

# Rising Stars Coaches Required

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

Would you like to be involved with assisting Athletics Northern Ireland (ANI) develop the new crop of talented athletes for the future? If so we are currently recruiting coaches for our New Talent Identification Programme the **“ANI & Ulster Rising Stars Squad.”** 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 Regional Development Squad programme will have a fresh coaching structure, broader age range (12-14) 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.

There will be **8 squad sessions** throughout the year (September – May) and athletes will get a chance to experience all event groups throughout the year. The athlete will take part in a session from two of the event groups (Sprints, Jumps, Endurance and Throws) at each session. E.g. Squad 1 (Sprints & Jumps), Squad 2 (Endurance & Throws) and so the event groups will alternate from squad to squad. Therefore coaches will be expected to attend alternate squad sessions depending on their event specialism. Coaches must commit to four squad sessions throughout the year in order to insure continuity of coaching from one event session to the next. Coaches will be paid a set coaching rate per session and this will be paid in a lump sum when the yearly programme is complete. The Squads will be located in four regions throughout Ulster (Belfast, Derry/Londonderry, Donegal Town and Cavan/Shercock) and the coach may apply to coach at whichever squad best suits their circumstances.

All successful coaches will receive full training in the new coaching programme for “Rising Stars.” This will involve attendance at a Youth Development Workshop delivered by ANI Staff and will qualify as a Continue Professional Development opportunity and broaden your coaching credentials.

Personal Specification:

Essential-

- Minimum UKA Level 2 Coaching Licence or Minimum AAI Level 1 Coaching Licence
- At least 1 years experience of coaching at the level specified above
- Evidence of commitment to Continued Professional Development

If you are interested in applying for a Rising Stars Coach position for the Athletics training season 2010-2011 please complete the application form and return to Elaine McCaffrey, Athletics Northern Ireland. Email and Postal Applications will be accepted. If necessary, applicants may be called for interview. **Closing Date- 4pm Friday 13<sup>th</sup> August 2010.**

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