

Tomorrow Begins Today

Dr Frank W. Dick



Often do the spirits of great events
stride on before the events and in today
already walks tomorrow.

(Samuel Taylor Coleridge)

Our Purpose

- ✦ A better world through sport
- ✦ Strengthen and support other “family” members
- ✦ Develop athletes for a ‘thorough athletics’ experience to fulfil potential in peak performance years
- ✦ Enjoy a healthful and purposeful life in and beyond their competitive years.

Athletes

- ✦ Process reflects health and welfare through athletics experience
- ✦ Thoughtful balance between:
 - Performance challenges
 - Personal development
 - Focus on results.

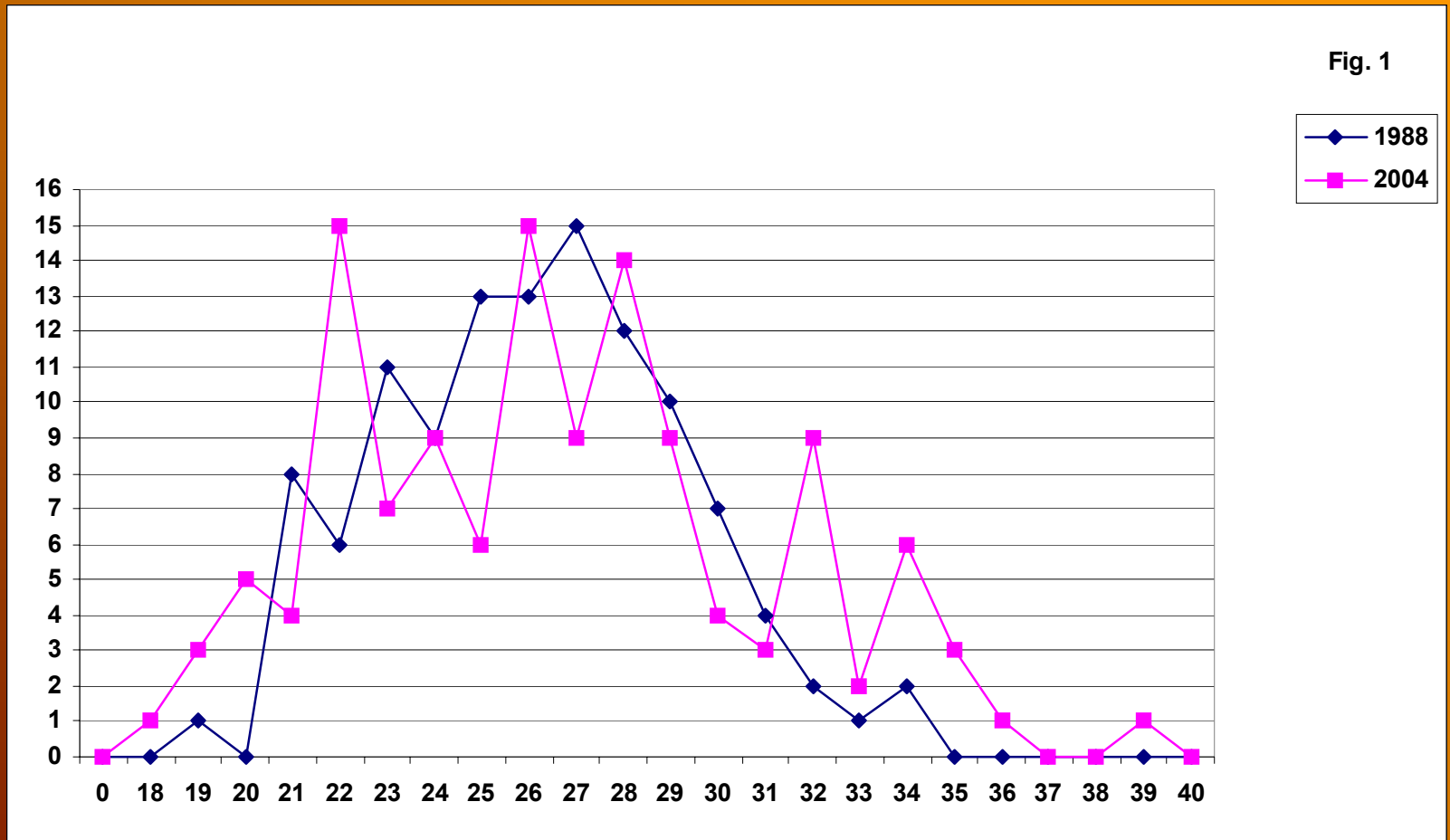
Coaches plan backwards
from agreed goals

Peak performance years

22-34.....?



Figure 1



Factors shaping athletes' needs

- ◆ More mature
- ◆ Commercially aware
- ◆ Social, economic, physical, psychological, lifestyle balance.....

Table 1a

| EVENT | WORLD RECORD AT 31.10.08 | PROGNOSIS FOR OLYMPIC GAMES 2008 | | |
|---------------|-----------------------------|----------------------------------|---------|-----------------------|
| | | MEN | | |
| | | GOLD | BRONZE | 8 th PLACE |
| 100 m | 9,69 | 9,65 | 9,75 | 9.95 |
| 200 m | 19,30 | 19,30 | 19,75 | 20,05 |
| 400 m | 43,18 | 43,10 | 44,00 | 44,75 |
| 110 m Hurdles | 12,87 | 12,85 | 12,95 | 13,25 |
| 400 m Hurdles | 46,78 | 46,75 | 47,75 | 48,05 |
| 4 x 100 m | 37,10 | 37,00 | 37,60 | 38,25 |
| 4 x 400 m | 2.54,20 | 2.54,00 | 2.57,00 | 3.00,00 |
| | | WOMEN | | |
| 100 m | 10,49 | 10,65 | 10,80 | 11.05 |
| 200 m | 21,34 | 21,60 | 21,90 | 22,30 |
| 400 m | 47,60 | 48,50 | 49,00 | 50,00 |
| 110 m Hurdles | 12,21 | 12,40 | 12,55 | 12,80 |
| 400 m Hurdles | 52,34 | 52,50 | 52,80 | 56,00 |
| 4 x 100 m | 41,37 | 41,30 | 41,70 | 42,75 |
| 4 x 400 m | 3.15,17 | 3.16,00 | 3.18,00 | 3.25,00 |

Table 1b

| EVENT | WORLD RECORD AT 31.10.08 | PROGNOSIS FOR OLYMPIC GAMES 2008 | | |
|------------|-----------------------------|----------------------------------|-----------------------|-----------------------|
| | | MEN | | |
| | | GOLD | 3 rd PLACE | 8 th PLACE |
| 800 m | 1.41,11 | 1.42,50 | 1.43,00 | 1.45,50 |
| 1500 m | 3.26,00 | 3.27,00 | 3.29,00 | 3.35,00 |
| 5000 m | 12.37,35 | 12.40,00 | 12.45,00 | 13.00,00 |
| 10000 m | 26.17:53 | 26.22.50 | 26.40,00 | 27.00,00 |
| 3 km S/C | 7.53,63 | 7.57,50 | 7,58.00 | 8.10,00 |
| Marathon | 2:03:59 | 2:02:00 | 2:05:00 | 2.09,00 |
| 20 km walk | 1.16:53 | 1:16:00 | 1:18:30 | 1:19.00 |
| 50 km walk | 3:34:14 | 3:30:00 | 3:37:00 | 3:45.00 |
| | | WOMEN | | |
| 800 m | 1.53,28 | 1.53,00 | 1.54,50 | 1.56,00 |
| 1500 m | 3.50,46 | 3.55,00 | 3.57,00 | 3.59,50 |
| 5000 m | 14.11,15 | 14.08,00 | 14.20,00 | 14.30,00 |
| 10000 m | 29.31,78 | 29.40,00 | 30.10,00 | 30.35,00 |
| 3 km S/C | 8.58,81 | 8.50,00 | 09.00,00 | 09.12,50 |
| Marathon | 2.15:25 | 2:15:00 | 2:18.00 | 2:24.00 |
| 20 km walk | 1,25,41 | 1:25:00 | 1:25,30 | 1:26.30 |

Table 1c

| EVENT | WORLD RECORD AT 31.10.08 | PROGNOSIS FOR OLYMPIC GAMES 2012 | | |
|--------|-----------------------------|----------------------------------|--------|-----------------------|
| | | MEN | | |
| | | GOLD | BRONZE | 8 th PLACE |
| HIGH | 2,45 | 2,42 | 2,39 | 2,35 |
| POLE | 6,14 | 6,09 | 6,06 | 5,90 |
| LONG | 8,95 | 8,85 | 8,65 | 8,45 |
| TRIPLE | 18,29 | 18,00 | 17,75 | 17,50 |
| | | | | |
| | | WOMEN | | |
| HIGH | 2,09 | 2,10 | 2,06 | 2,03 |
| POLE | 5,05 | 5,10 | 4,92 | 4,75 |
| LONG | 7,52 | 7,50 | 7,40 | 7,00 |
| TRIPLE | 15,50 | 15,60 | 15,40 | 15,10 |

Table 1d

| EVENT | WORLD RECORD AT 31.10.08 | PROGNOSIS FOR OLYMPIC GAMES 2012 | | |
|------------|-----------------------------|----------------------------------|--------|-----------------------|
| | | MEN | | |
| | | GOLD | BRONZE | 8 th PLACE |
| SHOT | 23,12 | 22,50 | 22,30 | 21,50 |
| DISCUS | 74,08 | 72,25 | 70,00 | 68,70 |
| JAVELIN | 98,48 | 97,50 | 90,00 | 88,00 |
| HAMMER | 86.74 | 86,00 | 83,50 | 82.00 |
| DECATHLON | 9026 | 9000 | 8750 | 8600 |
| | | WOMEN | | |
| SHOT | 22,63 | 21,25 | 20,75 | 19,60 |
| DISCUS | 76,80 | 70,00 | 68,50 | 66,00 |
| JAVELIN | 76,07 | 75,00 | 72,50 | 65,00 |
| HAMMER | 77,80 | 80,00 | 79,00 | 76,00 |
| HEPTATHLON | 7291 | 7100 | 6800 | 6450 |

Junior & Peak performance years preparation

20-21 (→ 23..)



Athletes' needs

- ◆ Motivation
- ◆ Support to remain resilient and continue
- ◆ Opportunity to progress/achieve

Area U23 Championships

- ✦ E-services
- ✦ Physical resources
- ✦ Interventions – seminars
 - workshops
 - career planning
 - socio-economic counselling
 - technical advice.

Junior years

17/18 - 19



Figure 2a

Fig 2a

No. of IAAF Junior Gold Medals awarded

No. of athletes gaining

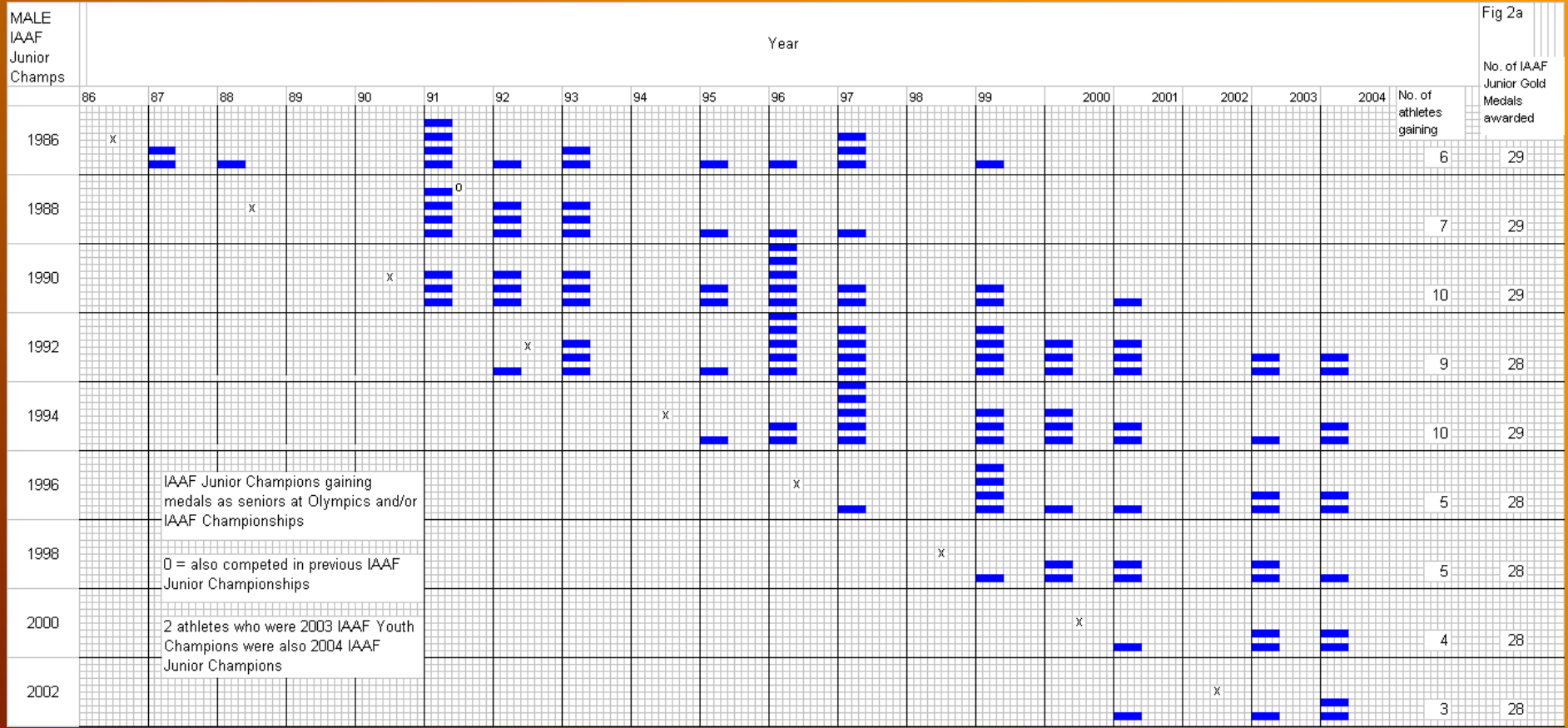


Figure 2b

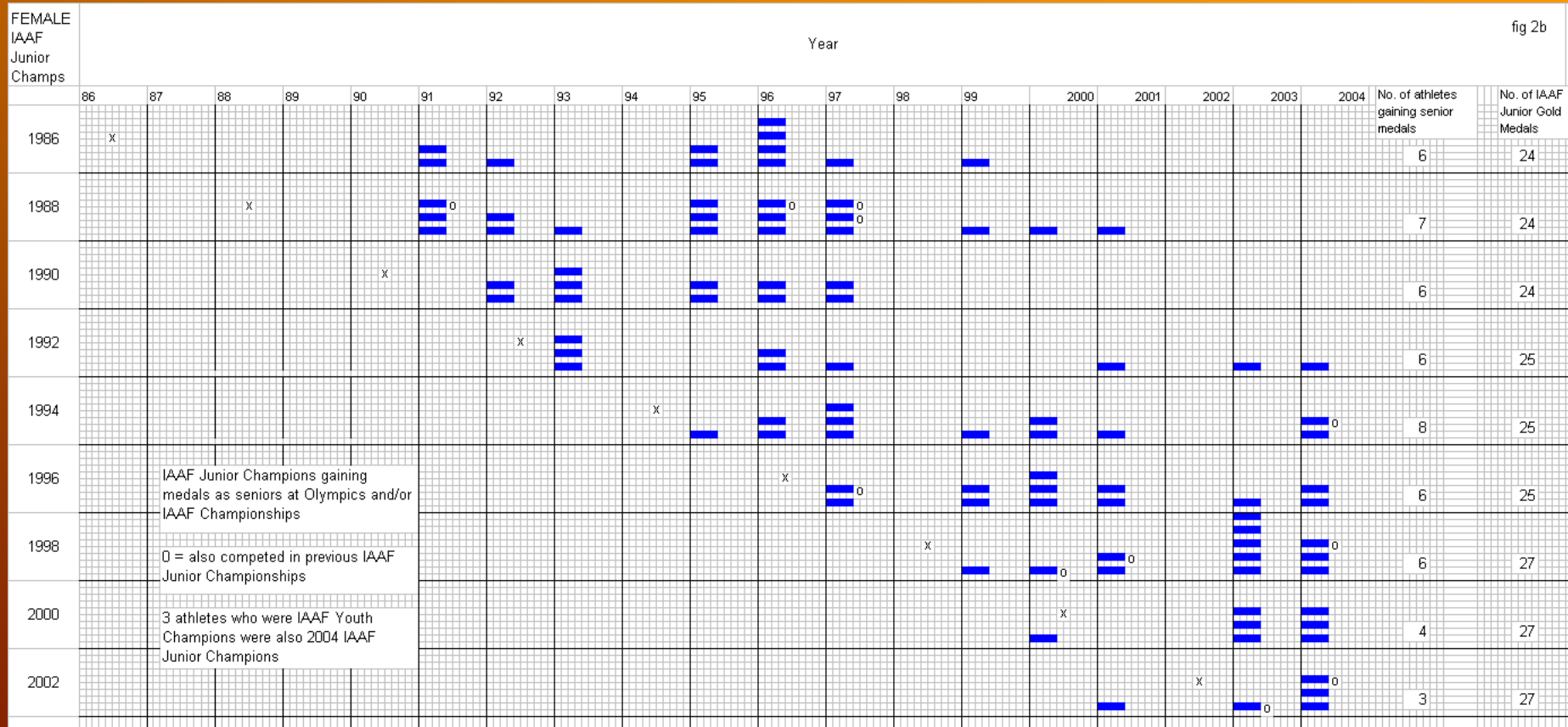
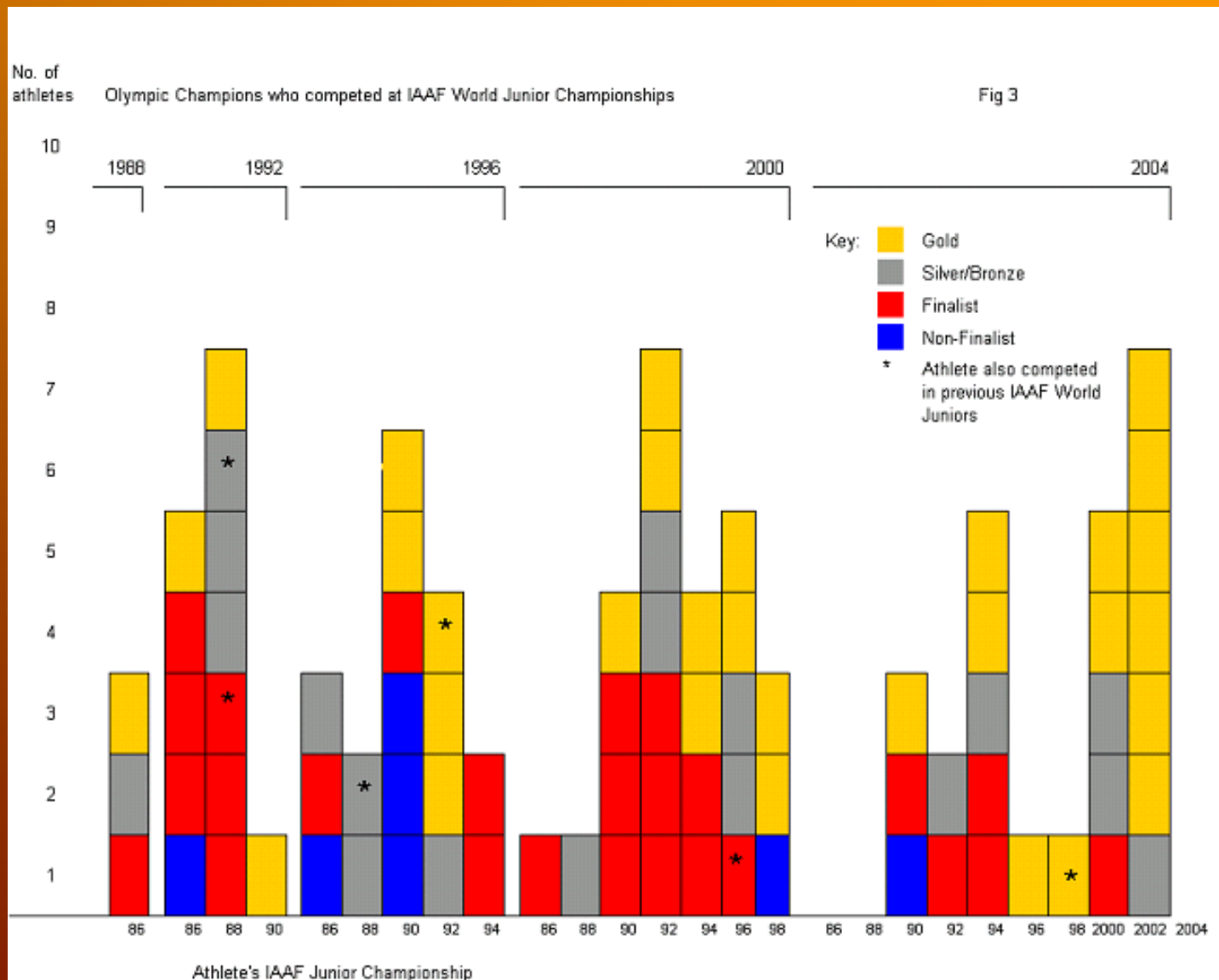


Figure 3



Athletes' needs

- ◆ Preparation for:
 - Sports career
 - Motivation to continue
 - Support to progress.

Area & World Junior Championships

- ◆ Presentations/seminars – athletes and coaches
- ◆ Dedicated resource package – contacts etc.
- ◆ E-support pages – AA website
- ◆ Follow-up monitoring.

The Development Years

13/14 – 16/17



Athletes' needs

- ◆ General/specialist work for continuous development
- ◆ Preparation for junior years and beyond
- ◆ Lifestyle balance strategy

Area/World U/18 and Member Federation U/18

- ◆ Development tracking and mentoring (athlete and coach)
- ◆ Performance development targets
- ◆ Conditioning development targets

Table 2a

| MALE | E | U/23 | U/20 | U/19 | U/18 | U/17 |
|----------|----------|----------|-----------|----------|------------|---------------|
| 100 | 10.30 | 10.50 | 10.65 | 10.75 | 10.85 | 10.95 |
| 200 | 20.80 | 21.15 | 21.50 | 21.65 | 21.85 | 22.15 |
| 400 | 46.10 | 46.90 | 47.80 | 48.20 | 48.50 | 49.00 |
| 800 | 1.47.00 | 1.48.90 | 1.50.75 | 1.52.50 | 1.54.00 | 1.55.50 |
| 1500 | 3.38.50 | 3.43.75 | 3.50.00 | 3.52.50 | 3.57.00 | 4.02.50 |
| 5000 | 13.37.00 | 14.06.00 | 14.45.00 | 15.02.50 | (3)8.40.00 | (3)9.00.00 |
| 10000 | 28.42.00 | 29.50.00 | 31.17.50 | - | - | - |
| 3 km S/C | 8.33.00 | 8.49.00 | 9.13.00 | 9.18.00 | 9.23.00 | (15)4.15.00 |
| 110H | 13.75 | 14.20 | 14.60 | 14.80 | 15.10 | (100)13.55 |
| 400H | 49.90 | 51.50 | 53.00 | 54.00 | 55.00 | 57.00 |
| HIGH | 2.25 | 2.17 | 2.12 | 2.08 | 2.03 | 1.98 |
| POLE | 5.55 | 5.25 | 5.10 | 4.85 | 4.55 | 4.25 |
| LONG | 8.00 | 7.65 | 7.40 | 7.25 | 7.00 | 6.70 |
| TRIPLE | 16.72 | 15.95 | 15.20 | 14.95 | 14.35 | 13.75 |
| SHOT | 19.50 | 17.80 | 15.95 | 15.00 | 14.25 | 15.50 (4K) |
| DISC | 62.50 | 53.55 | 49.55 | 48.50 | 47.00 | 52.00(1.5K) |
| HAM | 77.50 | 67.00 | 59.00 | 57.00 | 54.50 | 56.50(4K) |
| JAV | 80.00 | 72.00 | 66.50 | 64.00 | 61.00 | 58.00 |
| DEC | 7800 | 7350 | 6700 | 6350 | 6000 | 5900 (8) 4750 |
| 20km | 1.25.00 | 1.28.30 | (10)44.20 | 46.00 | 48.00 | 50.00 |
| 50km | 3.59.00 | - | - | - | - | - |
| MARATHON | 2.15.00 | - | - | - | - | - |

Table 2b

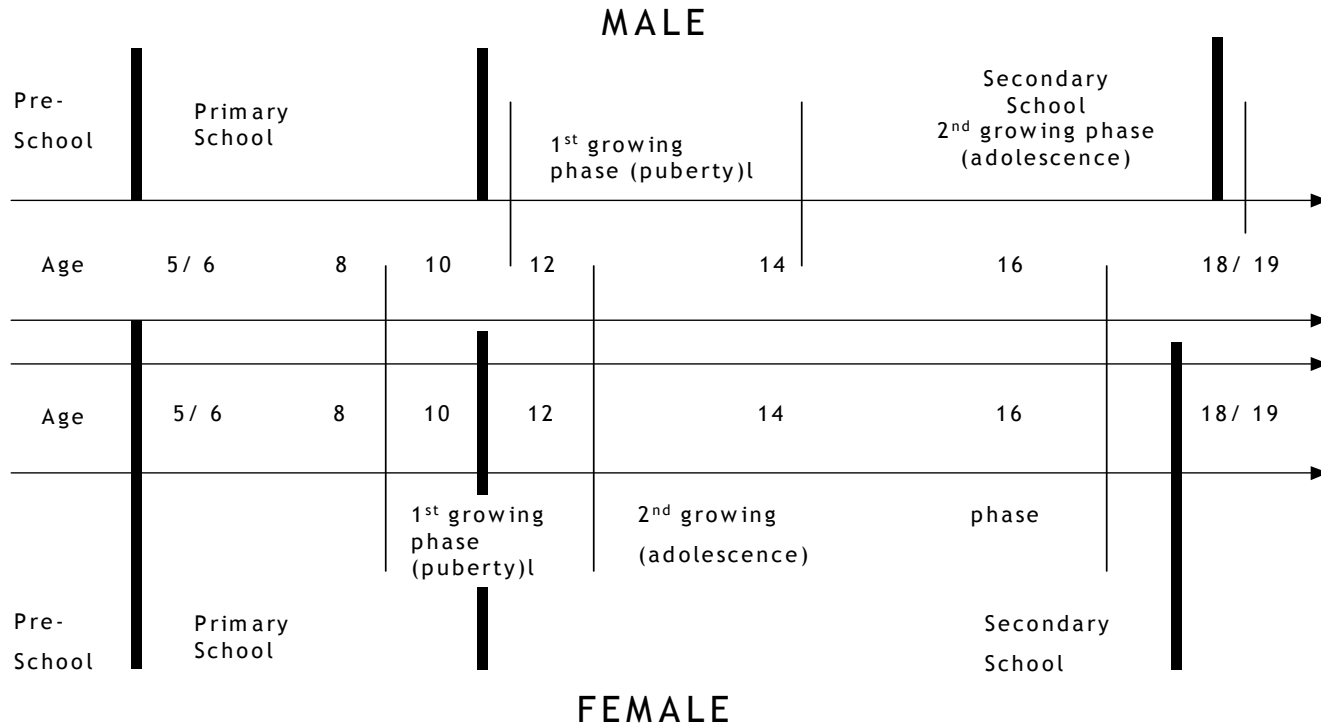
| FEMALE | E | U/23 | U/20 | U/19 | U/18 | U/17 |
|----------|----------|----------|----------------------|----------------------|----------------------|-----------------------|
| 100 | 11.40 | 11.75 | 11.90 | 11.95 | 12.00 | 12.05 |
| 200 | 23.30 | 24.25 | 24.30 | 24.40 | 24.55 | 24.80 |
| 400 | 52.30 | 54.00 | 55.35 | 56.10 | 56.85 | 57.75 (3) 38.50 |
| 800 | 2.02.00 | 2.05.50 | 2.07.50 | 2.09.00 | 2.11.00 | 2.13.00 |
| 1500 | 4.07.50 | 4.19.00 | 4.23.50 | 4.28.00 | 4.32.50 | 4.37.00 |
| 5000 | 15.22.00 | 16.30.00 | 16.57.50 (3) 9.37.00 | (3) 9.41.50 | 9.46.00 | 9.51.00 |
| 10000 | 32.37.00 | - | - | - | - | - |
| 3 km S/C | 10.12.00 | 10.35.00 | 10.55.00 (2) 6.50.00 | 11.05.00 (2) 6.55.00 | 11.15.00 (2) 7.00.00 | 11.25.00 (15) 5.15.00 |
| 110H | 13.30 | 13.75 | 14.05 | 14.15 | 14.25 | 14.35 (80) 11.50 |
| 400H | 57.50 | 59.75 | 60.75 | 61.50 | 62.25 | 63.00 (3) 43.50 |
| HIGH | 1.90 | 1.82 | 1.80 | 1.73 | 1.70 | 1.67 |
| POLE | 4.20 | 4.00 | 3.80 | 3.60 | 3.45 | 3.30 |
| LONG | 6.50 | 6.25 | 6.10 | 5.90 | 5.70 | 5.50 |
| TRIPLE | 13.90 | 13.10 | 12.85 | 12.55 | 12.25 | 11.95 |
| SHOT | 17.00 | 15.00 | 14.05 | 13.35 | 12.65 | 12.75 |
| DISC | 58.75 | 50.00 | 47.25 | 44.25 | 41.25 | 38.25 |
| HAM | 64.50 | 60.00 | 56.00 | 52.50 | 49.50 | 48.00 |
| JAV | 58.00 | 51.50 | 48.25 | 46.25 | 44.25 | 42.00 |
| HEP | 5850 | 5460 | 5000 | 4600 | 4300 | 4000 |
| 20km | 1.36.00 | 1.42.00 | (10)51.15 | 54.00 | 57.00 | 60.00 |
| MARATHON | 2.33.00 | - | - | - | - | - |

Foundation years

9 – 12/13



Figure 4



Athletes' needs

- ✦ Recruit!
- ✦ Motor skills/co-ordinations (Sound basic technical model (s))
- ✦ Conditioning foundation
- ✦ Safety/security!
- ✦ Motivation momentum
- ✦ Enjoyment and discipline/commitment
- ✦ Athlete and academic balance.

Figure 5

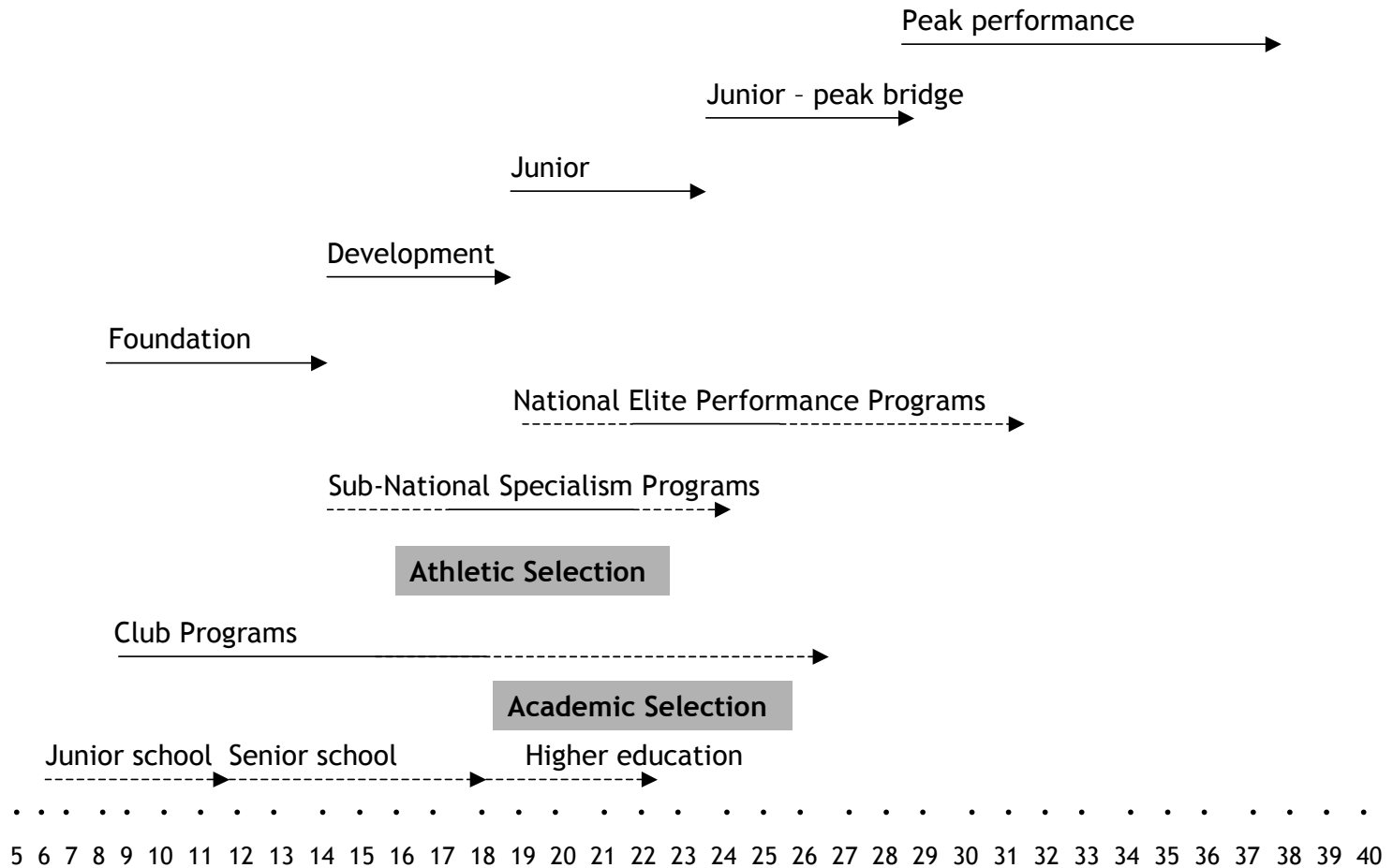


Table 3

| Approximate age range | Development emphasis |
|-----------------------|--|
| 9/ 10 -12/ 13 years | <ul style="list-style-type: none"> • General all-joint mobility • General all-round strength • Basic health • Positive attitude to exercise and sport • Wide range of sound basic technical models and complex model components • Competitive attitude - challenge/ performance |
| 13/ 14 - 16/ 17 years | <ul style="list-style-type: none"> • General/ related/ specific strength • General/ related/ specific endurance • Specific technical models • Participation/ competition opportunity in range of events • Speed of technical execution • Competitive attitude - performance/ results |
| 18 - 19 years | <ul style="list-style-type: none"> • Specific competition experience • Championship - focussed performance/ result objectives • Championship focussed preparation • Competitive attitude - results/ performance |
| 20 - 22 years | <ul style="list-style-type: none"> • Progressive competition experience • Performance goals acceleration • Dedicated specific training programmes • Long-/ medium-/ short-term goals preparation • Competitive attitude - results/ performance |
| 23 - 35 years | <ul style="list-style-type: none"> • Pursuit of critical career best performance • Refinement of specific training programmes • Long-/ medium-/ short-term goals delivery • 'Full-time' approach • Competitive attitude - results |

**If I had eight hours to chop
down a tree I would spend six
of them sharpening the axe.**

(Abraham Lincoln)

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