

Growing active Athletes

Why we do what we do





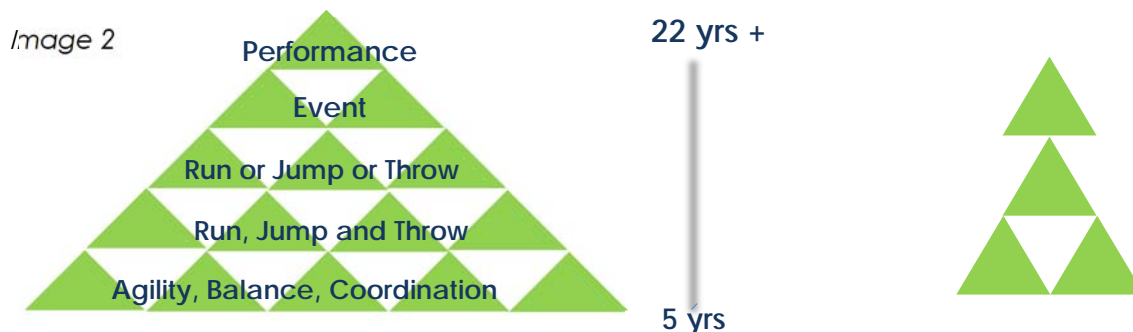
DIVERSIFICATION VS SPECIALISATION

There is comprehensive scientific research in today's society that paints a clear picture that diversification in athletics outweighs specialisation for any athlete under the age of 16. By building a strong base for our young athletes we are ensuring they will have greater windows of opportunity to not only thrive in athletics, but in any sport they choose to do.

It is important to remember that an athlete in athletics doesn't normally reach their peak until their mid to late 20's. It is therefore important that athletes under the age of 16 develop a strong and stable base so they can better excel in their later years. *Image 2* is an example of the differences between a strong and weak base for athletes in their athletics career.

Negative impacts of early specialisation for athletes under the age of 16 include:

- Higher risk of short, medium and long term injuries relating to bones, muscles, cardiovascular system and immune system.
- Higher risks of problems relating to growth and development of athletes
- Higher chances of psychological problems
- Increase chance of drop-out or burn-out
- Considerably higher risk of unstable and weak base (see image 2)



Stable and Strong Training Base

Unstable and Weak Training Base



TRAINING FOR ATHLETES UNDER 15 YEARS

Recommended

- Technique Work ✓
- Body weight Training ✓
- Running ✓
- Jumping ✓
- Throwing ✓
- Sprinting ✓

Not Recommended

- Maximum Power (1RM's) ✗
- Specific power training (gym and weights) ✗
- Specific Plyometric Jumps (high impact work) ✗
- Specific Speed Endurance / Lactic Acid Training ✗
- High Intensity Training / High Volume Training ✗

SO WHY DO WE DO MODIFIED ATHLETICS?

IAAF Kids' Athletics has been designed to develop the fundamental movement skills of running, jumping and throwing; skills which are the foundation of most sports. IAAF Kids' Athletics develops these fundamental skills in a holistic, inclusive and highly engaging way, building confidence and competence for success and enjoyment in all sports, including Athletics.

IAAF Kids' Athletics supports young athletes in the learning phase of athletic development. It is important that there is a well-rounded, broad approach taken in the learning phase of Athletics and that early specialisation is discouraged. IAAF Kids' Athletics offers learning activities to that develop agility, balance and coordination and ensure that developing bodies are conditioned appropriately to progress to more complex skills. This builds *a stronger base for later years*

Athletics is a sport where athletes attain peak performance in their late 20s, and as such, it is important to have a long term athlete development philosophy for young athletes. Training should encourage a gradual and steady development and overtraining needs to be avoided. Additionally, it is important to support children in developing a lifelong love for being active and to promote healthy active lifestyles into adulthood.



The principles on which IAAF Kids' Athletics is based are:

- That it is an easily **accessible** program for all young athletes
- That it offers all young athletes an instructive sports activity with a primary focus on fun
- That it introduces age appropriate competition
- That it introduces a range of play and experiential learning activities that involve **maximum participation** for all participants
- That it **promotes the values of effort**, mutual respect within a team, responsibility and autonomy
- That it is a program that has been specifically designed to meet the identified motivational needs of children
- That a large number of children can be active simultaneously
- That a variety of athletic movements of run, jump and throw are experienced by all participants
- That all participants contribute to a final team result
- Modifications to activities are encouraged to meet the individual ability of the participants
- That experiential learning is emphasized and encouraged
- That young athletes 'do', while instructors/coaches facilitate the 'doing'.

Interesting ...

40% of international athletes started training under the age of 16

60% of international athletes started training after the age of 16.



HEALTHY IDEAS FOR ACTIVE ATHLETES



**GOOD
SPORTS**

INSPIRING A HEALTHIER
SPORTING NATION

Eating before sports

Carbohydrates supply the best fuel for muscles and brain. Good choices are low fat, nutritious carbohydrates. Avoid 'over-fuelling' with large portions and high fat foods. Remember to drink water leading up to sport.

Pre-Sport Meals (3-4 hours before sport)

- Breakfast cereal, reduced fat milk/yoghurt and fruit
- Pancakes, dash of honey and fruit
- Baked beans/tinned spaghetti on toast
- Rolls/sandwiches/wraps
- Pasta with low fat tomato sauce
- Baked potato with filling
- Rice/noodle based dishes

Pre-Sport Snacks (1-2 hours before sport)

- Crackers, reduced fat cheese and tomato
- Fruit smoothie (reduced fat)
- Fruit
- Yoghurt or reduced fat custard
- Creamed rice (reduced fat milk)
- Pikelets with scrape of jam/honey
- Plain, non-iced fruit bun/ fruit bread
- Low fat fruit or savoury muffins

Drinking enough water helps you stay hydrated, particularly in hot weather. Staying hydrated helps maintain concentration and co-ordination during sport.

*During
sports*

*Eating
after
sports*

Consume your next usual healthy meal or snack within 2 hours after sport. Choose foods that are good sources of carbohydrates to refuel, protein to recover and water to hydrate

Portion sizes will depend on individual dietary needs, age and activity levels

Tasty Post Sport Meals

- Rolls/sandwiches/wraps
- Toasted sandwiches or savoury jaffles
- Homemade style burgers
- Soup and toast
- Pasta with low fat tomato sauce
- Rice/noodle based dishes
- Jacket potatoes

Tasty Post Sport Snacks

- Fresh or dried fruit
- Reduced fat yoghurt/custard
- Reduced fat milk
- Popcorn
- Crackers
- Savoury mince rolls





Adequate Fluid Intakes for Children

Includes water, milk and other drinks

4 – 8 year old	1.2 litres/day
9-13 year old boys	1.6 litres/day
9-13 year old girls	1.4 litres/day
14-18 year old boys	1.9 litres/day
14-17 year old girls	1.6 litres/day

An individual's fluids requirement vary as fluid loss is affected by the temperature, humidity, their exercise intensity and individual sweat rates. These factors make it difficult to have a single recommendation for adequate fluid intake

Source: Nutrient Reference Values for Australia and New Zealand, National Health and Medical Research Council, 2006



Every Day eating

Drink water regularly and choose foods from each of the 5 food groups:

- Vegetables and legumes/ beans
- Fruit
- Grain (cereal) foods
- Lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/ beans
- Milk, yoghurt, cheese and/or their alternatives

More info

For more information check out GoodSports website



www.goodsports.com.au

3-5 Years
10-13 Hours Sleep

6-13 Years
9-11 Hours Sleep

14-17 Years
8-10 Hours Sleep

Sleep is very important for an athletes growth and development. sleepfoundation.org recommends the following for the amount of sleep young people should have per day

Good Sleep



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