

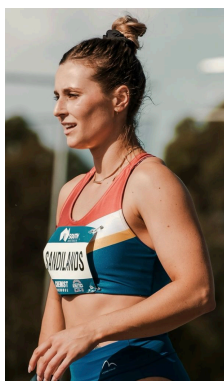


Old Boys United Athletic Club

CADETS 2025.26



Hamish Kerr



Hannah Sandilands



Tiaan Whelpton



Maddie Wilson C Grad.



Max Attwell



Keeley O'Hagan



Angus Lyver



Jared Neighbours C Grad.

Old Boys-United Cadets Coaching Plan 2025.26 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.

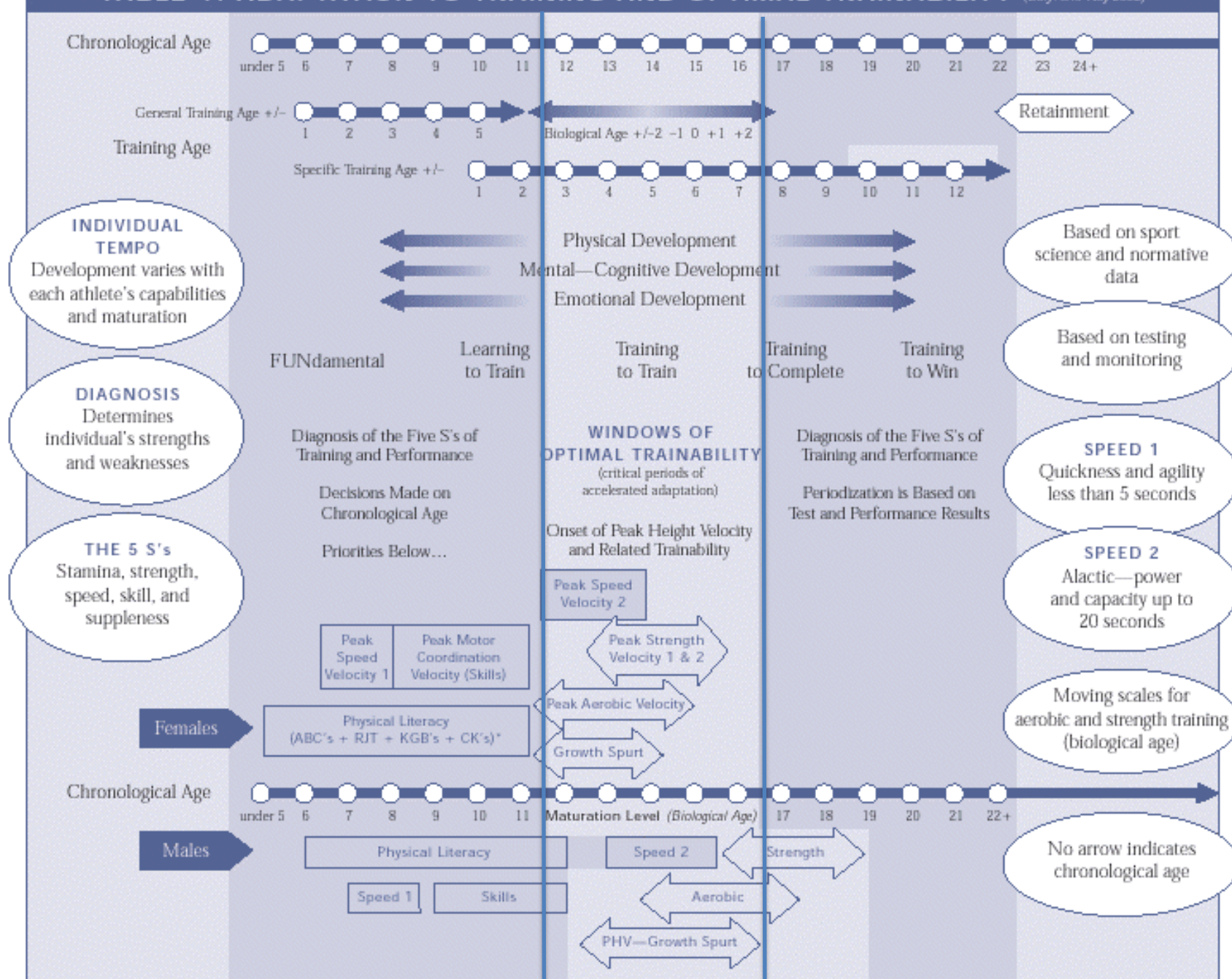
1. After first 2-weeks of the programme and 2. in the week of the second part.

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 Bouncing Striking 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 9th, 5.30pm

Chch. Boys' High Big Room

Introductory Stage 1

Thursday September 18th – Thursday- October 2nd: 5 Sessions

Warm up Protocols

Movement Skills

General Athleticism

Etc.

Training Stage 1

Tuesday October 7th - Tuesday December 3rd: 18 Sessions

Tuesday December 10th – Tuesday 17th: 2 sessions

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	Running/Throwing

Phase 1 : 6 Sessions (7.10 – 21.10)

Conditioning

Specific Athletics Preparation

Phase 2 : 6 Sessions (23.10 – 11.11)

Specific Athletics Preparation

Specific Competition Preparation

Phase 3 : 8 Sessions (13.11 – 11.12)

Specific Event Preparation

Competition Specific Peak (NZSS)

NB: Detailed Plan will be published at the end of the first Introductory Training Stage

Timetable – Training/Competition Stages Part 1

Week 1 Intro 1	Thu. Sept 18 th		Boys High	4.00pm
Week 2 Intro 1	Tue. Sept 23 th		Boys High	4.15pm
	Thu. Sept 25 th		Boys High	4.15pm
Week 3 Intro 1	Thu. Sept 30 th		Boys High	4.15pm
	Thu. Oct 2 nd		Boys High	4.15pm
Week 4 Phase 1	Tue. Oct 7 th		Boys High	4.15pm
	Thu. Oct 9 th		Boys High	4.15pm
Week 5 Phase 1	Tue. Oct 14 th		Boys High	4.15pm
	Thu. Oct 16 th		Boys High	4.15pm
Competition	Sat. Oct 18 th	Opening Day Inter-club	Nga Puna Wai	2.00pm
Week 6 Phase 1	Tue. Oct 21 st		Boys High	4.15pm
Week 6 Phase 2	Thu. Oct 23 rd		Boys High	4.15pm
Competition	Sat. Oct 25 th	Inter-club	Nga Puna Wai	2.00pm
Week 7 Phase 2	Tue. Oct 28 th		Boys High	4.15pm
	Thu. Oct 30 th		Boys High	4.15pm
Competition	Sat. Nov 1 st	Inter-club	Nga Puna Wai	2.00pm
Week 8 Phase 2	Tue. Nov 4 th		Boys High	4.15pm
	Thu. Nov 6 th		Boys High	4.15pm
Competition	Thu. Nov 6 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Competition	Sat. Nov 8 th	Inter-club		2.00pm
Competition	Sat. Nov 8 th	South Island Combined Events (includes Canterbury CE Champs.)	Nga Puna Wai	10.00am
	Sun. Nov 9 th			9.30am
Week 9 Phase 2	Tue. Nov 11 th		Boys High	4.15pm
Week 9 Phase 3	Thu. Nov 13 th		Boys High	4.15pm
Competition	Thu. Nov 13 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Week 10 Phase 3	Tue. Nov 18 th		Boys High	4.15pm
	Thu. Nov 20 th		Boys High	4.15pm
Competition	Thu. Nov 20 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
	Sun. Nov 27 th	Jumps Clinic (Hor. & HJ)	Boys High	9.00am
Week 11 Phase 3	Tue. Nov 26 th		Boys High	4.15pm
	Thu. Nov 27 th		Boys High	4.15pm
Competition	Thu. Nov 27 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Competition	Fri. Nov 28 th	Rhythm & Jumps*	Boys High	5.15pm
Competition	Sat. Nov 29 th	Inter-club	Nga Puna Wai	2.00pm
Week 12 Phase 3	Tue. Dec 2 nd #		Boys High	4.15pm
Competition	Fri. Dec 5 th	NZSS Champs	Timaru	9.00am
Competition	Sat. Dec 6 th	NZSS Champs	Timaru	9.00am
Competition	Sun. Dec 7 th	NZSS Champs	Timaru	9.00am
Week 13 Phase 3	Tue. Dec 9 th		Boys High	4.15pm
	Thu. Dec 11 th		Boys High	4.15pm
Week 13 Phase 3	Tue. Dec 16 th		Boys High	4.15pm
	Thu. Dec 18 th		Boys High	4.15pm
Competition	Sat. Dec 27 th	Inter-club	Nga Puna Wai	6.15pm tbc

**NB: Phase 2 will be finalised by the end of stage 1.
Proposed start date Tuesday January 13th.**

Timetable – Training/Competition Stages Part 2

Competition	Sat. Jan 10 th	Lovelock Classic	Aorangi Stad., Timaru	2.00am
Week 14 Intro 1	Tue. Jan 13 th		Boys High	4.15pm
	Thu. Jan 15 th		Boys High	4.15pm
Competition	Fri. Jan 18 th	Inter-club	Nga Puna Wai	2.00pm tbc
Week 15 Intro 1	Tue. Jan 20 th		Boys High	4.15pm
	Thu. Jan 22 nd		Boys High	4.15pm
Competition	Sat. Jan 24 th	Inter-club	Nga Puna Wai	2.00am
Week 16 I Phase 1	Tue. Jan 27 th		Boys High	4.15pm
	Thu. Jan 29 th		Boys High	4.15pm
Competition	Sat. Jan 31 st	Inter-club	Nga Puna Wai	2.00pm
Week 17 Phase 1	Tue. Feb 3 rd		Boys High	4.15pm
	Thu. Feb 5 th		Boys High	4.15pm
Week 18 Phase 1	Tue. Feb 10 th		Boys High	4.15pm
May be one or the other	Wed. Feb 11 th	Canterbury Champs. Relays	Nga Puna Wai	6.00pm?
	Thu. Feb 12 th		Boys High	4.15pm
Competition tbc	Fri. Feb 14 th	Canterbury Champs.	Nga Puna Wai	6.00pm?
Competition tbc	Sat. Feb 15 th	Canterbury Champs.	Nga Puna Wai	2.00pm
Week 19 Phase 2	Tue. Feb 17 th		Boys High	4.15pm
	Thu. Feb 19 th	Twilight Inter-club	Boys High	4.15pm
Competition	Sat. Feb 21 st	ITM	Nga Puna Wai	2.00pm
Week 20 Phase 2	Tue. Feb 25 th		Boys High	4.15pm
Competition	Thu. Feb 27 th	Inter-club	Nga Puna Wai	6.00pm
Week 21 Phase 2	Tue. Mar 4 th		Boys High	4.15pm
Competition	Thu Mar 5 th	NZ T & F Champs Day 1	Auckland (venue tbd)	9.00am
Competition	Fri. Mar 6 th	NZ T & F Champs Day 2	Auckland (venue tbd)	9.00am
Competition	Sat. Mar 7 th	NZ T & F Champs Day 3	Auckland (venue tbd)	9.00am
Competition	Sun. Mar 8 th	NZ T & F Champs Day 4	Auckland (venue tbd)	9.00am
Week 22 Phase 3	Tue. Mar 10 th		Boys High	4.15pm
	Thu. Mar 12 th		Boys High	4.15pm
Week 23 Phase 3	Tue. Mar 18 th	Chch SS Finals Day 1	Nga Puna Wai	9.00am
Competition	Fri. Mar 21 st	Chch SS Finals Day 2	Nga Puna Wai	9.00am
Week 24 Phase 3	Tue. Mar 25 th		Boys High	4.15pm
Competition	Fri. Mar 28 th	Sth Is SS	NPW	12.00pm?
Competition	Sat. Mar 29 th	Sth Is SS	NPW	9.00am

*** Invitation Competition**

NZSS Champs. Athletes only

**NB: Phase 2 will be finalised by the end of stage 1.
Proposed start date Thursday January 12th.**

Introductory Stage Part 2

Tuesday January 13th – Tuesday January 22nd : 4 Sessions

Tuesday Session Training Load Focus
Thursday Session Formal Instructional Focus

Training Stage Part 2

Tuesday January 27th – Tuesday March 25th : 13 Sessions

Phase 1 6 Sessions (27.1 – 12.2)

Conditioning

Specific Athletics Preparation

Phase 2 4 Sessions (17.2 – 4.3)

Specific Athletics Preparation

Specific Competition Preparation

Competition Specific Peak I

Phase 3 3 Sessions (10.3 – 25.3)

Specific Event Preparation

Competition Specific Peak II

The competition dates below are subject to confirmation.

Competition	Sat. Jan 10th	Lovelock Classic	Aorangi Stad., Timaru	2.00am
Week 14 Intro 1	Tue. Jan 13th		Boys High	4.15pm
	Thu. Jan 15th		Boys High	4.15pm
Competition	Fri. Jan 18th	Inter-club	Nga Puna Wai	2.00pm tbc
Week 15 Intro 1	Tue. Jan 20th		Boys High	4.15pm
	Thu. Jan 22nd		Boys High	4.15pm
Competition	Sat. Jan 24th	Inter-club	Nga Puna Wai	2.00am
Week 16 I Phase 1	Tue. Jan 27th		Boys High	4.15pm
	Thu. Jan 29th		Boys High	4.15pm
Competition	Sat. Jan 31st	Inter-club	Nga Puna Wai	2.00pm
Week 17 Phase 1	Tue. Feb 3rd		Boys High	4.15pm
	Thu. Feb 5th		Boys High	4.15pm
Week 18 Phase 1	Tue. Feb 10th		Boys High	4.15pm
May be one or the other	Wed. Feb 11th	Canterbury Champs. Relays	Nga Puna Wai	6.00pm?
	Thu. Feb 12th		Boys High	4.15pm
Competition tbc	Fri. Feb 14th	Canterbury Champs.	Nga Puna Wai	6.00pm?
Competition tbc	Sat. Feb 15th	Canterbury Champs.	Nga Puna Wai	2.00pm
Week 19 Phase 2	Tue. Feb 17th		Boys High	4.15pm
	Thu. Feb 19th	Twilight Inter-club	Boys High	4.15pm
Competition	Sat. Feb 21st	ITM	Nga Puna Wai	2.00pm
Week 20 Phase 2	Tue. Feb 25th		Boys High	4.15pm
Competition	Thu. Feb 27th	Inter-club	Nga Puna Wai	6.00pm
Week 21 Phase 2	Tue. Mar 4th		Boys High	4.15pm
Competition	Thu Mar 5th	NZ T & F Champs Day 1	Auckland (venue tbd)	9.00am
Competition	Fri. Mar 6th	NZ T & F Champs Day 2	Auckland (venue tbd)	9.00am

Competition	Sat. Mar 7th	NZ T & F Champs Day 3	Auckland (venue tbd)	9.00am
Competition	Sun. Mar 8th	NZ T & F Champs Day 4	Auckland (venue tbd)	9.00am
Week 22 Phase 3	Tue. Mar 10th		Boys High	4.15pm
	Thu. Mar 12th		Boys High	4.15pm
Week 23 Phase 3	Tue. Mar 18th	Chch SS Finals Day 1	Nga Puna Wai	9.00am
Competition	Fri. Mar 21st	Chch SS Finals Day 2	Nga Puna Wai	9.00am
Week 24 Phase 3	Tue. Mar 25th		Boys High	4.15pm
Competition	Fri. Mar 28th	Sth Is SS	NPW	12.00pm?
Competition	Sat. Mar 29th	Sth Is SS	NPW	9.00am

Coaching Structure

<u>Leads</u>	<u>Assistant Coaches</u>	<u>Athlete Coaches</u>
Terry Lomax Karen Forbes-Henry	Gerry Keddell 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.

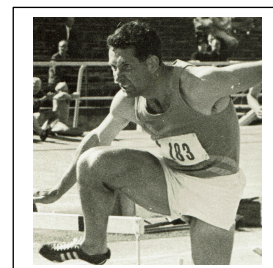
Ordinarily the Tuesday session would follow the preceding Thursday session as pure training. The training activities would be set after the preceding Thursday either designed by the coach from that session or via a training programme set up prior to the phase the athletes are in.

Terry Lomax	terry@athletics.org.nz	021859982 (CLUB COACH CO-ORDINATOR)
Karen Forbes-Henry	pjdhenry@icloud.com	02102326931
Gerry Keddell	skeddell@hotmail.com	033588727

Website: www.cobu.info

Our mailing address is:

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



CADETS Graduates 2024.25



Zoffya Pettengell-Brand

Samara Taurima



Aiden Wilshire

Tyler Wilshire



Bao Zhen (Natalia) Tan.

Eliza McDonnell



Brooke Ebdon-Collings

Zara McDonnell

Key Dates to be aware of:

Thursday 18th September

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

Tuesday 31st September

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

Saturday 18th October

Opening Day at Nga Puna Wai

Friday 28th November

Club run Rhythm & Jumps Competition.

Cadets attendance as officials/helpers

Sunday 30th November

Jumps Clinics (Horizontal and High Jump) at Boys High

Saturday/Sunday 8th /9th November NPW

- **Sth Is. Combined Events** – Pre-entry required
 - Open entry
 - **Sth. Is. 16's Combined Events** – Teams Pre-entry required
 - Selected Team entry
- Pre-entry required (likely 7 days before)

Friday/Saturday/Sunday 5th /6th/7th December

NZSS Championships in Hastings

Thursday 11th December

Last 2025 Year Cadets session

Tuesday 13th January

1st Post New Year Cadets session Part 2 starts

Tuesday 27th 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

Wednesday 11th February (Relays)

Friday/Saturday 14th/15th February (Individual Events)

Canterbury Champs

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

Thursday/Friday/Saturday/Sunday 5th/6th /7th /8th March

NZ Track & Field National Championships in Dunedin

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

Tuesday 18th

Canterbury Secondary Schools Finals Day 1

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

Friday 18th March

Canterbury Secondary Schools Finals Day 2

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

Friday/Saturday 28th/29th March

South Island Secondary Schools Champs at NPW

Senior Club Coaches



Terry
Lomax

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



James
Sandilands

Sprints/Hurdles/Jumps/Combined Events



Karen Forbes-
Henry.
& Peter Henry

Sprints/Hurdles/Jumps/Combined Events



Jill Morrison

Sprints/Hurdles/Jumps

Fee Areas	Cadets
Athletics NZ	\$53
Canterbury	\$30
OBU Club Fee	\$100
OBU Training Stage 1-2025 (Start-up)	\$100
Total 1	\$283
OBU Training Stage 2-2026 (Continuation)	\$75
Total 2	\$358
NB: Athletes starting Cadets at Stage 2-2026 will be charged the Training Stage 1-2025 start-up fee not the Continuation fee	

Fees 2025.26 Season

Due Dates

Stage 1 By September 31st or within 2 weeks of first session

Stage 2 By January 27th

