



# Old Boys United Athletic Club

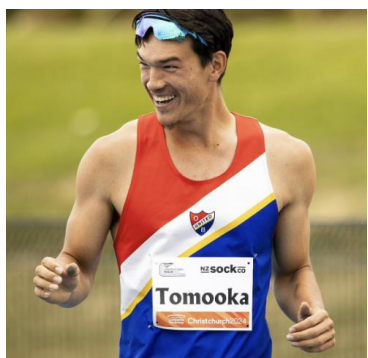
CADETS 2024.25



Hamish Kerr



Hannah Sandilands



Masaki Tomooka



Maddie Wilson C Grad.



Max Attwell



Keeley O'Hagan



Angus Lyver



Jared Neighbours C Grad.

## Old Boys-United Cadets Coaching Plan 2024.25 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:

- 
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.**

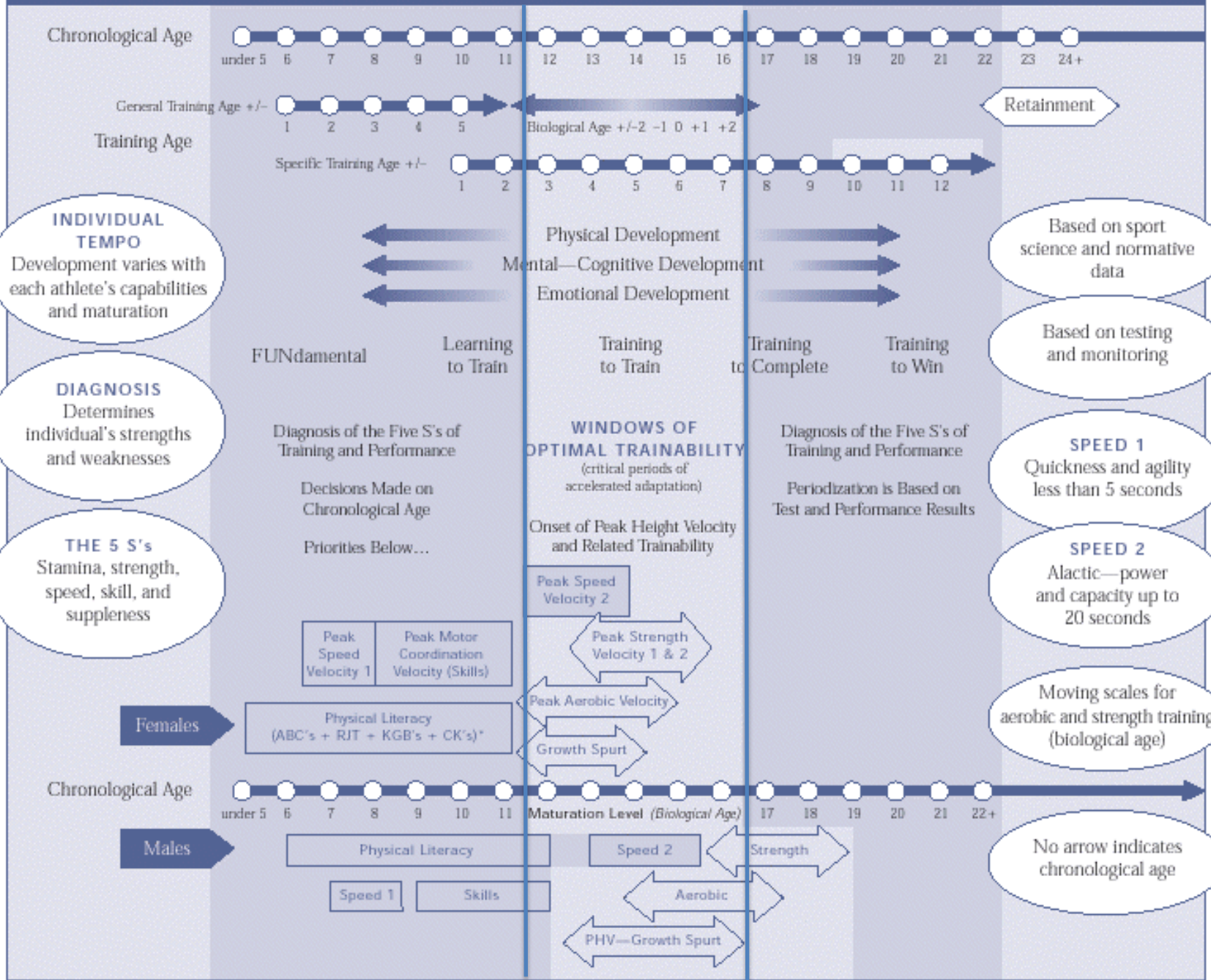
**1. After first 2-weeks of the programme and 2. in the week of the second part.**

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 Strike 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 2024.25 Season

**Year 2 Cadets will have the option of following the Full Cadet programme, Tue/Thu or opt to have one Cadet Programme day and one day Specific Event i.e. Hurdles /Event Group i.e. Year 1 Cadets will be able to do this in the 3 ½ weeks leading to the NZSS Champs. for events that they are entered in.**

### **Information Meeting**

Tuesday September 17<sup>th</sup>, 5.30pm  
Chch. Boys' High Big Room

### **Introductory Stage 1**

Thursday September 19<sup>th</sup> – Thursday- October 3<sup>rd</sup>: 5 Sessions

Warm up Protocols  
Movement Skills  
General Athleticism  
Etc.

### **Training Stage 1**

Tuesday October 8<sup>th</sup> - Tuesday December 3<sup>rd</sup>: 18 Sessions  
Tuesday December 10<sup>th</sup> – Tuesday 17<sup>th</sup> : 2 sessions

Phase 1 : 6 Sessions (8.10 – 22.10)  
Conditioning  
Specific Athletics Preparation

Phase 2 : 6 Sessions (24.10 – 12.11)  
Specific Athletics Preparation  
Specific Competition Preparation

Phase 3 : 8 Sessions (14.11 – 12.12)  
Specific Event Preparation  
Competition Specific Peak (NZSS)

Tuesday Session  
Training Emphasis based on General need + Running training

Thursday Session  
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 Stages Part 1

Week 1 Intro 1	Thu. Sept 19 <sup>th</sup>		Boys High	4.15pm
Week 2 Intro 1	Tue. Sept 24 <sup>th</sup>		Boys High	4.15pm
	Thu. Sept 26 <sup>th</sup>		Boys High	4.15pm
Week 3 Intro 1	Thu. Oct 1 <sup>st</sup>		Boys High	4.15pm
	Thu. Oct 3 <sup>rd</sup>		Boys High	4.15pm
Week 4 Phase 1	Tue. Oct 8 <sup>th</sup>		Boys High	4.15pm
	Thu. Oct 10 <sup>th</sup>		Boys High	4.15pm
Week 5 Phase 1	Tue. Oct 15 <sup>th</sup>		Boys High	4.15pm
	Thu. Oct 17 <sup>th</sup>		Boys High	4.15pm
Competition	Sat. Oct 19 <sup>th</sup>	Opening Day Inter-club	Nga Puna Wai	2.00pm
Week 6 Phase 1	Tue. Oct 22 <sup>nd</sup>		Boys High	4.15pm
Week 6 Phase 2	Thu. Oct 24 <sup>th</sup>		Boys High	4.15pm
Competition	Sat. Oct 26 <sup>th</sup>	Inter-club	Nga Puna Wai	2.00pm
Week 7 Phase 2	Tue. Oct 29 <sup>th</sup>		Boys High	4.15pm
	Thu. Oct 31 <sup>st</sup>		Boys High	4.15pm
Competition	Sat. Nov 2 <sup>nd</sup>	Inter-club	Nga Puna Wai	2.00pm
Week 8 Phase 2	Tue. Nov 5 <sup>th</sup>		Boys High	4.15pm
	Thu. Nov 7 <sup>th</sup>		Boys High	4.15pm
Competition	Thu. Nov 7 <sup>th</sup>	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Competition	Sat. Nov 9 <sup>th</sup>	Inter-club	Nga Puna Wai	2.00am
Week 9 Phase 2	Tue. Nov 12 <sup>th</sup>		Boys High	4.15pm
Week 9 Phase 3	Thu. Nov 14 <sup>th</sup>		Boys High	4.15pm
Competition	Thu. Nov 14 <sup>th</sup>	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Competition	Sat. Nov 16 <sup>th</sup>	Competition Sth. Is. CE Champs (incl. Canty CE Champs.)	New Caledonian Dunedin	10.00am
Competition	Sun. Nov 17 <sup>th</sup>			9.00am
Week 10 Phase 3	Tue. Nov 19 <sup>th</sup>		Boys High	4.15pm
	Thu. Nov 21 <sup>st</sup>		Boys High	4.15pm
Competition	Thu. Nov 21 <sup>st</sup>	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Competition	Fri. Nov 25 <sup>th</sup>	Rhythm & Jumps*	Boys High	5.15pm
Competition	Sat. Nov 23 <sup>rd</sup>	Inter-club	Nga Puna Wai	2.00pm
	Sun. Nov 27 <sup>th</sup>	Jumps Clinic (Hor. & HJ)	Boys High	9.00am
Week 11 Phase 3	Tue. Nov 26 <sup>th</sup>		Boys High	4.15pm
	Thu. Nov 28 <sup>th</sup>		Boys High	4.15pm
Competition	Thu. Nov 28 <sup>th</sup>	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Competition	Sat. Nov 30 <sup>th</sup>	Inter-club	Nga Puna Wai	2.00pm
Week 12 Phase 3	Tue. Dec 3 <sup>rd</sup> #		Boys High	4.15pm
Competition	Fri. Dec 6 <sup>th</sup>	NZSS Champs	Timaru	9.00am
Competition	Sat. Dec 7 <sup>th</sup>	NZSS Champs	Timaru	9.00am
Competition	Sun. Dec 8 <sup>th</sup>	NZSS Champs	Timaru	9.00am
Week 13 Phase 3	Tue. Dec 10 <sup>th</sup>		Boys High	4.15pm
	Thu. Dec 12 <sup>th</sup>		Boys High	4.15pm
Competition	Sat. Dec 14 <sup>th</sup>	Inter-club	Nga Puna Wai	2.00pm
Competition	Fri. Dec 27 <sup>th</sup>	Inter-club	Nga Puna Wai	2.00pm

\* Invitation Competition

# NZSS Champs. Athletes only

## Introductory Stage Part 2

Thursday January 14<sup>th</sup> – Tuesday January 23<sup>rd</sup> : 4 Sessions

## Training Stage Part 2

Tuesday January 28<sup>th</sup> – Tuesday April 1<sup>st</sup> : 16 Sessions

Phase 1 6 Sessions (28.1 – 13.2)

Conditioning

Specific Athletics Preparation

Phase 2 4 Sessions (18.2 – 4.3)

Specific Athletics Preparation

Specific Competition Preparation

Competition Specific Peak I

Phase 3 6 Sessions (11.3 – 1.4)

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 12<sup>th</sup>.**

**The competition dates below are subject to confirmation.**

Week 14 Intro 1	Tue. Jan 14 <sup>th</sup>		Boys High	4.15pm
	Thu. Jan 16 <sup>th</sup>		Boys High	4.15pm
Competition	Sat. Jan 18 <sup>th</sup>	Inter-club	Nga Puna Wai	2.00am
Week 15 Intro 1	Tue. Jan 21 <sup>st</sup>		Boys High	4.15pm
	Thu. Jan 23 <sup>rd</sup>		Boys High	4.15pm
Competition	Sat. Jan 25 <sup>th</sup>	Inter-club	Nga Puna Wai	10.00am
Week 16 I Phase 1	Tue. Jan 28 <sup>th</sup>		Boys High	4.15pm
	Thu. Jan 30 <sup>th</sup>		Boys High	4.15pm
Competition	Sat. Feb 1 <sup>st</sup>	Inter-club	Nga Puna Wai	2.00pm
Week 17 Phase 1	Tue. Feb 4 <sup>th</sup>		Boys High	4.15pm
	Thu. Feb 6 <sup>th</sup>		Boys High	4.15pm
Competition	Sat. Feb 8 <sup>th</sup>	Inter-club	Nga Puna Wai	2.00pm
Week 18 Phase 1	Tue. Feb 11 <sup>th</sup>		Boys High	4.15pm
	Thu. Feb 13 <sup>th</sup>		Boys High	4.15pm
Competition tbc	Sat. Feb 15 <sup>th</sup>	Canterbury Champs.	Nga Puna Wai	2.00pm
Competition tbc	Sun. Feb 16 <sup>th</sup>	Canterbury Champs.	Nga Puna Wai	2.00pm
Week 19 Phase 2	Tue. Feb 18 <sup>th</sup>		Boys High	4.15pm
	Thu. Feb 20 <sup>th</sup>		Boys High	4.15pm
Competition	Sat. Feb 22 <sup>nd</sup>	Inter-club	Nga Puna Wai	2.00pm
Week 20 Phase 2	Tue. Feb 25 <sup>th</sup>		Boys High	4.15pm
	Thu. Feb 27 <sup>th</sup>		Boys High	4.15pm

<b>Competition tbc</b>	<b>Sat. Mar 1<sup>st</sup> ]</b>	<b>Inter-club</b>	<b>Nga Puna Wai</b>	<b>2.00pm</b>
<b>Week 21 Phase 2</b>	<b>Tue. Mar 4<sup>th</sup></b>		<b>Boys High</b>	<b>4.15pm</b>
<b>Competition</b>	<b>Thu Mar 6<sup>th</sup></b>	<b>NZ T &amp; F Champs Day 1</b>	<b>Dunedin</b>	<b>2.00pm</b>
<b>Competition</b>	<b>Fri. Mar 7<sup>th</sup></b>	<b>NZ T &amp; F Champs Day 2</b>	<b>Wellington</b>	<b>2.00pm</b>
<b>Competition</b>	<b>Sat. Mar 8<sup>th</sup></b>	<b>NZ T &amp; F Champs Day 3</b>	<b>Dunedin</b>	<b>2.00pm</b>
<b>Competition</b>	<b>Sun. Mar 9<sup>th</sup></b>	<b>NZ T &amp; F Champs Day 4</b>	<b>Dunedin</b>	<b>2.00pm</b>
<b>Week 22 Phase 3</b>	<b>Tue. Mar 11<sup>th</sup></b>		<b>Boys High</b>	<b>4.15pm</b>
	<b>Thu. Mar 13<sup>th</sup></b>		<b>Boys High</b>	<b>4.15pm</b>
<b>Competition tbc</b>	<b>Sat. Mar 15<sup>th</sup></b>	<b>Inter-club</b>	<b>Nga Puna Wai</b>	<b>2.00pm</b>
<b>Week 23 Phase 3</b>	<b>Tue. Mar 18<sup>th</sup></b>	<b>Chch SS prelims.</b>	<b>Nga Puna Wai</b>	<b>9.00am</b>
	<b>Thu. Mar 20<sup>th</sup></b>		<b>Boys High</b>	<b>4.15pm</b>
<b>Competition</b>	<b>Sat. Mar 22<sup>nd</sup></b>	<b>Chch SS Finals</b>	<b>Nga Puna Wai</b>	<b>9.00am</b>
<b>Week 24 Phase 3</b>	<b>Tue. Mar 25<sup>th</sup></b>		<b>Boys High</b>	<b>4.15pm</b>
	<b>Thu. Mar 27<sup>th</sup></b>		<b>Boys High</b>	<b>4.15pm</b>
<b>Week 22 Phase 3</b>	<b>Tue. Apr 1<sup>st</sup></b>		<b>Boys High</b>	<b>4.15pm</b>
<b>Competition</b>	<b>Sat. Apr 5<sup>th</sup></b>	<b>Sth Is SS</b>	<b>Nelson</b>	<b>9.00am</b>
<b>Competition</b>	<b>Sun. Apr 6<sup>th</sup></b>	<b>Sth Is SS</b>	<b>Nelson</b>	<b>9.00am</b>

## Coaching Structure

<u>Leads</u>	<u>Assistant Coaches</u>	<u>Athlete Coaches</u>
Terry Lomax	Gerry Keddell	
Karen Forbes-Henry	Ross Dominikovich	+ other Senior Athletes

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	<a href="mailto:terry@athletics.org.nz">terry@athletics.org.nz</a>	021859982 (CLUB COACH CO-ORDINATOR)
Karen Forbes-Henry	<a href="mailto:pjdhenry@icloud.com">pjdhenry@icloud.com</a>	02102326931
Gerry Keddell	<a href="mailto:skeddell@hotmail.com">skeddell@hotmail.com</a>	033588727

Website: [www.cobu.info](http://www.cobu.info)

### Our mailing address is:

Old Boys United Athletic Club  
P.O.Box 1907  
Christchurch, Canterbury 8140  
New Zealand





# CADETS Graduates 2023.24

Zac Walton

Bill Quigley

Rosa Turner

Connor Tamihana

Oscar Stevenson

Indy Gibson

Zavier Toaolamai-Holden

Meg Edwards

Beth Donovan

## Key Dates to be aware of:

### Thursday 19<sup>th</sup> September

First Session: includes introductory statements plus talk from former 'Cadets'  
Singlets/Crop tops can be ordered from this date.

### Tuesday 1<sup>st</sup> 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](http://www.cobu.info)

### Saturday 19<sup>th</sup> October

Opening Day at Nga Puna Wai

### Friday 22<sup>nd</sup> November

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

### Sunday 24<sup>th</sup> November

Jumps Clinics (Horizontal and High Jump) at Boys High

### Saturday/Sunday 16<sup>th</sup> /17<sup>th</sup> November Dunedin

- **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/Saturday/Sunday 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> December

NZSS Championships in Timaru

### Tuesday 14<sup>th</sup> January

1<sup>st</sup> Post New Year Cadets session Part 2 starts

### Tuesday 28<sup>th</sup> January

Athletes who have decided to confirm their membership of 'Cadets' and have signed up and paid for Part 2 to the club on the Old Boys website [www.cobu.info](http://www.cobu.info)

### Saturday /Sunday 15<sup>th</sup>/16<sup>th</sup> February Actual Days tbc

Canterbury Champs

- NB: This is a compulsory Cadets competition

### Thursday/Friday/Saturday/Sunday

6<sup>th</sup> /7<sup>th</sup> /8<sup>th</sup>/9<sup>th</sup> March

NZ Track & Field National Championships in Dunedin

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

**Tuesday 14<sup>th</sup> March tbc**

Canterbury Secondary Schools Preliminaries

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

**Saturday 18<sup>th</sup> March tbc**

Canterbury Secondary Schools Finals

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

**Saturday/Sunday 5<sup>th</sup>/6<sup>th</sup> April**

South Island Secondary Schools Champs at Nelson

**Senior Club Coaches**



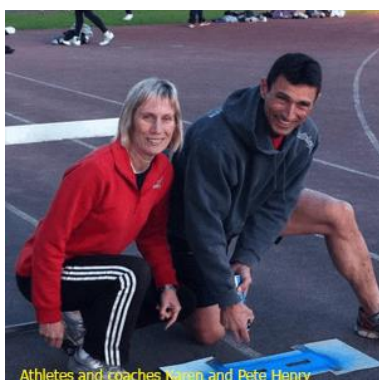
Terry  
Lomax

**Sprints/Jumps / Combined Events  
/Middle Distance**



James  
Sandilands

**Sprints/Hurdles/Jumps/Combined**



Athletes and coaches Karen and Pete Henry

**Sprints/Hurdles/Jumps/Combined Events  
Throws**

Karen Forbes-  
Henry.  
& Peter Henry



Jill Morrison

**Sprints/Hurdles/Jumps**

Jill Morrison

Fee Areas	Cadets
Athletics NZ	\$53
Canterbury	\$30
OBU Club Fee	\$100
OBU Training Stage 1-2024 (Start-up)	\$100
Total 1	\$283
OBU Training Stage 2-2025 (Continuation)	\$75
Total 2	\$358
<b>NB: Athletes starting Cadets at Stage 2-2025 will be charged the Training Stage 1-2024 start-up fee not the Continuation fee</b>	

### Fees 2024.25 Season

#### Due Dates

**Stage 1      By October 1<sup>st</sup> or within 2 weeks of first session**

**Stage 2      By January 28<sup>th</sup>**

