

Rising Stars Squad 2010-2011

“Nurturing young aspiring athletes to become the talent of the future”

Athletics Northern Ireland’s/Ulster Athletics new Talent Identification Programme, the **“Rising Stars Squad”** aims to identify young athletes who may be the talent of the future and develop their athletic ability using a multi-event approach.



The Rising Stars Squad which replaces the existing ANI/Ulster Regional Development Squad programme will have a fresh coaching structure, broader age range (12-15) and the emphasis will be on developing young athletes with all round athletic ability, appropriate strength and mobility, and sound bio-mechanical technique for running, jumping and throwing.

The squad will still incorporate the ANI Disability Squad.

The Rising Stars Squad will be the first step on the Athlete Development Pathway and should be a stepping stone to the ANI/Athletics Ireland Youth Academy Programmes.

The squad will also serve as a development opportunity for coaches and teachers giving them the chance to learn from one another, sharing knowledge, ideas and experiences. All coaches and teachers are encouraged to attend as many squad sessions as they can to benefit from the learning opportunity.



See attached information sheet for details on squad standards

Rising Stars Coaches

Would you like to be involved with assisting and developing the new crop of talented athletes for the future? We are currently recruiting coaches for our New Talent Identification Programme. See attached application form

Programme Structure

- Age Group: Athletes in 12 -15 yrs age bracket
- Sessions: Athletes will take part in 8 squad sessions throughout the year (September – May) where they will receive high quality coaching and the opportunity to train with other top athletes from

Northern Ireland/Ulster. These sessions will take place on a Saturday or Sunday (Depending on Region) from either 11 to 1 or 2pm- 4pm. Athlete's may attend the squad which best suits their circumstances (Venue & Day)

- **Regions:** The Squads will be located in four regions. 1 UUJ, Belfast, 2 Templemore, Derry/Londonderry, 3 Abbey Voc, Donegal Town and 4 Shercock Athletic Club, Cavan. Excellent Indoor/Outdoor athletics facilities exist at all four venues
- **Cost:** The cost for the whole year will be £50. This covers coaching costs, facility hire, squad T-Shirt, entry fee into two specific competitions and a barbecue at the end of the programme. This may be paid by the individual, school or club
- **Entry Standard:** There are guideline entry standards for the squad. Athletes applying for the squad should have achieved the standard in at least one event or have come very close to achieving the standard to be eligible for the squad.

How to Apply for the Rising Stars Squad

An entry form for the squad may be submitted by anyone involved with a young athlete who feels they would benefit from the squad. This may be a teacher, coach, club personnel, parent or the athlete themselves.

Method 1 - go to - www.niathletics.org/opencontent/default.asp?itemid=435§ion=Development

and follow the online entry procedure. You must be able to use card payment to complete the online entry.

Method 2 - fill in the attached entry form and forward to either

Elaine McCaffrey, Talent Development Coach, Athletics Northern Ireland, Athletics House, Mary Peters Track, Belfast 07841 804 034 / 02890 606 968
elaine@niathletics.org

Eamon Harvey, Regional Development Officer, Athletics Ireland
Drimark, Donegal Town, Co Donegal 087 2797548 eamon@athleticsireland.ie

The closing date for entry onto the squad is the 10th Sept 2010.