

Polish national training system for youth

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Track and Field national coach
Head coach/middle distances

GREETING

Apologize for my English

INTRODUCTION

ABOUT LECTURER:

- Athlete
- Teacher
- Instructor of many sport event
- High level track and field coach
- National coach
- Head coach – middle distance
- Experience

TRACK AND FIELD IN POLAND

Polish national training system:

U- 15

U- 20

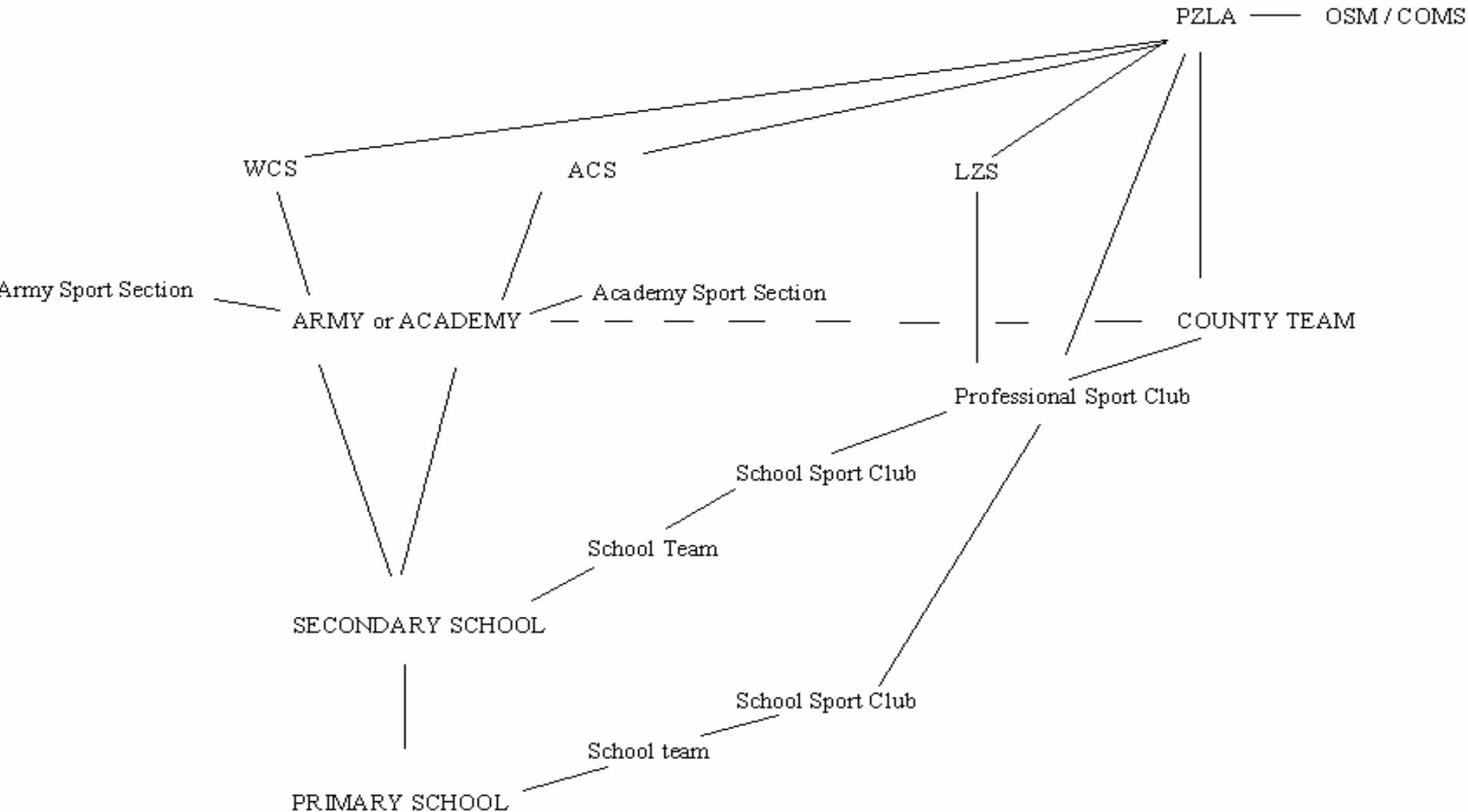
U- 23

Students

Seniors

TRAINING SYSTEM - DRAFT

Polish national training system for youth



HOW MANY PEOPLE ?

REGIONAL TEAM		
	General	Endurance runs
u-15	25-50	6-15 (depends from population density and population)
u-20	40 – 60	15
u-23	15	4

NATIONAL TEAM				
	2009		2010	
	General	Endurance runs	General	Endurance runs
all	ok.400	80	250	50
u-20		20		12
u-23		25		22

SCHOLARSHIPS

Scholarships for medals at the Polish Championships u-15 –u20- u-23:

- Citizen – about 200-300zł
- school – 100 – 200zł
- university – 200 – 400zł
- ministry – Only for medals at the European Championships, World Championships or the Olympic Games. U-23 - 800zł for gold.

NOTES

1. To sum up, the positive features of this system are:
 - Wide financing for youth teams (training camps).
 - Scholarships for athletes.
 - Club coach can become national coach and work with athlete individually.
 - Till this time we have had large national teams.

2. Some negative features of this system from my own perspective:

- The coach of the best junior u-19 becomes a coach of the national junior team. Meets several trainers during career (there's no continuity in training), was exploited in order to maintain the club, comes to the coach of seniors with little prospects for development.
- Funding follows the results of the u-15, u-20, u-23. Senior – no money. Usually after u -23 or university studies athletes end their sports careers.
- There is no profession such as a coach. The clubs are hiring ordinary school PE teachers or runners' parents.
- Salaries for instructors or sports coaches. There is no one to work with the children and youth.
- Fewer and fewer people want to practice athletics.
- Lack of sponsorship, even for the best athletes.
- The same runners participate in winter indoor championships, cross-country championships, on-track championships.
- A new national stadium has been constructed, but without a track. On one hand, there is investment in youth training, on the other hand athletics is not being promoted.
- Older coaches don't want to share their experience.