



## Calwell Little Athletics Club Incorporated



### Role Statement – On-Track and Junior Coaches Coordinator

#### Overview

The On Track program focuses on the fundamental motor skills, all the way through to the athletic skills. The program has 5 Levels. Each level has skills and each skill has techniques. As the skill is learnt, it is developed further and further until the final athletic skill has been developed.

On Track can be conducted for the U6 and U7 athletes in these age groups have large variations in their athletic abilities as their fundamental motor skills are developing at different rates. The key to On Track is that athletes develop one skill before moving onto the next skill. Encouragement, enjoyment and accomplishment are equally important to the athletes as they are to the co-ordinators & parents. Learning in a positive environment is fundamental to the On Track program.

To assist with learning about On Track. The role of On Track coordinator includes, but not limited to:

#### ON TRACK

- ✓ To provide a coaching program for registered athletes
  - U6 and U7's
- ✓ To assist with the oversight of the senior coaching program
- ✓ To engage athletes in training (provision of advice regarding other "external" training opportunities).
  - To give athletes the opportunity to practice and learn the skills and techniques for athletics
- ✓ To provide support and education to athletes and parents in regards to athletics
  - Parents of U6 and U7's
  - Workshops will be conducted with parents as necessary.

#### JUNIOR COACHES PROGRAM

Manage and coordinate senior age groups to help with coaching and mentoring juniors.

- ✓ Provide coaching program for junior athletes U13 – U6, U14 – U7 and U15 – U8.
- ✓ **\*\* Buddy system and coaching does not need to always be around "On Track" but more around coaching, skills development and community" between all age groups.**
  - First half hour each Saturday will allow Junior Coaches to spend time with juniors doing "on track" skills and training.
  - Good refresher training for senior athletes.