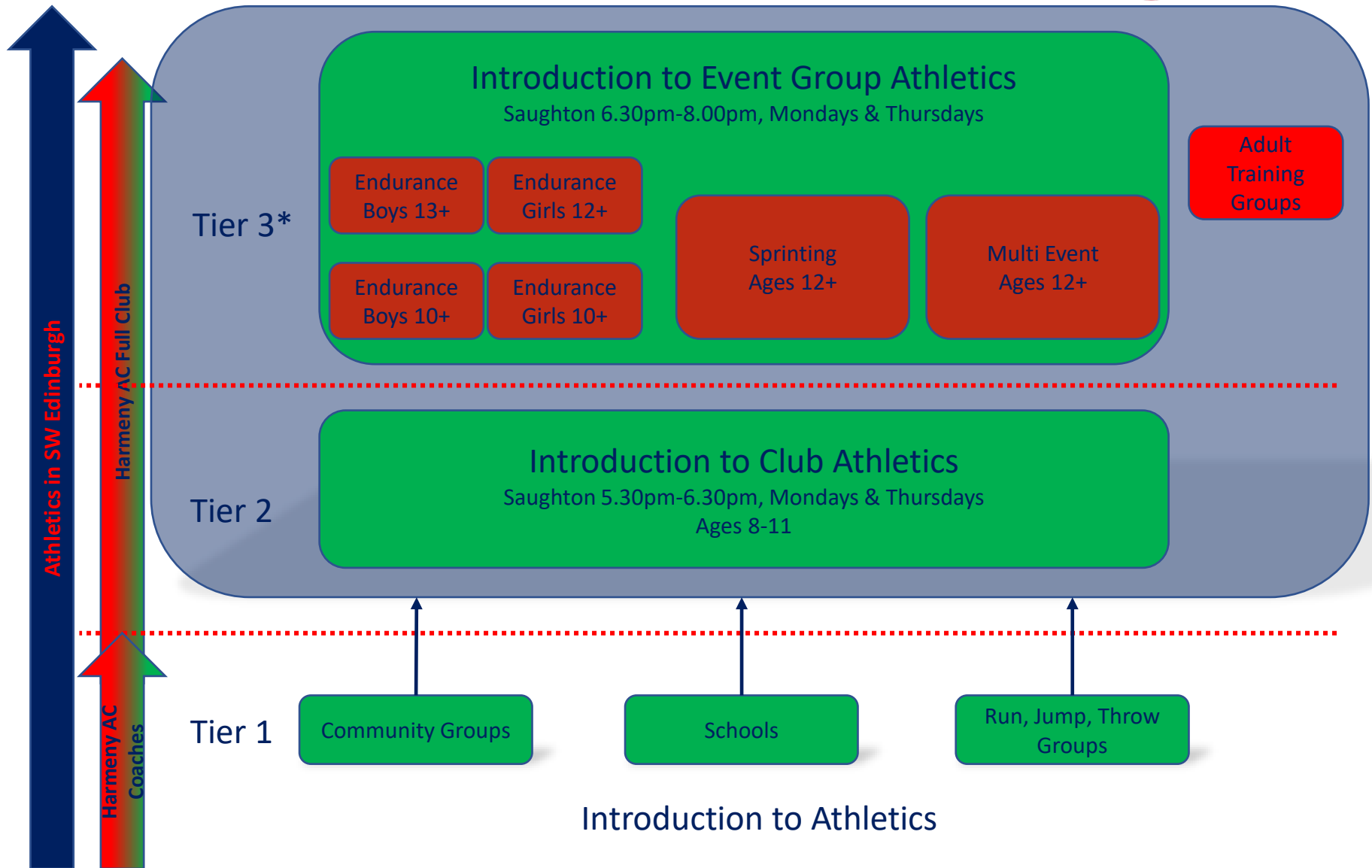


Structure 2022 and Beyond - Athlete Pathway



Harmeny
Athletic Club



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Harmeny
Athletic Club

Athletics in SW Edinburgh

Tier 1 Introduction to Athletics

- Open to all
- Will be multi-event (run, jump, throw)
- Basic introduction to athletic events (e.g. turbo javelin, standing long jump, mini hurdles)
- Will concentrate on development of skills & fitness (co-ordination, balance, agility) as well as speed, strength
- Fun!!!

Tier 2 Introduction to Club Athletics

- Open to all who want to improve
- Will be multi-event (run, jump, throw)
- Introduction to actual athletics events (proper javelin, long jump, track etc)
- More advanced skills & fitness, including Strength and Conditioning
- Learn to Train
- Introduction to competition through friendlies and local leagues
- Encouraged to compete to hone skills and measure progress
- Still Fun!!!

Tier 3 Introduction to Event Groups

- By invite to those who are serious about improving and willing to train hard/attend regularly
- Some specialisation in chosen event(s) but some multi-event element will remain
- Movement skills and strength and conditioning becomes more focused to support chosen events
- Encouraged to attend at least 2 sessions per week (preferably Monday and Thursday)
- Expected to compete in both team/club events and identify personal district and national events, with help from assigned coach
- Still fun!!!

Harmeny AC Adult Runners

- TBC

*There will no longer be automatic pathway from Tier 2 to Tier 3 sessions and a degree of engagement is expected:

- Represent the club in developmental competitions
- Continue to help and support the club through coaching and/or administrative help
- Have an attendance record of >75% (long term injuries/special circumstances not withstanding)
- Continue to have a good attitude to training