



Old Boys United Athletic Club

CADETS 2023.24



Hamish Kerr

Keeley O'Hagan



Jared Neighbours C Grad.



Kelsey Berryman



Maddie Wilson C Grad.



Fiona Morrison - 100m Hurdles

Old Boys-United Cadets Coaching Plan 2023.24 Season

Philosophy Statement

"It takes 10 years of extensive training to excel in anything"

Herbert Simon - Nobel Laureate

The aim for this group is Long Term Athlete Development. This is the accepted approach in the Old Boys-United Club and is designed as a 2-year programme.

A specific and well-planned practice, training, competition and recovery regime will ensure optimum development throughout an athlete's career. Ultimately, sustained success comes from training and performing well over the long-term rather than winning in the short-term. There is no short-cut to success in athletic preparation. Overemphasizing competition in the early phases of training will always cause shortcomings in athletic abilities later in an athlete's career.

The main idea behind this is to set up the athletes in the best way to give them the chance to fulfill their Athletic Potential


Sports can generally be classified as early specialization or late specialization sports. Early specialization refers to the fact that some sports, such as diving, figure skating, gymnastics, rhythmic gymnastics, and table tennis require early sport-specific specialization in training. Late specialization sports, including track and field, combative sports, cycling, racquet sports, rowing and all team sports require a generalised approach to early training. For these sports, the emphasis during the first two phases of training should be on the development of general motor and technical-tactical skills. Late specialization sports require a six-stage model:

Late Specialization Model

1. FUNdamental stage
- 2. Learning to Train**
- 3. Training to Train**
- 4. Training to Compete**
5. Training to Win
6. Retirement / Retainment

The focus is on stages **2. – 4.**, mainly, with aspects of both, Stages 1 & 6 is involved relative to the standard and background of the athletes.

Our focus is on developing the athletes through the following development stage principles:

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1. Athlete
 2. Runner &/ or Jumper &/or Thrower (Multiple discipline athlete)
 3. Sprinter or Hurdler or High Jumper or Long/Triple Jumper or Discus/Shot etc. (Specific Event athlete)

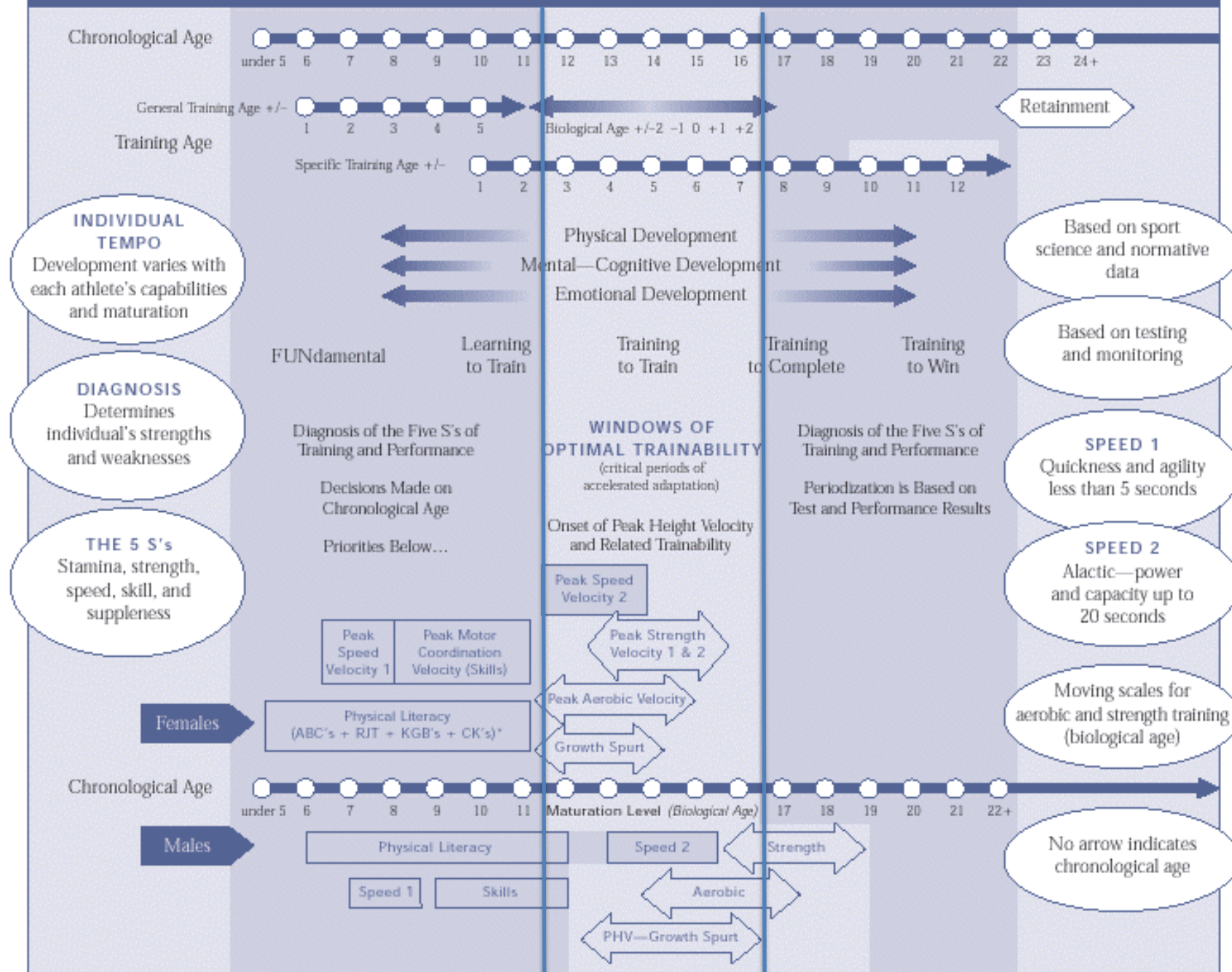
The season is divided into 2 main parts: There will be a payment due for each part.
1. After first 2-weeks of the programme and 2. in the week of the second part.

Up to New Year/NZSS Championships:

Conditioning & Development - Pre-season & early season Competition focus

Post New Year: Development and Technique - Competition focus

TABLE 1. ADAPTATION TO TRAINING AND OPTIMAL TRAINABILITY (Balyi and Way 2002)



*ABC's = Agility Balance Coordination Speed + RJT = Run Jump Throw + KGB's = Kinesthesia Gliding Bounce Striking with object + CK's = Catching Kicking Striking with body

JUMPS Athlete Development Model

				Developmental Age +/-															
Chrono. Age	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26+	
Stage of Development	Pre-Puberty				Puberty				Post-Puberty				Adulthood						
Sports Focus	Multi-Sport				Multi-Event				Jumps				EVENT SPECIALIST (LJ, TJ, HJ, PV)						
Competition Focus	Sportshall Standing Jumps				Short Approach			Medium Approach			Full Approach Jumps								
Development Focus	Running Mechanics & Physical Preparation							Running Mechanics & Special Strength			Max Speed, Alactic Capacity, Max Strength, Special Strength, Specific Strength								
	Jumping Mechanics & Technical Development							Further Jumping Technical Development			Perfection of Specialist Jumping Technical Development & Jumping Capacity								
Running & Jumping Drills	As part of Athletics 365							Learning technique			Perfection of technique								
CE	Acceleration, Max Velocity, Take Off							Accel, Max V, Take Off, Specific Multiple Jumps											
LJ	Standing Jumps		2-8 Strides		8-14 Strides			16-18 Strides				Full Approach Jumps: 18+ Strides							
TJ	Standing Jumps		2-6 Strides		6-12 Strides			12-16 Strides				Full Approach Jumps: 18+ Strides							
HJ	Vertical Jumps				4-8 Strides			Full Approach Jumps											
PV	N/A		2-8 Strides		8-14 Strides			12-18 Strides				16-20 Strides							



The area between the lines highlights the focus that would happen for the Jumps events, as an example. The same approach is followed for all the events.

Old Boys-United Cadets Coaching Plan 2023.24 Season

Year 2 Cadets will have the option of following the Full Cadet programme, Tue/Thu or opt to have one day Cadet Programme and one day Specific Event i.e. Hurdles /Event Group with other club coaches squads. This is to be confirmed based on what coaches have squads and the events they are covering.

Information Meeting

Thursday September 12th, 5.30pm

Chch. Boys' High Big Room

Introductory Stage 1

Tuesday September 19th - Thursday September 28th: 2 Weeks

Warm up Protocols

Movement Skills

General Athleticism

Etc.

Training Stage 1

Tuesday October 3rd - Tuesday December 7th : 10 Weeks

Phase 1 : 3 weeks (3.10 – 19.10)

Conditioning

Specific Athletics Preparation

Phase 2 : 3 weeks (24.10 – 2.11)

Specific Athletics Preparation

Specific Competition Preparation

Phase 3 : 3 ½ weeks (7.11 – 5.12)

Specific Event Preparation

Competition Specific Peak (NZSS)

Bonus tbc : 1 week (16.12)

Tuesday Session

Training Emphasis based on General need + Running training

Thursday Session

Indicative Event Group Focus

Week 1

Week 2

Week 3

Running

Hurdling

Jumping

Hurdling

Jumping

Throwing

NB: Detailed Plan will be published at the end of the first Introductory Training Stage

Timetable – Training Stage 1

Week 1 Intro	Tue. Sept 12 ^h		Boys High	4.15pm
	Thu. Sept 14 th		Boys High	4.15pm
Week 2 Intro	Tue. Sept 19 th		Boys High	4.15pm
	Thu. Sept 21 st		Boys High	4.15pm
Week 3 Intro	Tue. Sept 26 th		Boys High	4.15pm
	Thu. Sept 28 th		Boys High	4.15pm
Week 4 Phase 1	Tue. Oct 3 rd		Boys High	4.15pm
	Thu. Oct 5 th		Boys High	4.15pm
Week 5 Phase 1	Tue. Oct 10 th		Boys High	4.15pm
	Thu. Oct 12 th		Boys High	4.15pm
Competition	Sat. Oct 14 th	Opening Day Inter-club	Nga Puna Wai	2.00pm
Week 6 Phase 2	Tue. Oct 17 th		Boys High	4.15pm
	Thu. Oct 19 th		Boys High	4.15pm
Competition	Sat. Oct 21 st	Inter-club	Nga Puna Wai	2.00pm
Week 7 Phase 2	Tue. Oct 24 th		Boys High	4.15pm
	Thu. Oct 26 th		Boys High	4.15pm
Competition	Sat. Oct 28 th	Inter-club	Nga Puna Wai	2.00pm
Week 8 Phase 2	Tue. Oct 31 st		Boys High	4.15pm
	Thu. Nov 2 nd		Boys High	4.15pm
Competition	Thu. Nov 2 nd	Twilight Meet	Nga Puna Wai	6.00 pm tbc
Competition	Sat. Nov 4 th	Inter-club	Nga Puna Wai	2.00pm
Week 9 Phase 3	Tue. Nov 7 th		Boys High	4.15pm
	Thu. Nov 9 th		Boys High	4.15pm
Competition	Thu. Nov 9 th	Twilight Meet	Nga Puna Wai	6.00 pm tbc
Competition	Sat. Nov 11 th	Competition Sth. Is. CE Champs (incl. Cnty CE Champs.)	Nga Puna Wai	10.00am
Competition	Sun. Nov 12 th			9.00am
Week 10 Phase 3	Tue. Nov 14 th		Boys High	4.15pm
	Thu. Nov 16 ^h		Boys High	4.15pm
Competition	Thu. Nov 16 ^h	Twilight Meet	Nga Puna Wai	6.00 pm tbc
Week 11 Phase 3	Tue. Nov 21 st		Boys High	4.15pm
	Thu. Nov 23 rd		Boys High	4.15pm
Competition	Thu. Nov 23 rd	Twilight Meet	Nga Puna Wai	6.00 pm tbc
Competition	Fri. Nov 24 th	Rhythm & Jumps*	Boys High	5.00pm
Competition	Sat. Nov 25 th	Inter-club	Nga Puna Wai	10.00am
	Sun. Nov 26 th	Jumps Clinic (Hor. & HJ)	Boys High	9.00am
Week 12 Phase 3	Tue. Dec 5 th		Boys High	4.15pm
Competition	Thu. Nov 30 th	Twilight Meet	Nga Puna Wai	6.00 pm tbc
Competition	Sat. Dec 2 nd	Inter-club	Nga Puna Wai	2.00pm
Week 13 Phase 3	Tue. Dec 5 th		Boys High	4.15pm
Competition	Fri. Dec 8 th	NZSS Champs Day 1	Nga Puna Wai	8.30am
Competition	Sat. Dec 9 th	NZSS Champs Day 2	Nga Puna Wai	8.30am
Competition	Sun. Dec 10 th	NZSS Champs Day 3	Nga Puna Wai	8.30am
Week 14 Bonus	Thu. Dec 14 th		Boys High	4.15pm
Competition	Sat. Dec 16 th	Inter-club	Nga Puna Wai	2.00pm
Competition	Wed. Dec 27 ^h	Inter-club	Nga Puna Wai	6.15pm

* Invitation Competition

Introductory Stage 2

Thursday January 11th - Thursday January 25th : 1 ½ Weeks

Training Stage 2

Tuesday January 30th – Thursday March 28th : 9 Weeks

Phase 1 : 2 weeks

Conditioning

Specific Athletics Preparation

Phase 2 : 4 weeks

Specific Athletics Preparation

Specific Competition Preparation

Competition Specific Peak I

Phase 3 : 4 - 5 weeks

Specific Event Preparation

Competition Specific Peak II

Tuesday Session Training Load Focus

Thursday Session Formal Instructional Focus

NB: Phase 2 will be finalised by the end of stage 1. Proposed start date Thursday January 11th.

The competition dates below are subject to confirmation.

Competition	Sat. Jan 6th	Lovelock Classic	Aorangi Stadium, Timaru	2.00pm
Week 15 Intro 1	Thu. Jan 11th		Boys High	4.15pm
Competition	Sat. Jan 13^h	Inter-club	Nga Puna Wai	10.00am
Week 16 Intro 1	Tue. Jan 16th		Boys High	4.15pm
	Thu. Jan 18^h		Boys High	4.15pm
Competition	Sat. Jan 20th	Inter-club	Nga Puna Wai	10.00am
Week 17 Phase 1	Tue. Jan 23rd		Boys High	4.15pm
	Thu. Jan 25th		Boys High	4.15pm
Competition	Sat. Jan 27^h	Inter-club	Nga Puna Wai	2.00pm
Week 18 Phase 1	Tue. Jan 30th		Boys High	4.15pm
	Thu. Feb 1st		Boys High	4.15pm
Competition	Sat. Feb 3rd	Inter-club	Nga Puna Wai	2.00pm
Week 19 Phase 2	Tue. Feb 6th		Boys High	4.15pm
	Thu. Feb 8th		Boys High	4.15pm
Competition	Fri. Feb 9th	Canterbury Champs.	Nga Puna Wai	2.00pm
Competition	Sat. Feb 10th	Canterbury Champs.	Nga Puna Wai	2.00pm
Week 20 Phase 2	Tue. Feb 13th		Boys High	4.15pm
	Thu. Feb 15th		Boys High	4.15pm
Competition	Sat. Feb 17th	Inter-club	Nga Puna Wai	2.00pm
<i>Competition</i>	<i>Sat. Feb 18th</i>	<i>Competition</i>	<i>New Caledonian,</i>	<i>10.00am</i>
<i>Competition</i>	<i>Sun. Feb 19th</i>	<i>NZ CE Champs</i>	<i>Dunedin</i>	<i>9.00am</i>

Week 21 Phase 2	Tue. Feb 20 th		Boys High	4.15pm
	Thu. Feb 22 nd		Boys High	4.15pm
Competition tbc	Sat. Feb 24 th	Inter-club	Nga Puna Wai	2.00pm
Competition tbc	Saun Feb 25 th	ITM	Nga Puna Wai	2.00pm
Week 22 Phase 2	Tue. Feb 27 th		Boys High	4.15pm
&/or	Thu. Feb 29 th		Boys High	4.15pm
Competition tbc	Sat. Mar 2 nd	Inter-club	Nga Puna Wai	2.00pm
Week 23 Phase 3	Tue. Mar 5 th		Boys High	4.15pm
	Thu. Mar 7 th		Boys High	4.15pm
Competition	Sat. Mar 9 th	Inter-club	Nga Puna Wai	2.00pm
Week 24 Phase 3	Tue. Mar 12 th		Boys High	4.15pm
Competition	Thu Mar 14 th	NZ T & F Champs Day 1	Wellington	8.30pm
Competition	Fri. Mar 15 th	NZ T & F Champs Day 2	Wellington	8.30pm
Competition	Sat. Mar 16 th	NZ T & F Champs Day 3	Wellington	8.30pm
Competition	Sun. Mar 17 th	NZ T & F Champs Day 4	Wellington	8.30pm
Week 25 Phase 3	Tue. Mar 19 th		Boys High	4.15pm
	Thu. Mar 21 st		Boys High	4.15pm
Week 26 Phase 3	Tue. Mar 26 th	Chch SS prelims.	Nga Puna Wai	9.00am
	Thu. Mar 28 th	Chch. SS Finals	Nga Puna Wai	9.00am
Week 27 Phase 3	Tue. Apr 2 nd		Boys High	4.15pm
Competition	Sat. Apr 6 th	Sth Is SS	Nelson?	9.00am
Competition	Sun. Apr 7 th	Sth Is SS	Nelson?	9.00am

Coaching Structure

Leads	Assistant Coaches	Athlete Coaches
Terry Lomax	Gerry Keddell	Marcus Wolton
Karen Forbes-Henry	Ross Dominikovich	Hannah Sandilands
		Jack Henry
		Keeley O'Hagan
		Louis Andrews + other Senior Athletes
		Jared Neighbours
		Anna Percy
		Hamish Kerr
		Christina Ryan

At each session there will be a coach to lead the overall session with an assistant coach to support. There will also be at least one athlete coach assisting.

Ordinarily the Tuesday session would follow the preceding Thursday session as pure training. The training activities would be set after the preceding Thursday either designed by the coach from that session or via a training programme set up prior to the phase the athletes are in.

Terry Lomax	terry@athletics.org.nz	021859982 (CLUB COACH CO-ORDINATOR)
Karen Forbes-Henry	pidhenry@icloud.com	02102326931
Gerry Keddell	skeddell@hotmail.com	033588727

Website: www.cobu.info

Our mailing address is:
 Old Boys United Athletic Club
 P.O.Box 1907
 Christchurch, Canterbury 8140
 New Zealand



CADETS Graduates 2022.23

Ollie Singleton

Sam Cartwright

Key Dates to be aware of:

Thursday 14th September

First Session: includes introductory statements plus talk from former 'Cadets'

? Singlets/Crop tops can be ordered from this date.

Tuesday 3rd October

Athletes who have decided to confirm their membership of 'Cadets' and have signed up and paid for Stage 1 to the club on the Old Boys website www.cobu.info

Saturday 14th October

Opening Day at Nga Puna Wai

Saturday/Sunday 11th /12th November Christchurch

- **Sth Is. Combined Events** – Pre-entry required
 - Open entry
- **Sth. Is. 16's Combined Events** – Pre-entry required
 - Open entry

– Pre-entry required (likely 7 days before)

Friday 24th November

Club run Rhythm & Jumps Competition. **Cadets attendance as officials/helpers**

Sunday 26th November

Jumps Clinics (Horizontal and High Jump) at Boys High

Friday/Saturday/Sunday 8th/9th/10th December

50th Anniversary NZSS Championships in Christchurch

Thursday 11th January

1st Post New Year Cadets session

Tuesday 23rd January

Athletes who have decided to confirm their membership of 'Cadets' and have signed up and paid for Stage 2 to the club on the Old Boys website www.cobu.info

Friday/Saturday 9th/10th February Actual Days tbc

Canterbury Champs

- **NB: This is a compulsory Cadets competition**

Thursday/Friday/Saturday/Sunday 14th / 15th / 16th / 17th March

NZ Track & Field National Championships in Wellington

- **U16*/U18 Grade** athletes are selected. Both in individual events and Relays

***Not recommended**

Tuesday 26th March tbc

Canterbury Secondary Schools Preliminaries

- **NB: This is a compulsory Cadets competition**

Thursday 28th March tbc

Canterbury Secondary Schools Finals

- **NB: This is a compulsory Cadets competition if you have qualified**

Saturday/Sunday 6th/7th April tbc

South Island Secondary Schools Champs at tbc

Senior Club Coaches



Terry
Lomax

Jumps / Combined Events/Middle Distance



Jill Morrison

Hurdles/Sprints/Jumps



Karen Forbes-
Henry.
& Peter Henry

Sprints/Hurdles/Jumps/Combined Events



James
Sandilands

Hurdles/Jumps/Combined Events

Junior Club Coaches



Louis Andrews



Jared Neighbour



Max Attwell.



Christina Ryan

Proposed Fees 2023.24 Season

Fee Areas	Cadets
Athletics NZ	\$51
Canterbury	\$20
OBU Club Fee (\$25 club fee + \$75 equipment usage fee)	\$100
OBU Training Stage 1-2023 (Start-up)	\$100
Total 1	\$196
OBU Training Stage 2-2024 (Continuation)	\$75
Total 2	\$271

Due Dates

Stage 1 By October 3rd

Stage 2 By January 23rd