



## ***Athletics Northern Ireland & Ulster***



### ***Rising Stars Squad***

***2010-2011***

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

Athletics Northern Ireland’s new Talent Identification Programme, 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.

Through the Rising Stars Programme ANI hope to develop young athletes with all the appropriate physical attributes and background to prepare them for later specific athlete development. These physical qualities will also be transferrable into other sports and activities, improving all round performance and reducing injury risk.

ANI aim for the programme to give young athletes the chance to discover the most appropriate event group at their own pace and reduce early specialisation. Young athletes are often pushed to specialise too early, fully developing specific qualities too soon and neglecting certain qualities that are needed for later success. The Rising Stars Squad will try to remove this early specialisation and give the young athletes a broader experience of the whole of athletics.

The Rising Stars Squad will be the first step on the ANI World Class Development Pathway and should be a stepping stone to the ANI Youth Academy Programme.

The squad will also serve as a development opportunity for coaches and teachers giving them the chance to learn from one another, sharing knowledge, ideas and experiences. All coaches and teachers are encouraged to attend as many squad sessions as they can to benefit from the learning opportunity.



Athletics Northern Ireland  
Development Pathway



Programme Structure

- **Age Group:** Athletes in Year 9 or 10 in Sept 2010 (**12-14 yrs**)
- **Sessions:** Athletes will take part in **8 squad sessions** throughout the year (September – May) where they will receive high quality coaching and the opportunity to train with other top athletes from Northern Ireland/Ulster. These sessions will take place on a Saturday or Sunday (Depending on Region) from 2pm-4pm. Athlete's may attend the squad which best suits their circumstances (Venue & Day)
- **Regions:** The Squads will be located in four regions. Belfast, Derry/Londonderry, Donegal Town and Cavan (Shercock)
- **Cost:** The cost for the whole year will be **£50**. This covers coaching costs, facility hire, squad T-Shirt, entry fee into two specific competitions and a barbecue at the end of the programme. This may be paid by the individual, school or club
- **Entry Standard:** There are guideline entry standards for the squad. Athletes applying for the squad should have achieved the standard in at least one event or have come very close to achieving the standard to be eligible for the squad

## Rising Stars Squad

### Standards

Girls	Event	Boys
14.2s	100	14.1s
28.6s	200	26.9s
2.40 min	800	2.30 min
5.25 min	1500	4.50 min
13.2s	75h/80h	13.2s
3.95m	Long Jump	4.15m
1.25m	High Jump	1.30m
8.80m	Triple Jump	10.40m
1.75m	Polevault	2.20m
6.60m	Shot	8.00m
18.90m	Discus	28.80m
18.90m	Javelin	32.50m
13.80m	Hammer	22.50m
8.20 min	1200 Walk	8.05m

These standards are broadly based on last place in the Ulster Schools Final 2010 in the Minor age-group or Junior if event not covered at Minor Level. There are no entry standards for Disabled Athletes. For more information on how to apply to the Disability Squad please contact [heather@niathletics.org](mailto:heather@niathletics.org)

## How to apply for the Rising Stars Squad

An online Entry Form for the squad may be submitted by anyone involved with a young athlete who feels they would benefit from the squad. This may be a teacher, coach, club personnel, parent or the athlete themselves.

Just visit the Athletics Northern Ireland Website [www.niathletics.org](http://www.niathletics.org) click on the Online Entry Button, find the Rising Stars Squad Event and complete the online form. The closing date for entry onto the squad is the **31st July 2010**. You must be able to use card payment to complete the online entry.

Although this is the preferred method of entry to the squad if you would prefer to use an alternative means please contact Elaine McCaffrey (Lead Organiser)

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**ANI/ Ulster Rising Star Squad is run in partnership with Eamon Harvey, North West RDO AAI and the Ulster Secondary Schools Athletics Association**

