



## Midlothian Athletics Development Plan 2018 - 2023

### THE VISION

The vision for athletics in Midlothian is a simple one and supports that of the national governing body, **scottishathletics**: increase the number of people participating in the sport at all levels and improve the performance of those with talent and aptitude to do so.

We also recognise the importance of the Midlothian Physical Activity, Health and Sport Strategy 2018 – 2023 and wider Scottish Government and sportscotland objectives – many of which are common to our plan in developing athletics across Midlothian. To fulfil this vision in Midlothian the core priorities for athletics development are:

- Pathways (including Curriculum athletics, School Competition and Extra Curricular (especially Lasswade AC Future Stars Athletics Programme))
- Club development
- Workforce Development including Coach Education and Development
- Competition
- Communication
- Facilities – access and development

In summary between 2018 to 2023 the Midlothian Athletics Development Group will aim to:

- Ensure the athletics pathway in Midlothian is transparent, communicated and allows athletes to progress at whatever stage of development;
- Increase membership – both club members and recreational runners – by a further 50% ensuring clubs and groups have strong and modern infrastructures to support this growth;
- Enhance opportunities for athletes to take part in athletics at School – through competition, curricular and extra-curricular activity – with opportunities to progress into a structured athletics pathway;
- Focus on developing the athletics workforce in Midlothian to support the projected growth in participation – including coaches, officials, committee members and leaders, wider volunteers, teachers and young leaders.
- Work with partners to improve and enhance athletics facilities within Midlothian – at Dalkeith Campus and at other identified sites;

## PARTNERSHIP WORKING

To ensure this is delivered effectively we require a coordinated approach by all partners. The Midlothian Athletics Development Group was formed in 2008 to co-ordinate, communicate, plan, and deliver athletics opportunity in the Midlothian Area.

The group, who meet on a quarterly basis, has regular representation from: Lasswade Athletics Club, Midlothian Council Active Schools, Midlothian Council Sports Development and **scottishathletics**. And has support from a range of partners including Penicuik Harriers, Midlothian Primary Schools, Midlothian Secondary Schools and the recreational running arm of the sport – and these groups have and will continue be able to input and contribute to the development of athletics in Midlothian and this plan over the next five years.

## MIDLOTHIAN ATHLETICS CURRENT POSITION AND KEY RECENT ACHIEVEMENTS

### Athletics Pathway - Curriculum Athletics, Schools Competition, Teacher Education and Extra Curricular

- There is a large contingent of school aged children participating in athletics school's events including:
  - Primary School Track and Field 520 pupils from 22 schools
  - Secondary Track and Field 100 pupils from 5 schools
  - Secondary Giant Heptathlon 50 pupils from 3 schools
  - Cross Country 420 pupils from 25 schools
  - Primary Sportshall Athletics 348 pupils from 18 schools
  - P2 Curriculum athletes 206 pupils from 4 schools
- Teacher Education – athletics teacher education is delivered on annual basis to an average of 10 - 15 teachers/teachers in training per annum.
- Three regular Lasswade AC Future Stars (Run, Jump and Throw Centres/Junior Athletics Centres across Midlothian with 90 participants each week. These Centres are directly linked to Lasswade AC.
- Athletics Activity recorded by Active Schools Team in Midlothian involves 4,637 participant sessions in 47 blocks of activity.

### Recreational Running

- Seven registered and active jogscotland groups across Midlothian.
- A weekly Park Run (for adults and juniors) has been established in Midlothian at Vogrie Country Park with circa 130 athletes and up to 15 volunteers each week.

### Club Development and Club Athletics

- There are two **scottishathletics** affiliated Midlothian Athletics Clubs with 320 athlete members as of October 2017, (153 members in 2011/2012). Equates to a 109% increase in Midlothian athletics club's membership over a seven-year period.
- Lasswade AC have employed a 12 hour per week Club Development Officer for the last five years as part of the Club Together Project in a partnership arrangement with Scottish Athletics and Midlothian Council. Lasswade AC also are part of the Scottish Athletics Club Modernisation project and have achieved the top level of the Scottish Athletics Club Accreditation – Podium award.

### Performance/Performance Foundations

- Athletes in Midlothian have achieved representative honours in last five years including Olympics, Commonwealth Games, World and European Championships, and International representation.
- Midlothian Council operate a Sports Performer Talented Athlete Scheme.

## ATHLETICS DEVELOPMENT PLAN 2018 - 2023

	KEY TARGETS	ACTION	TARGET GROUP	PERFORMANCE INDICATORS	RESPONSIBILITY
<b>FACILITIES</b>	Improve maintenance and access to equipment at Dalkeith Campus	Communicate with senior officials at the Council Check content of Service Level Agreement	Senior Council Officials Councillors	Continued dialogue as required Send copy of Athletics Development Plan to senior officials – will feed into PA strategy which will report in to JHIP	LAC MAD Group
		Ongoing dialogue with Facilities Manager at BAM and BAM Staff	BAM	Continued dialogue and strong ongoing links with BAM Ensure facilities and equipment are up to standard	LAC MAD Group
	Utilise and Develop other facilities in Midlothian	Investigate additional opportunities for increasing and developing existing and any newly planned facilities.	All school aged children	More centres offering athletics  Increased opportunities	LAC/Sports Development/Leisure Managers (ongoing)
		Work in partnership with facility management to increase opportunities to develop the athletics programme			

<b>PATHWAYS</b>	Increase athletics participation at school level	Produce and promote an Athletics' Events Calendar (local, national & international events) for schools	All school aged children	Events calendar on school notice boards Ensure Secondary Schools know which pupils are with Athletics Clubs	LAC CDO (Sept 18 each year)
		Support schools' entry to regional and national competition	All schools	Pupils and Schools Attending regional and national events	LAC/Active Schools
		Giant Heptathlon – organise local event and compete in regional final	All secondary schools	Number of secondary schools participating	Lead: Active Schools Support: LAC, PE Staff
		Primary Sportshall Athletics – organise local series and compete in regional final	All primary schools	Number of primary schools participating	Lead: Active Schools Support: LAC
		Deliver and promote Schools Championships (primary cross country, primary and secondary track and field championships)	All schools	Number of schools participating	Lead: Active Schools Support: PE staff, LAC
		Update schools' athletics contact	All schools	Email addresses updated	LAC CDO
		Set up Junior Jogging Clubs	Senior pupils & volunteers (leaders), primary pupils (participants)	Number of senior pupils trained Number of schools and primary schools/pupils participating	Active Schools and Schools
		Encourage Participation in Daily Mile	Primary aged pupils	Number of schools and primary schools/pupils participating	Active Schools and Schools

	Provide opportunities for young people with Additional Support Needs (ASN)	Set up Run, Jump and Throw Club(s)	School aged pupils	Number of pupils with ASN participating in RJT clubs	Active Schools/Sports Development/Scottish Disability Sport
	Provide Athletics pathway into club athletics	Promote and Deliver Lasswade AC Future Star Athletics Programme	Teachers/coaches/ volunteers All school aged children	Number of Centres Number of participants participating in Centres Number of Athletes retained Centres fully integrated with Lasswade AC (number of athletes transitioning into main club)	Active Schools/Sports Development/LAC
		Organise Athletics Summer Programme – incorporated wider Council Summer Holiday Sports Programme	School aged pupils	Number of weeks and venues Number of participants	Sports Development/ LAC
		After all schools events (highlighted above) ensure regular athletics information is provided	School aged pupils	Number of participants approached Number of athletes transitioning into regular activity	Lead: LAC Support: Active Schools/Schools/PE Staff
		Talented Athlete identification -Invite best competitors from Midlothian schools' events to LAC	School aged pupils	Results recorded Letters sent to pupils Number of participants attending LAC induction session Number of participants attending LAC induction sessions	Lead: LAC Support: Active Schools/Schools/PE Staff

<b>CLUB DEVELOPMENT</b>	Grow participation in Club Athletics in Midlothian	Increase membership in athletics clubs in Midlothian	Athletics Clubs and Club Athletes	Number of members	Athletics Clubs/ Scottish Athletics/Sports Development
		Ensure clubs have strong infrastructures in place to meet demand (committee, coaches, volunteers, officials)			
		Maintain support to Lasswade AC for their Club Development Officer post			
		Lasswade AC to support Scottish Athletics leadership and modernisation programme			
<b>RECREATIONAL RUNNING</b>	Grow recreational running in Midlothian	Increase membership and jogscotland/recreational running groups in Midlothian	Jogscotland Groups	Number of Groups Number of runners/joggers	Jogscotland Groups/jogscotland
		Improve cross group support/promotion and opportunities for recreational runners to develop into athletics clubs	Jogscotland Groups Athletics Clubs	Number of runners/joggers transitioning	Jogscotland Groups Athletics Clubs
<b>COMPETITION</b>	Continue to deliver, and promote a range of athletics competitions within Midlothian alongside providing a programme of competition opportunities to Midlothian athletes	Continue to deliver and grow Lasswade AC annually organised events – 10 mile RR, Open Cross Country and Club Track and Field Championships	Residents of Midlothian and beyond Club Athletes School aged pupils	Number of participants	Lead: LAC Support: Council, Scottish Athletics, Schools
		Encourage the link between schools and recreational running to the Club events			
		Promote the ongoing growth of park run for adults and juniors in Midlothian	Residents of Midlothian and beyond Club Athletes School aged pupils	Number of participants	MAD Group
		Provide a competition programme to Midlothian athletes	Club Athletes		Lead: LAC Support: Scottish Athletics

<b>COMMUNICATION</b>	Establish a publicity and communication plan	Develop plan around events calendar	MAD Group	MADG agreed on structure	MAD Group
		Submit articles and information to local press e.g. competitions (mention role of MADG)	Local press, Black Diamond FM	Number of articles printed	MAD Group
		Submit articles to Sports Development/Active Schools website	All schools / pupils / parents	Number of relevant articles	
		Develop appropriate contact list	Schools / press / radio	Contact list held	MAD Group
		Lasswade AC to produce Newsletter once per month	Lasswade AC members	Newsletter produced once per month	LAC
	Raise awareness of Midlothian Athletics Group	Ensure athletics is represented and acknowledged at PEPAS group	Head Teachers / Teachers / Peripatetic PE / Active Schools		Active Schools
		Ensure other local athletics groups are aware of MAD Group	Park Run/jogscotland groups/Penicuik Harriers		MAD Group
		Page / link on council website – Active Midlothian Site and Active Schools site	Midlothian residents	Web page / link uploaded	LAC, Sports Development, Active Schools

<b>WORKFROCE DEVELOPMENT</b>	Increase the quality and quantity of athletics workforce opportunities in Midlothian	Arrange Teacher Education course for Primary and Secondary Teachers	All schools Target Probationers & NQTs (PE)	Number of courses held Number of teachers/volunteers attending	Active Schools Scottish Athletics
		Deliver an annual training programme and identify future workforce development training priorities (including training opportunities for volunteers/staff working with athletes with a disability)  (Work in partnership with neighbouring authorities to provide a tailored programme)	LAC Teachers/volunteers/officials/coaches Probationers & NQTs (PE)	Number of teachers/volunteers/coaches attending	MAD Group
		Establish communication chain for promoting education and CPD opportunities	All staff	Number of bookings taken	LAC/Sports Development (April 18)
		Deliver coach education courses within Midlothian especially jogscotland leader and coaching assistant	LAC Teachers/volunteers/officials/coaches	Number of courses held	Scottish Athletics Sports Development
	Establish an annual mentoring programme for new coaches and a young leadership programme	Provide a programme of training sessions for new/young coaches to assist and be mentored by existing coaches	All new coaches	Mentor programme established	LAC/Sports Development



## Midlothian Athletics Pathway for Junior Athletes

Lasswade  
Athletics Club

[www.lasswade-ac.org.uk](http://www.lasswade-ac.org.uk)

Athletes aged 9 years plus

Lasswade AC  
Future Star  
Athletics

Beesleek P1 – p7

Dalkeith P1 – P7

Newbattle P1 – P7

Introductory  
Athletics Activity

Schools Events (Sportshall  
Athletics, Giant Heptathlon,  
Track and Field Athletics,  
Cross Country)

Extra Curricular and  
Curriculum Athletics

