



**New Zealand Children's
Athletic Association Inc.**



'COLGATE' JUNIOR 5 STAR AWARDS

CHILDREN'S PERFORMANCE LEVELS ATTAINMENT SCHEME

This is an incentive scheme based on personal improvement with certificates awarded on achieving specified performance levels.

Every young athlete will have the opportunity to win an achievement certificate. The certificate will be awarded at five Levels – 1 Star, 2 Star, 3 Star, 4 Star 5 Star. – according to the standards achieved in a specified number of events for each age group (See Tables)

The levels scheme, in terms of running a meeting, is simply a recording exercise and is a by-product of normal Club Nights.

The overall aim of the scheme is to encourage children to take part in a wide range of events and to spread recognition for achievement over all Club Members – not just winners or the better athletes. The scheme does not aim to produce champions, *but rather to provide incentives and develop skills and enjoyment in all events*. Children develop physically and mentally at very different rates and ages and it is hoped that the scheme, by encouraging participation in a wide range of events, will not only enable more children to enjoy more events at their level of achievement. It is hoped it will also maintain their interest in athletics into the senior section of the Club, when they can gradually begin to concentrate on their 'favourite' or 'best' events as their developing physique and ability dictates.

EXPLANATION OF THE SCHEME

It is important to understand the implementation of the scheme.

- (a) Standards may not appear to be very high, especially at Level 1. However, it must be remembered that the minimum performance must be reached in a *fairly wide number of events*. This has been done to ensure the children gain experience in a wide range of events, and work to improve in more than a single type of event.
- (b) Children will only be eligible to receive certificates after they qualified in a specified number of events as shown in the tables. It is not necessary to compete in all the possible events in an age group to be eligible for an achievement certificate.
- (c) Children are competing for their own performance. Clubs will need to decide whether to just use performances posted at Club Meetings, or to include performances made at Interclub or other NZCAA Meetings. The latter is probably wise for events such as Hurdles and Track Walks.
- (d) As each athlete qualifies in the specified number of events, a certificate will be awarded for that Level.
- (e) Only financial Club Members will be eligible for participation in the achievements certificate scheme.
- (f) As all performances at Club Meetings will need to be recorded, so that the young athletes levels of achievement be calculated, it is essential that parent volunteers assist Club Officials whenever possible.
- (g) **Please ensure that the NZCAA Rules of competition are used: i.e. Metre Boards for long jumps up to and including Grade 11 – correct implement weights for Grades in both Shot Put and Discus throw events – correct race length, hurdle spacing and height for hurdles.**