



Invitation to Junior Development Coaches to participate in the 2010 World Youth Development Camp

Athletics New Brunswick in conjunction with the Local organizing committee of the 2010 World IAAF Junior championships are organizing a five day camp for 100 youth ages 12 to 15 to introduce them to athletics and to teach the basic skills of all the events they will observe at the championships.

The camp will be based at Memramcook NB and run from Monday July 19th to Saturday July 24th and a rough draft of the daily activities is as follows:-

- **8:30- 9:30** **Breakfast**
- **10:00-12:45** **Training Sessions - Memramcook Track**
- **13:00- 14:00** **Lunch**
- **14:15 –17:00** **Activity (ex: Magic Mountain, Parlee beach)**
- **17:00** **Dinner**
- **18:00** **Attend Evening session of the IAAF World Junior Championship**
- **22:30** **Return to Memramcook**

An invitation is extended to all provinces to send one Junior Development Coach to be part of this clinic.

Their assignment would be to work with coaches from across the country at the technical sessions for the duration of the camp and attend the various activities and sessions at the track during the championships.

In return they would be provided with accommodation and food for the duration of the championships, however they will be responsible for their own transportation to and from Moncton.

Coaches will be expected to arrive on Sunday July 18th when they will be picked up and will depart following the closing ceremonies on Sunday July 25th.

Applications are open to:-

All coaches who have been trained through the Sport Coach Certification or Level 1 equivalency

Have 3 years experience working with athletes 12-15 years old

Are endorsed by the provincial branch

And submit a written statement of their coaching philosophy and why they want to be involved in the program

Applications should be sent to your provincial office no later than March 15th.

The camp operational set up, timetable and schedules are listed below for the information of interested coaches.

OPERATIONS PLAN YOUTH DEVELOPMENT CAMP

1. Description and Deliverables

The camp is divided into four event areas Sprints, Hurdles, Jumps, and Throws. Athletes will move from area to area during the four- day camp. Coaches will work one on one with each camper to insure a quality learning experience while at camp.

Sprints: Speed is a vital part of success in every sport. Athletes from many sports: football, baseball, softball, soccer, and tennis have attended our camps. During the four -day camp the participants will be instructed in; sprint mechanics, sprinting drills, relay exchanges and acceleration and speed maintenance.

Hurdles: Athletes will learn proper hurdling techniques and will learn how to alternate lead legs to prevent lost of momentum during the hurdle race. Hurdle drills, video analysis and coaching will help all the participants to feel comfortable in making Hurdles part of their repertoire in years to come.

Jumps: Athletes will have the opportunity to work developmental coaches across the country and will receive instruction in the high jump, long and triple jump. The high jump approach will be broken down into simple learnable parts. Each phase of the triple jump will be covered in detail. The long jump will be covered start to landing. Each part of the jump will be broken down by videotape and the athletes will be able to see and correct faults in their technique.

Throws: The throws will be covered in detail so that basic skills in learning how to throw and what training will help them in how to improve. The discus, javelin, hammer and the shot put will be introduced during the four- day camp

2. Service Providers

This camp will take place during the 2010 World Junior Athletics Championship. Athletes will work out in the morning sessions at Memramcook and will travel to Moncton in the afternoon/evening to observe the championships.

Athletes, Coaches and chaperons will take place in various excursions such as :

-Magic Mountain

-Parlee Beach

-3. Policies and Procedures

Chaperons and coaches

Our staff made up of 6 chaperons and 12 coaches will include some of the best developmental coaches in Canada. They will spend time with athletes during track camp sessions, while dining in the residence halls. Close interaction with all of the staff, will make this a great opportunity for young athletes to learn more about their sport and prepare more effectively for the coming track seasons

4. Schedule for Athlete Participants

July 19

13.00 Arrival at Memramcook by participants and Room assignments

13.30- 15.00 Ice breaker activities

Barbeque

16.00 Travel to IAAF World juniors Opening Ceremonies

July 20

8:30- 9.30 Breakfast

10.00-12.45 Training sessions

13.00- 14.00 Lunch

14.15 Travel to Moncton

15.00 View athletes training at Anna Malenfant track

16.15 Pool Session (CEPS, YMCA or Dieppe Aquatic center

Dinner

17.45 IAAF World junior Championship--- Start time in evening 18.30

July 21

8:30- 9.30 Breakfast

10.00-12.45 Training sessions

13.00- 14.00 Lunch

14.15 Travel to Moncton

15.00 Visit to Magic Mountain and participate in water activities

Dinner

17.45 IAAF World junior Championship--- Start time in evening 18.30

July 22

8:30- 9.30 Breakfast

10.00-12.45 Training sessions

13.00- 14.00 Lunch

14.15 Travel to Moncton

15.00 View athletes training at Anna Malenfant track

16.15 Crystal Palace

Dinner

17.45 IAAF World junior Championship--- Start time in evening 18.20

July23

8:30- 9.30 Breakfast

10.00-12.45 Training sessions

13.00- 14.00 Lunch

14.15 Travel to Parlee Beach

15.15 Activities at Parlee Beach

Dinner

17.15 IAAF World Junior Championship--- Start time in evening 18.00

July 24th

8:30- 9.30 Breakfast

10.00- 11.30 Wrap up of camp

11.45 Pick up by parents of participants

PLEASE NOTE

Arrangements will be made for visiting coaches to receive passes to the stadium on both the 24th and 25th of July and accommodation as well as transportation will be provided at Memramcook on both of these days.