

AIS REVIEW OF TRACK AND FIELD

The fundamental aim of the national strategy is to improve overall performance in the international area through integration of AIS and AAU programmes.

The role of the AAU and affiliated organisations is to provide the structures which feed athletes into the international pool.

The role of the AIS is to be the main agent of service to the international pool of athletes and to high level coaches.

The major roles of the AIS in this programme are in the areas of:

1. provision of appropriate scholarships to athletes of international standing
2. support for high level coach education.
3. pre-embarkation team camps at the AIS for teams ...travelling to major overseas competitions.
4. training camps at the AIS for elite senior and junior ...internationals
5. biannual event group conferences at the AIS
6. an integration of the AAU national event coach ...programme with the AIS satellite coach programme
7. AIS coaching staff representation in the administration ...of the national strategy

The proposed plans represent a more flexible interpretation and extension of existing practices which have already proven to be very productive. eg 97% of the 1986 Commonwealth Games teams received support in one or more ways from the AIS. By any informed standards this was the most successful team ever to leave Australia. The 1986 World Junior Championships team, which ranked 8th from the 146 competing nations in Athens, was prepared using the blueprint set out for Junior Team Preparation.

The appended documents represent the overall plan for the development of track and field in Australia.

They will require on-going monitoring to ensure co-operation is effectively maintained between:

the AAU and affiliated state organisations,  
the AIS, and  
State Institutes or their equivalent.

They are conceived in the light of the AIS being the major agent in the implementation of the elite athletics programme.

AUS: PARLIM ATHLETIC UNION/AUSTRALIAN INSTITUTE OF SPORT  
OVERALL NATIONAL STRATEGY

	1987/88	1988/89	1989/90	1990/91	1991/92	Funding
1. Coaching	20	40	48	55	60	AIIS
2. Facilities	0	0	7	8	9	AIIS

1. Facilities: Indoor training equipment & 'flexi-house' 500 sq. m. Throwling areas, sports fields for training science area at Werribee track.

2. Upgrade existing facilities in training Melbourne & TAS facilities in capital to meet stand

3. Establish minimal facilities for regional centres as personnel are appointed. Develop indoor training centres in conjunction with regional centres where climate indicates.

4. Regional Services: State bases 1 per capita, Add N. Qld 1 country VIC 1 country NSW Additional country regions and second set-up- AIIS/States  
 21 Honorary SP/T Mel Add Perth SP/T Add Hobart 7P/T Add Mel 9P/T Add Syd Add AIIS  
 Bvd Adel L. ton

5. Regional Coaches: Current State Add VIC. WA Add N. Qld Additional country regions and second set-up- AIIS/States  
 1/2 Tas Add N. Qld 1/2 ACT Extend to country regions  
 19 appoints. Reappointments Preference given to professionally employed coaches  
 Review of NEC & Satellite coach appointments

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## NOTES ON OVERALL NATIONAL STRATEGY

The national strategy provides for the provision of coaching and training facilities for all athletes in the national squads. Since track and field is a very diverse sport with about 100-150 athletes being selected in national teams each year, adequate facilities must be provided on a regional basis in addition to the central facilities at the AIS.

The proposed staffing and facilities development programme is designed to optimize the use of existing facilities at the AIS as well as provide a network of support for all athletes in the country. The size of national teams coupled with the nature of the sport necessitates a substantial decentralised element in provisions for athlete support.

Economic realities may curtail expansion. Nevertheless the Plan represents an idealised developmental pathway for the future. Priorities can be allocated according to resources.

#### 1. AIS Coaching Staff

There is a need to maintain effective athlete/coach ratios, combined with the ultimate aim of providing a separate coach for each distinct event.

#### 2. Regional Centres

The scope of the sport necessitates the provision of services on a regional basis. This will be done through a network of regional centres based on areas of population. The minimum requirements for each area:

1. 6 lane polyurethane competition track with facilities for all track and field events.
2. Weight room with free and pinned weights.
3. Training equipment

Desired additions include:

4. Multiple throwing and jumping areas.
5. Covered floor area for gymnastics/bounding, etc.
6. Multiple sets of throwing implements, poles, etc.
7. Network of sports science/medical support.
8. Resource centre (books, films, videos, etc.)
9. Indoor competitive training centre.

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Some existing club facilities, particularly in the major cities, already form the basis for these centres. Their introduction may cause some amalgamation of local clubs.

The regional centre will provide the working base for:

- (a) the Satellite coach
- (b) the Regional Development Officer

### 3. Satellite Coaches

The current system has been highly successful in supplementing such activities in the nation. It has promoted integration of National Event coaches activities with those of the AIS by providing:

- opportunity to travel to AIS to use its resources
- financial assistance to allow purchase of equipment, magazines, cooking aids, etc.
- allowed some coaches to travel to country regions to extend their contact with athletes and coaches,
- allowed coaches to finance their travel to national and international conferences
- documentation service from the AIS Information Centre

The current satellite coaches are proud of their association with the AIS and act as ambassadors in a variety of ways providing exposure of the AIS in their local regions.

The present system should be retained. Development will allow for the appointment of half-time salaried satellite coaches based at regional centres. Their brief will be:

- (a) co-ordinate and monitor the training of high level athletes
- (b) support other satellite and high level coaches in their region
- (c) contribute to high level coach education programmes

### 4. Regional Development Officers

The regional development officer will take on many of the tasks currently undertaken by State Coaching Directors. His brief is to initiate and implement plans to recruit, conserve and develop the athletes and coaches in his region. His duties in the region include:

- (a) development of clubs
- (b) provision of facilities
- (c) liaison with schools and little athletics centres
- (d) organisation of clinics for athletes
- (e) organisation of seminars for coaches
- (f) general promotion of athletics

#### b. National Event Coach

Currently there are 19 national event coaches to cover each specialist athletic discipline. They are appointed by the AAU for a four year term beginning and ending with successive Olympics. The appointments are reviewed after two years of the term.

The overall aim of the national strategy is:

1. To provide competitive opportunities to all athletes at a level appropriate to their performance
2. To identify all talented athletes
3. To provide opportunities in a conducive environment for the full development of their talents.

The role of the AAU is to administer the overall structure. It has the major responsibility for:

1. provision of competitive opportunities
2. identification of talented individuals
3. provision of appropriate coaching
4. provision of an environment conducive to development

Within this the Als has a special responsibility for:

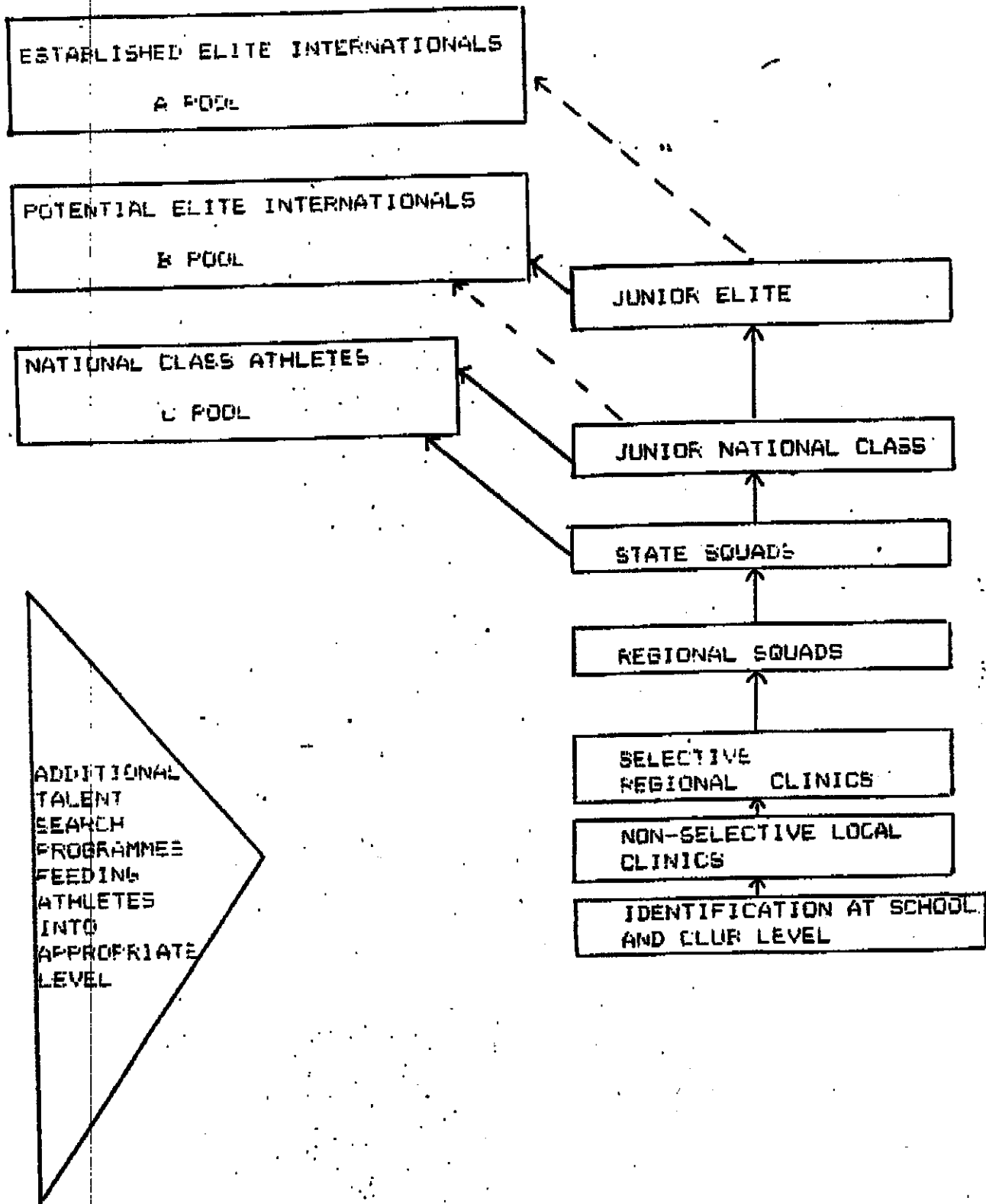
1. maintenance of established elite international athletes
2. development of potential elite internationals
3. development of high level coaches

The measure of success of this integrated plan lies in the performance of Australian athletes and teams at international competition. An accurate measure must extend beyond medals won to include:

1. number of finalists in major championships
2. number of athletes ranked in annual world's ranking
3. international team match results
4. team placings at world championships

NATIONAL SPORT INFORMATION CENTRE  
AUSTRALIAN SPORTS COMMISSION  
LEVENHAM STREET  
BRUCE ACT. 2617  
AUSTRALIA

SCHEME OF ATHLETE DEVELOPMENT



### MODEL OF ELITE INTERNATIONAL PARTICIPATION

Australia's international competitors can be divided into three pools of senior athletes and two pools of junior athletes.

- Seniors**
  - 1. Established Elite Internationals (A Pool)  
Athletes ranked roughly 1-20 in international merit. eg Honey, Clark, Flintoff, de Castella.
  - 2. Potential Elite Internationals (B Pool)  
Athletes ranked 20-200 in international merit depending on the event. eg Beames, Flemming, Stone
  - 3. National Class Athletes (C Pool)  
  
Athletes likely to gain selection in full international teams but unlikely to join the elite ranks in short term.
- Juniors**
  - 1. Junior Elite (Junior A Pool)  
  
Junior athletes with high international rankings seen as likely finalists at World Junior Championships or/and feeding into potential elite pool (B Pool). eg Murphy, Minns, McBain, Keiterer from 1986
  - 2. Junior National Class (Junior B Pool)  
  
Junior athletes ranked 2-4 in Australia and likely selections for World Junior Championship team.

The AIS involvement will give priority to A pool, B pool and Junior A pool athletes.

### COMPETITIVE DEVELOPMENT

The major competitive cycle last four years and is best regarded as beginning in the year immediately after the Olympic Games and finishing with the following Olympics. The junior programmed cycles over two years form one World Junior Championship to the next.

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In this cycle only the major competitive opportunities are considered. Both the World Championships and the Olympic Games are restricted to small teams of elite athletes and therefore cannot be considered in fulfilling any developmental role. The need for extra transitional competition from junior to senior ranks clearly emerges for every year except the Commonwealth Games year. This is particularly important in year 3 of the cycle where the only major competition available for our athletes is the World Cup which is very limited in selection.

1. In the alternate years between World Junior Championships a junior competition tour should be planned to provide experience for potential competitors in the following World Junior Championships.
2. In World Cup years there must be a touring team to allow for continuity of development from junior to senior ranks.
3. Small groups of athletes from the transition area must tour in Olympic Games and World Championships and Olympic years must be given a higher priority and profile as they fill an ideal transitional development role.

The organisation of competitive development and the selection of teams rests with the AAU.

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LIVERNAER STREET  
BRUCE A.C.T. 2617  
AUSTRALIA



TEAM FROM 4 LEVEL SELECTION

REQUIRED ADDITIONAL COMPETITIONS

OTHER IAAF COMPETITIONS

CUP YEAR COMPETITIVE CYCLE

TEAM	FROM 4 LEVEL	SELECTION	REQUIRED ADDITIONAL COMPETITIONS	OTHER IAAF COMPETITIONS
1	Worlds -af	1 per event Per region Minimal Over- all Import	Expats team tour Greater emphasis on World Student Games	World Walking Cup World Marathon Cup World Indoor C'ships
	World Jun. Team	Full team		World Cross Country Grand Prix
2	Common. Games	3 per event Circuit based 2-3		World 15k Road Race (women)
	World Jun. C'ships Full team			World Cross Country Grand Prix
3	World C'ships	20 selected on established IAAF standards Minimal develop- mental aspects	Greater emphasis on World Student Games Small group Minimal develop- mental aspects	World Walking Cup World Marathon Cup World Indoor C'ships World Cross Country
	World Junior Tour Full team			Grand Prix
4	Olympic Games	Elite team selected on established IAAF standards. No develop- mental aspect	Small group developmental tours	World 15k Road Race (women) Grand Prix
	World Jun. C'ships Full team			World Cross Country

NB: IAAF COMPETITIONS:  
 In general they have a low priority in the overall developmental programme. However it is important to send teams in order to:  
 1. Maintain a high profile with the IAAF and hence attract greater funding for all teams.  
 2. Provide additional high level international competitive experience for athletes.  
 3. Generate additional success and subsequent publicity.

IAAF World Grand Prix:  
 World Class athletes wanted in top 500 will compete in Grand Prix and circuit meets.  
 It is important that their impact be monitored with respect to their effects on team membership, athletes' expectation in teams and athletes' ability to prepare for major tournament-style meetings.

## INTERNATIONAL TEAM PREPARATION

### JUNIOR TEAMS:

The pattern of preparation for junior teams, is well established and working well. Each year two camps are conducted prior to departure of the team for overseas competition.

1. Squad Camp  
A squad camp for about 100 athletes is held in August/September to focus attention on the following year's major competitions. The camp is held at the AIS and is funded by the AAU.
2. Team Camp  
A pre-embarkation camp is held for all team members and staff about one month prior to departure. The camp aim is to finalise preparation for the tour. It is funded by the AIS under the NTCF programme.
3. Pre-Competition Tour  
A tour of 3-4 weeks prior to major championships is used to prepare for competition in the northern summer. The tour is funded by the AAU and by individual subscription.

### SENIOR TEAMS

Currently domestic preparations for overseas teams are minimal. The following program is proposed to meet this requirement:

1. Squad Preparation  
Regular event group based training camps for the 5 major event groups should be held at the AIS. They will be staffed by AIS Coaches and national event coaches and attended by national pool athletes and their coaches.
2. Pre-embarkation Camp  
A weekend pre-embarkation camp will be held for all major teams about one month prior to departure.
3. Pre-competition Tour  
Major teams competing overseas undertake a 3-4 week competitive tour prior to their championships.

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## COACH EDUCATION AND DEVELOPMENT

The AIS has a major role in the development of high level coaching in Australia as an integral part of the coach education program.

### 1. COACH ACCREDITATION

- (a) Basic Level Coaches  
Courses are run on a state basis by local branches of the Australian Track and Field Coaches Association
- (b) High performance coaches  
Residential courses at the AIS conducted by the AT & FCA and Institute staff.

### 2. EXTENSION AND ENRICHMENT COURSES

- (a) Bridging courses (Level I to Level II)  
Run on a state basis and funded by AT & FCA
- (b) Extension courses  
Usually run in conjunction with Level II and III courses at AIS
- (c) Event Group conferences  
Two conferences held each year with groups rotating through 2-3 year cycles. The usual venue for these courses is the AIS and funding comes jointly from the AAU and the AT & FCA
- (d) Other clinics/workshops/seminars  
Regionally based and locally funded.

### 3. INFORMATION SERVICES

The AIS provides information services to national event coaches, satellite coaches and similarly qualified coaches through its resource centre.

### 4. OVERSEAS STUDY TOURS FOR COACHES

An essential part of coach development is to allow Australian coaches to gain international experience by attendance at major conferences. Currently at least one coach is funded under this program annually.

It is recommended that the AIS professional development program be extended to include satellite coaches.

Coach exchange programs should be investigated to allow satellite coaches being residentially attached to the AIS for significant time periods.

ADMINISTRATION OF NATIONAL STRATEGIES

	MEETINGS
Coaching Co-ordinating Committee	3 - 5 per year
National Event Coaches Meeting	1 per year
Group Directors Meeting	2 per year
Junior Development Commission	2 per year
Coaching Executive	4 - 6 per year
Athlete/Coach Interview Tour (Forward planning, evaluation)	1 per year
AIS/AAU Liaison Committee	1 per year

Procedures for liaison with state institutes and athletic associations need to be established.