

CLUB	Aberdeen AAC
Key Area	Addressing Club Capacity Issues
Key Details	<p>Further developments have led to event specific sessions also being held at 1730hrs to allow athletes who normally train at 1830hrs to try new events and develop new skills. Athletes who show good commitment and aptitude for athletics are also able to progress from the 1730hrs sessions to 1830hrs in order to receive more event specific coaching. Aberdeen AAC were unable to introduce new members to the club due to a lack of coaching availability. This resulted in a waiting list being implemented. In order to tackle the expanding waiting list, the committee of Aberdeen AAC lead by coaching co-ordinator Joyce Hogg implemented taster sessions.</p> <p>The taster sessions consisted of inviting juniors who were on the waiting list to attend four weeks of training at 1730hrs. (i.e. before normal club training) Once the four week taster block had been completed the athletes were then given the choice to decide if athletics was a sport they would like to continue in. Those who decided to join the club are now kept in groups at 1730hrs. These groups are led by the clubs most recently qualified coaches and allows both the athletes to experience Run, Jump and Throw activity and for the new coaches to be fully mentored by the more experienced coaches the club has.</p> <p>Many of the new coaches are still athletes in training, therefore the 1730hrs sessions still allow for them to train at 1830hrs. This has enabled the club to control the intake of junior athletes into the club and to ensure that coaches do not have to deal with too many athletes at any one time.</p>
Further info	http://www.aberdeenaac.co.uk/