



CHAMP PROGRAM ONE – ‘HOW TO’ INSTRUCTIONS

Thank you to Commonwealth Games and Australian representative Heptathlete Alysha Burnett for this weeks warm up, which will be available on the Clubs facebook page and website. Thank you also to Friday night coach Corey Dewar for demonstrating some of the events, also available on facebook and the Clubs website www.cherrybrookathletics.org.au

There are two programs available, one for participants to do at an Oval/ Park and another that can be done at home, indoors/garden.

Participants can undertake both programs but should only record to the Club one of these programs. If choosing to do the highly recommended Park/Oval program, you could do the indoor/garden program as a training session on another day.

Each session should be completed in one session with 5 – 10 minute breaks between events, participants should not be breathless before starting an event. The Program should be completed at a time convenient to you between Friday morning and the following Thursday evening.

The program is designed to be done with a buddy who can help time, count, record and encourage. Any one can take part, so parents and siblings are welcome to join in, but we ask that only Little Athletics Athletes record their results to the Club.

Program One – At a park or oval

Event 1: 100m Sprint (All Ages)

Recording: Record in seconds how long it takes the participant to sprint from the start line to the finish line of 100m, stopping the clock as their chest passes over the line eg 16.64s

How to: Time the participant sprinting 100m. Start the race with a call of ‘on your marks’ followed by ‘set’ and finally ‘Go’ (or whistle or clap).

Event 2: Long Jump (all age groups)

Recording: Measure the Distance jumped in metres, from the front of the take off foot (U10 and younger) or the front of the take off board (U11 and Older) to the mark in the sand made by the jumper, closest to the take off board (this will often be the heel mark from the back foot, but may be a hand or bottom if the participant has fallen backwards on landing). Only the best results from three attempts will be recorded in e.g. 3.24m

How to: The location you undertake this activity at, will require a long jump pit. If the park or Oval does not have a long jump pit, then please undertake a standing jump instead (see at home program for how to instructions).

Under 11 participants and younger can jump into the pit from any safe distance from the pit and the measurement will be taken from the front of the take off foot (so watch carefully).

For athletes in the U11 and older age groups, take off from the take offline and if there is not a line already in place, use a marker eg a cone or bottle to mark either side of the runway to act as the take of board area (the line should be 1.5 – 2m from the start of the pit).

Participants will run up to the pit and jump from the take off area into the pit as far as they can, trying to land on their feet.

Event 3: 800m Run (All age groups)

Recording: Time how long it take for the participant to run from the start, to the finish of 800m. Record the time in minutes, seconds and hundreds of seconds eg 3minutes and 47.12 seconds should be recorded as 3:47.12

How to: Most athletics Ovals are 400m around the inside lane of the track, so you can run twice around the oval. However if you are at Greenway Oval the 800m has been marked next to the outside lane of track, towards the green storage containers. Athletes should be started with the command ‘On your Marks’ and then ‘Go’ (Clap or whistle). If you have a gps on a device, this is a great tool to use if you are at a park without a track to measure out an 800m run.

Event 4: Standing Jump for Height (all ages)

Recording:- Measure the best vertical distance jumped from three attempts. This can be measured from the ground to the bottom of the highest point the participant shoe/ foot reaches (use video camera) or more easily by measuring the highest point the finger tips reach. If recording the fingertip reach on jumping, this will be done by subtracting the height of the participant (floor to tip of fingers stretched above head) from the height jumped. The height will be measured in cm's eg 28cm

How to: This is a vertical jump straight up. The athlete should start in a crouched position and then spring up as high as they can, reaching high up above their head to reach their highest point with straight legs and with ankles at right angles (not toes pointed down). The height jumped can either be taken from the ground by jumping next to a height chart or chalk markings, videoing the jump from the side is helpful as you can stop the video at the highest point to get a close look at the distance jumped. This method is easiest for tall participants if you do not have a very tall wall or fence to use.

Measuring from the highest point the finger tips reach is more accurate. If measuring this way you will need to first measure the participants standing height from the floor to the tips of their up stretched hands. The standing height will then be subtracted from the jumped height to calculate the vertical jump distance. If you are at a park or Oval, a tall wire fence, cricket nets or a discus cage, make a great place to undertake the vertical jump. Take some pegs with you. Have the participant take a practice jump and from that you can estimate about where to place a row of vertical pegs. On the next attempt the participant will jump up and try and hit the highest peg they can. After three attempts measure from the highest peg to the ground. If you are somewhere without a wire fence, you can place some bluetac on the end of a peg and stick the pegs on a wall. Make sure that the wall is safe if the participants knocks into it (eg brick walls hurt) and the ground they are jumping on is flat and secure (eg rugs can move)

Event 5: Sprint 20 metre intervals for 30 seconds (all ages)

Recording Record the number of times the participant successfully gets to a marker. If the participant has run to a marker 7 times but on the 8th attempt misses by just a few steps, it should still be recorded as 7.

How to Set up two markers 20m apart and on 'Go', start the stop watch and count the number of times the participant reaches a marker running forward and back between the markers. Stop the event at 30 seconds. This is a sprint event and participants should run as fast as they can (but are likely to be slower at the end of the time)

CHAMP PROGRAM ONE – Indoors or in the garden**Event 1: 15 second sprints on the spot**

Recording: Record the number of steps you can take running as fast as you can on the spot for 15 seconds.

How to: On a command of 'go' the participant should sprint on the spot as fast as they can for 15 seconds. Stand up tall when running fast, (trying not to bend from the hips) run on the balls of your feet and remember fast arms help to make fast legs.

Event 2: Standing jump for Distance

Recording: Measure and record the best result from three attempts at this event. In metres record the distance from the take off point (front of toes) to the back of the heel that lands closest to the take off area eg 1.65m

How to: Choose a soft secure landing area eg carpet or grass. Make a take off mark eg lie something on the ground like a ruler or chop stick. Standing with your toes up to the lie and feet slightly apart, crouch down, bring your arms back and then in a fast strong action jump forward, swinging your arms under and forward in a swinging motion, reach forward with your legs and jump forward as far as you can.

Event 3: 1 minute knee high running

Recording: Record the number of times you hit your knee on your hands or buddies hands within 60 seconds.

How to: Ideally your buddy will position themselves in front of you with their hands out in front at your hip height with their palms facing down. If you do not have a buddy then you can put your own hands in front of you at hip height (a buddy is better so they can count and so that you can use your running arm action as well). When the clock starts, run on the spot with your knees high, so they touch the hip height hands. Each time your knee makes contact with the hands you score a point. If you take a step but your knee is too low to make contact with the hand then no point is scored. Continue counting until you reach 1 minute. For a 7 year old this is about 300m of running so don't start off too fast. The older you are the faster the pace should be, by age 16 it is closer to a 400m race

Event 4: Standing Jump for Height (explained in Park/ Oval details)

Event 5: 5 metre skipping for 30 seconds

Recording: Record the number of times the participant successfully gets to the markers. If the participant has skipped to a marker 9 times but on the 10th attempt misses by just a few steps, it should still be recorded as 9.

How to: Set up two markers 5m apart and on 'Go', start the stop watch and count the number of times the participant reaches a marker skipping forward and back between the markers. Stop counting at 30 seconds. This is a speed event and participants should skip as fast as they can (but are likely to be slower at the end of the time)

CHAMP - PROGRAM ONE			
At an Oval or Park		Indoors or in garden	
Event 1	100m	Event 1	15 second sprints on the spot
Event 2	Long Jump	Event 2	Standing jump for distance
Event 3	800m	Event 3	1 minute knee high running
Event 4	Standing jump for height	Event 4	Standing jump for height
Event 5	20m sprints for 30 seconds	Event 5	5 metre skipping for 30 seconds