



Old Boys United Athletic Club

CADETS 2026.27



Hamish Kerr



Hannah Sandilands



Tiaan Whelpton



Maddie Wilson C Grad.



Max Attwell



Angus Lyver

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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:

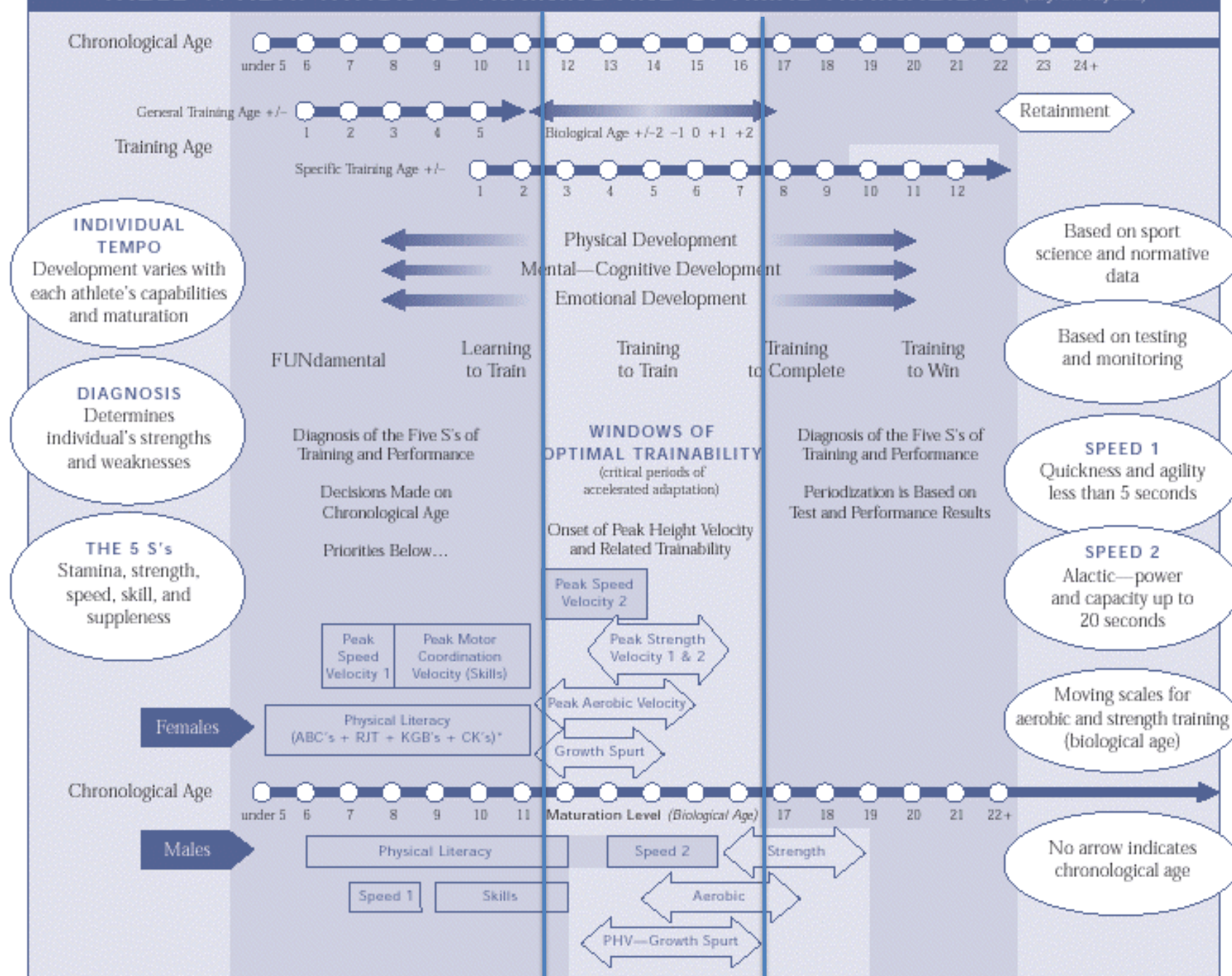
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1. Athlete
 2. Runner &/ or Jumper &/or Thrower (Multiple discipline athlete)
 3. Sprinter or Hurdler or High Jumper or Long/Triple Jumper or Discus/Shot etc. (Specific Event athlete)

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.

1. Up to New Year/NZSS Championships:
Conditioning & Development - Pre-season & early season Competition focus
2. 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 + RIT = Run Jump Throw + KGB's = Kinesthesia Gliding Bounce 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 2026.27 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 for Specific Events 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

Thursday September 10th, 5.30pm

Chch. Boys' High Big Room

Introductory Stage 1

Thursday September 17th – Thursday- October 1st: 5 Sessions

Warm up Protocols

Movement Skills

General Athleticism

Etc.

Training Stage 1

Tuesday October 6th - Tuesday November 26th : 15 Sessions

Tuesday December 1st – Tuesday 15th : 4 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 (6.10 – 22.10)

Conditioning

Specific Athletics Preparation

Phase 2 : 6 Sessions (27.10 – 17.11)

Specific Athletics Preparation

Specific Competition Preparation

Phase 3 : 7 Sessions (19.11 – 15.12)

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

	Thu. Sept 10 th	Information Evening	Boys High Big Room	5.30pm
Week 1 Intro 1	Thu. Sept 17 th		Boys High	4.00pm
Week 2 Intro 1	Tue. Sept 22 nd		Boys High	4.15pm
	Thu. Sept 24 th		Boys High	4.15pm
Week 3 Intro 1	Thu. Sept 29 th		Boys High	4.15pm
	Thu. Oct 1 st		Boys High	4.15pm
Week 4 Phase 1	Tue. Oct 6 th		Boys High	4.15pm
	Thu. Oct 8 th		Boys High	4.15pm
Week 5 Phase 1	Tue. Oct 13 th		Boys High	4.15pm
	Thu. Oct 15 th		Boys High	4.15pm
Competition	Sat. Oct 17 th	Opening Day Inter-club	Nga Puna Wai	~2.00pm
Week 6 Phase 1	Tue. Oct 20 th		Boys High	4.15pm
	Thu. Oct 22 nd		Boys High	4.15pm
Competition	Sat. Oct 24 th	Inter-club	Nga Puna Wai	2.00pm
Week 7 Phase 2	Tue. Oct 27 th		Boys High	4.15pm
	Thu. Oct 29 th		Boys High	4.15pm
Competition	Sat. Oct 31 st	Inter-club	Nga Puna Wai	2.00pm
Week 8 Phase 2	Tue. Nov 3 rd		Boys High	4.15pm
Competition	Thu. Nov 5 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
	Thu. Nov 5 th		Boys High	4.15pm
Competition	Sat. Nov 7 th	Inter-club		2.00pm
Week 9 Phase 2	Tue. Nov 10 th		Boys High	4.15pm
Competition	Thu. Nov 12 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
	Thu. Nov 12 th		Boys High	4.15pm
Week 10 Phase 3	Tue. Nov 17 th		Boys High	4.15pm
Competition	Thu. Nov 19 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
	Thu. Nov 19 th		Boys High	4.15pm
Competition	Sat. Nov 21 st	Inter-club	Nga Puna Wai	2.00pm
Week 11 Phase 3	Tue. Nov 24 th		Boys High	4.15pm
	Thu. Nov 26 th		Boys High	4.15pm
Competition	Thu. Nov 26 th	Community Twilight - Limited Events	Nga Puna Wai	6.00pm
Competition	Fri. Nov 27 th	Rhythm & Jumps*	Boys High	5.15pm
Competition	Sat. Nov 28 th	Inter-club	Nga Puna Wai	2.00pm
Jumps Clinic	Sun. Nov 29 th	Hor. Jumps & HJ	Boys High	9.30am
Week 12 Phase 3	Tue. Dec 1 st		Boys High	4.15pm
	Thu. Dec 3 rd		Boys High	4.15pm
Week 13 Phase 3	Tue. Dec 8 th		Boys High	4.15pm
Competition	Fri. Dec 11 th	NZSS Champs	Whanganui	9.00am
Competition	Sat. Dec 12 th	NZSS Champs	Whanganui	9.00am
Competition	Sun. Dec 13 th	NZSS Champs	Whanganui	9.00am
Week 14 Phase 3	Tue. Dec 15 th		Boys High	4.15pm
Competition	Sun. Dec 27 th	Inter-club	Nga Puna Wai	2.00pm tbc

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

Timetable – Training/Competition Stages Part 2

Competition	Sat. Jan 9 th	Lovelock Classic	Aorangi Stad., Timaru	2.00am
Week 15 Intro 1	Tue. Jan 12 th		Boys High	4.15pm
	Thu. Jan 14 th		Boys High	4.15pm
Competition	Sat. Jan 16 th	Inter-club	Nga Puna Wai	2.00pm tbc
Week 16 Intro 1	Tue. Jan 19 th		Boys High	4.15pm
	Thu. Jan 21 st		Boys High	4.15pm
Competition	Sat. Jan 23 rd		Nga Puna Wai	2.00am
Week 17 I Phase 1	Tue. Jan 26 th		Boys High	4.15pm
	Thu. Jan 28 th		Boys High	4.15pm
Competition	Sat. Jan 30 th	Inter-club	Nga Puna Wai	2.00pm
Week 18 Phase 1	Tue. Feb 2 nd		Boys High	4.15pm
	Thu. Feb 4 th		Boys High	4.15pm
Week 19 Phase 1	Tue. Feb 9 th		Boys High	4.15pm
May be one or the other	Wed. Feb 10 th	Canterbury Champs. Relays	Nga Puna Wai	6.00pm?
	Thu. Feb 11 th		Boys High	4.15pm
Competition tbc	Fri. Feb 12 th	Canterbury Champs.	Nga Puna Wai	6.00pm?
Competition tbc	Sat. Feb 13 th	Canterbury Champs.	Nga Puna Wai	2.00pm
Week 20 Phase 2	Tue. Feb 16 th		Boys High	4.15pm
	Thu. Feb 18 th		Boys High	4.15pm
	Sat. Feb 20 th	Inter-club	Nga Puna Wai	2.00am
Competition	Sun. Feb 21 st	ITM	Nga Puna Wai	2.00pm
Week 21 Phase 2	Tue. Feb 23 rd		Boys High	4.15pm
	Thu. Feb 25 th		Boys High	4.15pm
Competition	Sat. Feb 27 th	Inter-club	Nga Puna Wai	2.00pm
Week 22 Phase 2	Tue. Mar 2 nd		Boys High	4.15pm
	Thu. Mar 4 th	Twilight Inter-club	Nga Puna Wai	6.00pm?
	Thu. Feb 25 th		Boys High	4.15pm
Week 23 Phase 3	Tue. Mar 7 th		Boys High	4.15pm
Competition	Thu Mar 9 th	NZ T & F Champs Day 1	Auckland (Waitakere)	9.00am
Competition	Fri. Mar 10 th	NZ T & F Champs Day 2	Auckland (Waitakere)	9.00am
Competition	Sat. Mar 11 th	NZ T & F Champs Day 3	Auckland (Waitakere)	9.00am
Competition	Sun. Mar 12 th	NZ T & F Champs Day 4	Auckland (Waitakere)	9.00am
Week 24 Phase 3	Tue. Mar 14 th		Boys High	4.15pm
	Thu. Mar 16 th		Boys High	4.15pm
Week 25 Phase 3	Tue. Mar 23 rd	Chch SS Finals Day 1	Nga Puna Wai	9.00am
Competition	Fri. Mar 26 th	Chch SS Finals Day 2	Nga Puna Wai	9.00am
Week 26 Phase 3	Tue. Mar 30 th		Boys High	4.15pm
Competition	Fri. Apr 2 nd	Sth Is SS	Saxton Field, Nelson	12.00pm?
Competition	Sat. Apr 3 rd	Sth Is SS	Saxton Field, Nelson	9.00am

* Invitation Competition

NZSS Champs. Athletes only

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

Introductory Stage Part 2

Tuesday January 12th – Thursday January 21st : 4 Sessions

Tuesday Session Training Load Focus
Thursday Session Formal Instructional Focus

Training Stage Part 2

Tuesday January 26th – Tuesday March 23rd : 13 Sessions

Phase 1 6 Sessions (26.1 – 11.2)

Conditioning

Specific Athletics Preparation

Phase 2 4 Sessions (16.2 – 25.2)

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

Coaching Structure

<u>Leads</u>	<u>Assistant Coaches</u>	<u>Athlete Coaches</u>
Terry Lomax Karen Forbes-Henry	Gerry Keddel	Max Attwell + 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.

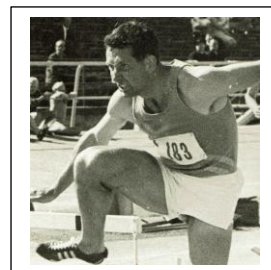
Ordinarily the Tuesday session would follow the preceding Thursday session as pure training. The training activities would be set after the preceding Thursday either designed by the coach from that session or via a training programme set up prior to the phase the athletes are in.

Terry Lomax	terry@athletics.org.nz	021859982 (CLUB COACH CO-ORDINATOR)
Karen Forbes-Henry	pjdhenry@icloud.com	02102326931
Gerry Keddel	skeddel@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 2025.26

Lucas Dabbs

Lucas Stevens

Anna Gillett

Sophie Patterson

Emma Grenfell

Mia Cody

Key Dates to be aware of:

Thursday 17th September

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

Tuesday 29th 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 17th October

Opening Day at Nga Puna Wai

Friday 27th November

Club run Rhythm & Jumps Competition.

Cadets attendance as officials/helpers

Sunday 29th November

Jumps Clinics (Horizontal and High Jump) at Boys High

Saturday/Sunday 7th /8th November NPW

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

Friday/Saturday/Sunday 11th /12th /13th December

NZSS Championships in Whanganui

Thursday 17th December

Last 2026 Year Cadets session

Tuesday 12th 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 10th February (Relays)

Friday/Saturday 12th/13th 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 23rd

Canterbury Secondary Schools Finals Day 1

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

Friday 26th March

Canterbury Secondary Schools Finals Day 2

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

Friday/Saturday 2nd /3rd April

South Island Secondary Schools Champs at **Saxton Field, Nelson**

Senior Club Coaches



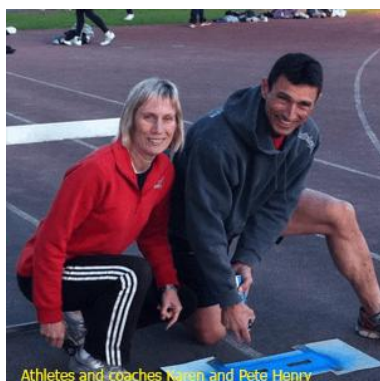
Terry
Lomax

**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 2-2027 will be charged the Training Stage 1-2026 start-up fee not the Continuation fee	

Fees 2026.27 Season

Due Dates

Stage 1 By September 29th or 2 weeks after first session attended

Stage 2 By January 27th

