



3 Stadium Drive, Singapore Sports Hub, #01-33. SINGAPORE 397630
TEL: 6386-2721 FAX: 6386-7773 Website: www.singaporeathletics.org.sg

WHAT IS KIDS' ATHLETICS ALL ABOUT?

The Singapore Athletics (SA) launched the Kids' Athletics (KA) programme in September 2003, which is initiated by the International Association of Athletics Federations (IAAF). It has since been growing stronger and expanding steadily. Kids' Athletics (KA) is a concept in athletics which aims to properly develop young athletes through systematic and age and development level-appropriate training.

We are an organization that believes in talent identification and nurturing our young ones, especially in the arena of athletics. Rather than transiting children into the adult world and compelling them to serious competition, we endeavour to inspire children a love for athletics by taking athletics to their world of having fun. We achieve this by introducing them to the basic motor skills through playing and providing colourful and imaginative equipment suited to their physique and ability. By using equipment specifically designed for children, they will enjoy the experience of athletics in a fun and safe learning environment.

We strive to create fun while at the same time giving each child the opportunity to improve and develop their fitness according to their individual ability, through safe and systematic training. In doing so, we certainly do not overlook the more significant aspects of athletics. Coaching is our top priority at SA, with strong emphasis on teaching the correct athletics techniques without losing the element of fun.

Our coaching philosophy is to avoid over-training children in the younger age groups so that they would develop the love for athletics, to experience and provide opportunities for them to express their natural instincts of running, jumping and throwing. There still exist many instances where young kids are over exposed to tough training regime which does not suit their young age in terms of their physical and mental maturity. We are deeply grounded in pediatric exercise science.

SA is a non-profit organization catering to the development of kids' athletics in children aged 5 to 12 years old. Children will enjoy and learn athletic skills in a fun and dynamic environment, with professional coaches providing coaching and care to make sure that the young ones get the necessary attention that they need. More importantly, we seek to infuse universal values of respect, resilience, integrity and perseverance.

Khairina Mohd

Senior Manager

Kids' Athletics Programme

Singapore Athletics