

## **Cork Little Athletics Programme Outline:**

### **Athletics Ireland: (stage 1)**

- Invite Cork Athletics Clubs interested in creating links with their local Schools (Primary & Secondary) to register for the programme.

### **Local Athletics Club: (stage 2)**

- Club returns application form to the Cork Sports Partnership
- Athletics Ireland and Cork Sports Partnership to support successful clubs to approach and liaise with local Secondary and Primary schools re: Inclusion and Involvement in the Programme.

### **Secondary School: (Stage 3) (Where no Secondary school is conveniently located or accessible, club can liaise directly with Primary School – skip to stage 4)**

- TY coordinator in consultation with club contact to identify suitable TY candidates to get involved in the programme.
- Arrange with local Primary school a Timetable of delivery with TY coaches. (template provided)
- Send each Primary school principal/contact full timetable to avoid confusion.

### **Training & Education Delivery: (Stage 4)**

- Identified volunteers (aged 16+) to attend the Athletics Leader coaching course run by Athletics Ireland.
- Cork LSP will deliver a Code of Ethics awareness session on Child Welfare & Basic Awareness issues. (Any participant over the age of 18 will be required to undertake a full Code of Ethics course separately at a cost of €20 per person.)

### **Coaching Delivery for Primary Schools (Stage 5)**

- The newly trained coaches will be assigned a 4 week coaching session with support from a teacher, one day a week within a local primary school selected. (Alternative suggestions can be explored here)
- Coaches to be provided with timetable of sessions.
- Each coach is required to prepare a session plan for delivery in each school.
- On completion of the 4 week programme, coaches will receive their certificate.

### **Jamboree: (Stage 6)**

- As a finale to the Programme, the newly trained coaches will support the delivery of a Fun Jamboree for all the primary schools that took part in the schools.

### **Cost of introductory Programme for 2013:**

- €20 per volunteer for the programme. This programme is heavily subsidised by the Cork Sports Partnership and Athletics Ireland.