

JUNIOR CLUB UPDATE

#StayHome #BeActive #StaySafe

#SupportYourClub



WELSH ATHLETICS
ATHLETAU CYMRU

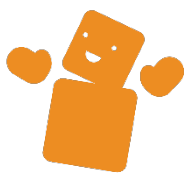
Unsure of how to engage with your junior members at this time? Welsh Athletics have collated ideas of things you could try along with lots of useful information relevant to young athletes and their coaches.

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Starting Blocs

What is Starting Blocs?



Meet Blocky! Blocky is the mascot for Starting Blocs and wants to ensure that all children have the opportunity to take part in athletics in a fun and safe way! Starting Blocs is a fun, exciting program to introduce children to the sport of athletics. Children will learn the key movement skills needed for a life in sport, in a safe and positive environment, through games that are designed to teach children the foundations of running, jumping and throwing. Starting Blocs provides the tools and training for clubs, schools and private providers to deliver inclusive, progressive and fun activities with a child centred focus, to children aged 4-9 years old. These activities will improve a child's confidence and resilience whilst also developing their physical skills.

Why has Starting Blocs been developed?

Developing the fundamental skills of running, jumping and throwing, are essential to a child's physical development. Starting Blocs will aid practitioners to deliver effective sessions that are appropriate for the age group and various ability levels. Running, jumping and throwing are skills that underpin all of the athletics disciplines as well as being fundamental movements across many other sports. Starting Blocs' philosophy is to ensure more children across Wales have access to fun, safe and child centred sessions that teach key fundamental skills which are transferable across all Athletics disciplines and a variety of different sports.



How can my child / younger members get involved in Starting Blocs?

It's really easy to get involved with Starting Blocs, all you need is a device that can access the internet and the enthusiasm to try something new!



We have adapted 7 game cards and numerous challenges to fit the current government restrictions so that athletics activities can be done safely at home.

There will be a new game card or challenge released each week, to keep your little ones active and developing their fundamental skills.

Why not try the challenges with them and have some family fun? There's even a video of how to do a family relay!

There will be downloadable certificates and progress cards available to download in the coming weeks too, so you can track your child's progress and celebrate them trying new skills.

If you're a parent, a coach or a volunteer at a club, these resources are a great way to interact with the younger age group and to set fun challenges within your athletics community. We will also be holding a webinar looking at fundamental movements and the young athletes pathway in sport on Tuesday 21st July, you can [register for this free webinar here](#).

You can access these free resources and further information, via our Starting Blocs Website:



Try the Family Relay challenge here:



Don't forget to keep up to date with what Blocky's up to via the Starting Blocs social media channels, and use the hashtag #FunJumpThrow to share your photos and videos of you having a go!



Junior Athlete Voice

The Junior Athlete Voice members have met (virtually!) to chat about ways they can engage with the younger membership across Wales, during Covid 19 but also in the future when lockdown is lifted.

The group discussed how they were keen to make some of the content more relatable on the Welsh Athletics social media channels, so they've come up with the idea to do an Instagram takeover in the coming months, to reach out to peers and to engage with them on a peer to peer level.

The Junior Athlete Voice members also organised a 'Thank You' message that was published during volunteers week, thanking those that have supported them and enabled them to participate in athletics. You can view their message of thanks via our [Youtube Channel](#).

Stay Active at Home

Across the Welsh Athletics social media channels there are numerous videos to give you ideas to brighten up your at home workouts, have a look and find your favourite today! From circuit sessions, to family friendly relays, and tips on recovery and strength & conditioning, there is something to suit everyone.

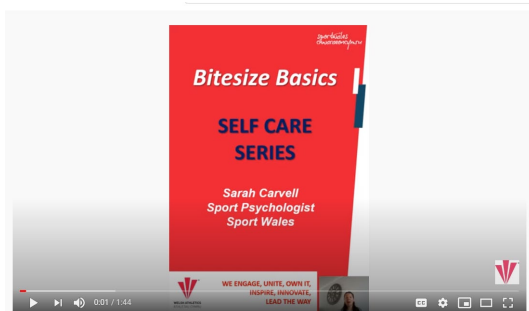
You can check these out via:



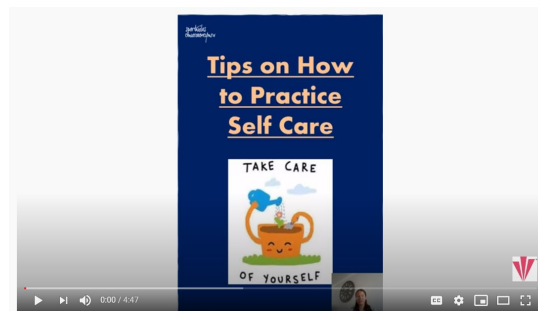
Staying Safe Online, Safeguarding and Mental Health

Now more than ever, it's important that children and young people are able to interact safely online with their friends.

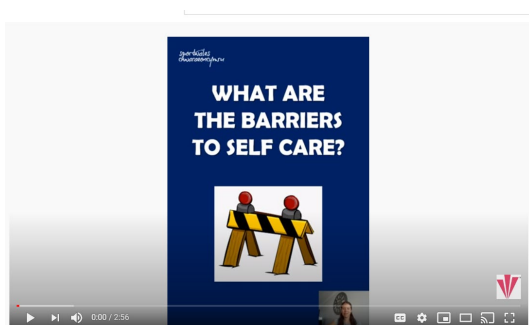
- The NSPCC have some useful guidance and information about all things Zoom and tiktok! Along with other useful online guidance for young people and parents. You can check this out [here](#).
- The NSPCC and the Child Protection in Sport Unit have a whole [library of resources](#) available to access for free, including some brilliant [podcasts on online safety!](#)
- Many of you will have seen reports that Childline is receiving an increased number of calls during this period. Here is the [NSPCC media release](#) in addition the NSPCC has collated all of the information relevant at this time on the [NSPCC Corona Virus Hub](#), this includes some really good information for parents.
- Some great additional sources of help and information for children can be found at [Young Minds](#) and [Emerging Minds](#)
- Welsh Athletics have also released a 'Self Care' series, delivered by Sarah Carvell Sport Psychologist at Sport Wales, these video's offer support on how to look after your mental wellbeing. These can be accessed via our Youtube channel and by clicking on the images below:



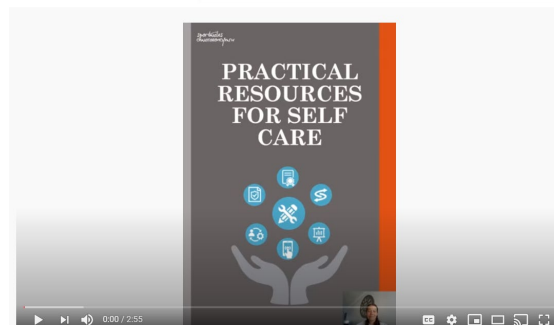
Self Care 1 - Bitesize Basics



Self Care 2 - How to Practice Self Care



Self Care 3 - Challenges to Self Care



Self Care 4 - Resources to Help You

There are lots of useful infographics produced by [Believe Perform](#) around supporting your family's mental health, along with other tips on how to cope with exam stress, and other valuable guidance on performance psychology. Their [facebook](#) & [twitter](#) pages have some really good resources that you can access for free. If you're a club why not follow them on your club social media and re-post some of their content for your members to see?



Coaching Young People

During the suspension period, we have been collating all of the guidance, resources and coaching content on the [dedicated coaching page](#) providing a one-stop shop for you to check in on regularly.

Earlier in May, Welsh Athletics announced the launch of the brand new online Coaching Resource Library available through the [Athletics Hub](#) platform. In addition, working with England Athletics we were able to provide [Free access to Athletics 365 resources for Coaches](#) including (Run Leaders, Coaching Assistants and Coaches of all levels), this is a great resource to help with, games, tips and ideas as well as supporting athlete development aligned to best practice.

Welsh Athletics also has an existing bank of free resources available to coaches to access [here](#).

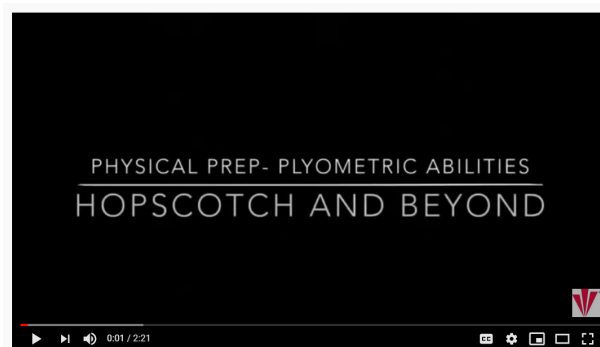
We have been talking to some experienced coaches about how to coach at distance via our 'Coaching Stories' initiative including; [Coaching Via Correspondance - Tony Houchin](#) and [Getting into Coaching - Helen James](#) among others.

Coach webinars and interviews are also scheduled throughout the next couple of months, for the full webinar schedule click [here](#).

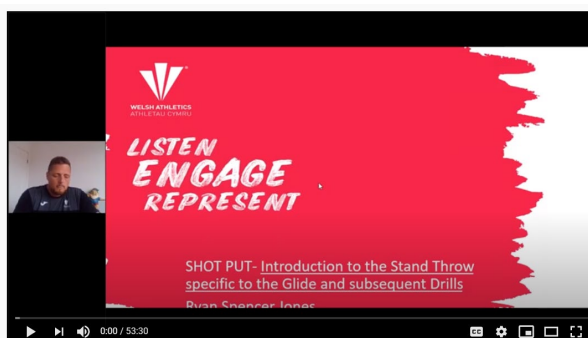
Check out some of the below videos to support young athletes in their athletics development:



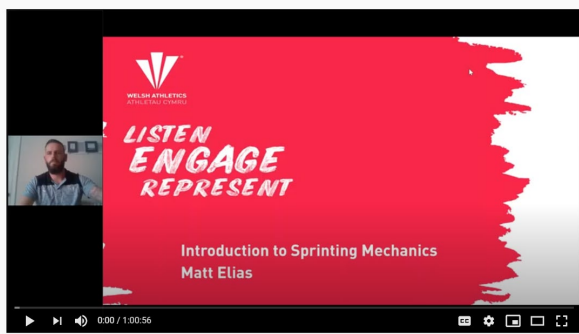
Physical Prep 1 – Improving your body shape



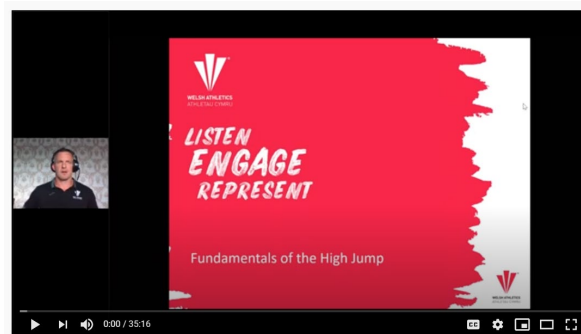
Physical Prep - Plyometrics



Introduction to Glide Shot Put



Introduction to Sprinting Mechanics



Fundamentals of High Jump

Virtual Track and Field Competition

As part of the support offer to our member clubs during this time, we are delighted to announce that an extension to the virtual offering has been developed in conjunction with OpenTrack and the other Home Nations. We are now able to offer a Sportshall at Home virtual competition format free of charge to our clubs which provides an opportunity for competition in basic athletic skills predominantly in a multi-event format.

The platform will offer automated calculation of combined scores based on the SportsHall scoring system and will give the opportunity for competition at home both within clubs and between clubs.

We are delighted that Rhymney Valley AC will be piloting this system in Wales over the weekend of 27th – 28th June with both a Triathlon at home and Pentathlon at home.

The team are also working on creating a schools virtual track and field competition too, in order support schools across Wales with their athletics delivery when schools re-open on 29th June. More information will be released on this shortly. If you would like to register your schools interest in taking part please contact Hannah Pretty (Hannah.pretty@welshathletics.org).

For more information on setting up a Sportshall at home competition for your club visit here:

https://data.opentrack.run/en-gb/x/2020/GBR/t_sportshall/

National School Sport Week 20th – 26th June 2020

This annual campaign which is now in its 12th year is powered by children's charity the [Youth Sport Trust](#). For 2020, National School Sport Week will become National School Sport Week at Home. Right now, young people are missing their friends and missing the sense of connection they get from enjoying sport and play. Millions of young people will be without a school sports day this summer. This year the Youth Sport Trust want to unite the whole country – families, schools, sport and businesses – in a celebration of the

power of sport to bring people together to capture the enjoyment, challenge and camaraderie they are missing out on.





As part of National School Sport Week, we're calling for all primary aged children across Wales to don their trainers and get involved in the Big Welsh Sports Day on Friday 26th June! You can choose any events to create your own sports day, from the egg and spoon race, to an obstacle race to a race against your parents! The more creative the better, make sure you share your sports day photo's and events with us using #FunJumpThrow and #NSSWtogether If you would like some inspiration for things to try why not use our [Starting Blocs Athletics Activity Card](#)

Volunteering

Volunteers are instrumental throughout our sport and the sport of athletics could not function without them, on a global, national or local scale. Along with clubs and running groups across Wales, Welsh Athletics celebrated the work done by volunteers in a specially dedicated week at the beginning of June, National Volunteers Week.

If you've been inspired to recruit new volunteers for your club or have people within your club that volunteer regularly, check out our [Volunteers Resource Pack for Clubs](#) for some useful hints and tips on engaging with your volunteer workforce.

Sport Wales also has a free e-module on volunteering in sport:



Upcoming Webinars

Over the last month there have been various webinars and online learning opportunities for the athletics community to get involved in.

We are excited to announce two new upcoming webinars:

- Parents in Sport – Wednesday 1st July 7-8pm
Audience: Parents of athletes, clubs, coaches.

The Welsh Athletics Parents in Sports Webinar will aim to not only recognise and reinforce the vital role parents play in supporting a child in sport which contributes to their enjoyment and success, but Sport Wales Lifestyle Advisor Zoe Eaton will also explore the challenges parents, and athletes, face when navigating a sports pathway.

[Register for this free webinar here.](#)

- Building a Positive Nutrition Culture in Your Training Environment – Monday 13th July 7-8pm

Audience: Coaches, Athletes, Parents.

The key objectives of the session are:

- To discuss why nutrition matters for athlete health and performance
- To understand the behaviour which supports nutrition choices
- To explore how the training environment can support optimal nutrition choices including practical examples

[Register for this free webinar here.](#)

- Physical Literacy and Athlete Development – Tuesday 21st July 7-8pm

Audience: Coaches, primary school teachers, parents.

Objectives: To explore the fundamental movements in athletics and how these prepare the child and young athlete for sport. This webinar will look at practical ways to introduce fundamental skills in your delivery, for both young children and how to implement these for older athletes who may need to re-learn skills post puberty or injury.

[Register for this free webinar here.](#)

To visit our full list of upcoming webinars [click here.](#)