

Instagram:  
[@lahdenahkera](https://www.instagram.com/lahdenahkera)

Homepage:  
[www.lahdenahkera.fi](http://www.lahdenahkera.fi)

# Lahden Ahkera

Kids Athletics

Erasmus Helsinki

21.-22.10.2021



[@ess.fi](https://www.instagram.com/ess.fi)



[@fiiliksiajahetkia](https://www.instagram.com/fiiliksiajahetkia)

# Lahden Ahkera club

- Since 1907
- Location: 100 km northeast from Helsinki
- Regional central club; not much competitors, strong cooperation with neighbour clubs
- 1000 members
  - ~650 kid athletics 3-13y (summer + whole year)
  - ~150 athletes 14y+
  - ~200 members; hobby (adults) + common members
- Top 1-5 athletics club in Finland (different indicators)
  - Federation's youth competition 2021: #4

# Kids Athletics 3-13y

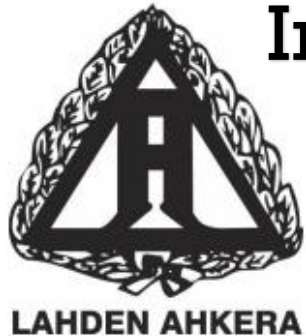
- Our goal is to offer quality hobby and possibility to climb up to professional athlete if individual so desires
- Our hired staff: youth manager (Samu), youth coach manager (Joonas), club manager (Janne), office secretary (Arja) and neighbour clubs coordinator (Matti)
- We have also ~15 sports instructors for these 3-13y kids athletics during indoor season and ~25 during summer season. +substitutes
- At the summer we have 35 sessions during a week and we arrange practice competitions four times during the summer. We have a lot of official competitions during the year.

## How much it costs

- We pay 10€/h for the assistant instructors and up to 15-20€/h for the head instructor of the team
- We arrange the training sessions so that it's possible to take 2-3 groups in a row
- Participants pay 5-7 € / training session and costs are from 235€ (1 session per week) to 520€ (3 sessions per week) during indoor season.
- Our summer season is 10 weeks long and it costs from 70€ to 195€ depending how many sessions per week.
- These costs include those training sessions, quality t-shirt, licence to compete and club membership. We also pay many competition fees for the athletes.

# Our instructors

- **Head instructor of the team: 18y+ and educated atleast with the athletics federation course.**
- **Assistant instructor: 14y+ and educated atleast with the clubs education system. We also guide these instructors to the federation courses.**
- **Our own education system:**
  - **Instructor manual – our kids athletics procedures**
  - **Self reflection test – to understand the procedures and how I meet them as an insturctor. What kind of instructor I am?**
  - **”Track&field world” how to arrange and developpe our training session**
  - **Whatsapp -group for instructors; communicate, developpe and search for substitute**



## Instructor manual

Lahden Ahkera ry  
Ohjaajaopas

How to give  
feedback

Tips how to deal with  
restless kids

How to organize a  
good session

Keypoints for different  
agegroups

How to use equipments to  
increase skills learning

Idol aspect at the  
training session

## These are the main goals

- Increase the percentage how many take part in the competitions
- Increase the amount of boys in our older age groups
  - Goes well at the moment; we have launched groups for only boys and f.ex we have 15 boys group – they are really into the competitions and sports (age 14-15)
- Develop the cooperation with neighbour TF clubs
  - We have hired an employee to coordinate this cooperation
  - Goals are to spread the good procedures to other clubs and together make sure that each kid has the best possibilities within track & field at the kids, youth and adult phase

