity, for a team, as a fundraiser, as a bet, or just for fun. Whether you Walk, Jog, Run, or 'Push' it doesn't matter.....as long as you take the Challenge!

The Spar Mile Challenge offers you a unique opportunity to test your fitness and compare yourself with the nation. The grading system is based on the colours of the rainbow. All finishers will receive the appropriate colour award.

The date is the anniversary of the day 25 years ago on which Ray Flynn broke the Irish mile record. The historic mile distance is 1609m or 1760 yards or 4 laps of athletics track.

Full details, and list of venues as well as Registration on-line at

www.sparmilechallenge.com

Club Support Scheme 2007 Level 1 Juvenile Packs Scheme launched.

The next level of our club support Scheme, our Juvenile Athletics Packs are now available to clubs that have **three Level 1 Coaches** (at least two of whom must have completed our new Level 1 course, one can be a pre-



viously qualified Level 1 coach) registered with Athletics Ireland, and **20 young people between the ages of 10 & 14 registered with AAI.**

The packs contain more 'sport specific equipment than the 'Little Athletics Packs' as can be seen in photo.

Application forms are on the Development section of AAI website under 'Club Support Scheme' & should be sent to your local RDO.

Little Athletics Prospering

Following on from the success of the numerous Athletic Leader courses which have taken place around the country many clubs are now promoting a Little Athletics

Section as part of their activities. The Athletics Leader course prepares adults to lead a Little Athletics session.

Little Athletics is an athletics programme for young children in the 6 - 9 year old age group focusing on developing Agility, Balance and Co-ordination - the ABC's of physical literacy. Little Athletics centres on the use of games to provide fun while developing fitness.

Athletics Ireland have distributed Little Athletics Equipment Packs to **almost 100 clubs throughout Ireland.**

Teachers Summer Courses in Athletics

The Department of Education has sanctioned an Athletics Summer Course for primary school teachers to be run at seven different locations around the country.

This course aims to give the teachers an introduction to the FUNdamentals of athletics and help them to run fun athletics activities in schools. These courses are for registered teachers only as they are Department of Education supported and application forms can be obtained from relevant RDO. Course venues listed below. Full Details on www.athleticsireland.ie

Venue	Co-ordinating RDO	Venue	Co-ordinating RDO
Clonliffe Clubhouse, Santry	Bart Rogers	Presentation College Athenry,	Paul McNamara
Kilmurray Hall, UL	Joe O'Connor	Bree Comm Centre, Co. Wexford	Ryan Montgomery
Scoil Mhuire, Newbridge	Pat Ryan	Donegal Ed Centre, Donegal	Eamon Harvey
Scoil Osraí Foireann, Bennettsbridge, Co. Kilkenny			Jacqui Freyne

Coach Education

The AAI Development Team have run a large number of Coach Education courses since September 2006.

40 Athletics Leader courses have been delivered qualifying **937 Athletics Leaders from over 200 clubs.**

17 Level 1 courses have been held with **425 coaches from almost 100 clubs qualifying as Level 1 Coaches.** The

first weekend of the **Level 2** Coaching qualification, the event - specific weekend for Throws and Speed Development was held in Tullamore on May 12th & 13th with **50 coaches representing 37 different clubs.** The next weekend will be held in Tullamore for Jumps and Endurance on September 8th & 9th.

The **Level 3 course** continued with a Speed Development weekend in Dublin on May 5th & 6th.

The next weekend for Level 3 is on September 8th & 9th.

There will be a comprehensive list of courses to be held in Autumn/Winter 2007 published in early September.

Details of all of these courses and how to apply will be posted on www.athleticsireland.ie

or application forms can be requested from Athletics Ireland directly (01) 8869933 or any RDO.