WELCOME TO THE MINIOR NATIONAL TEAM!

Athletics, training, play and community



What is athletics?

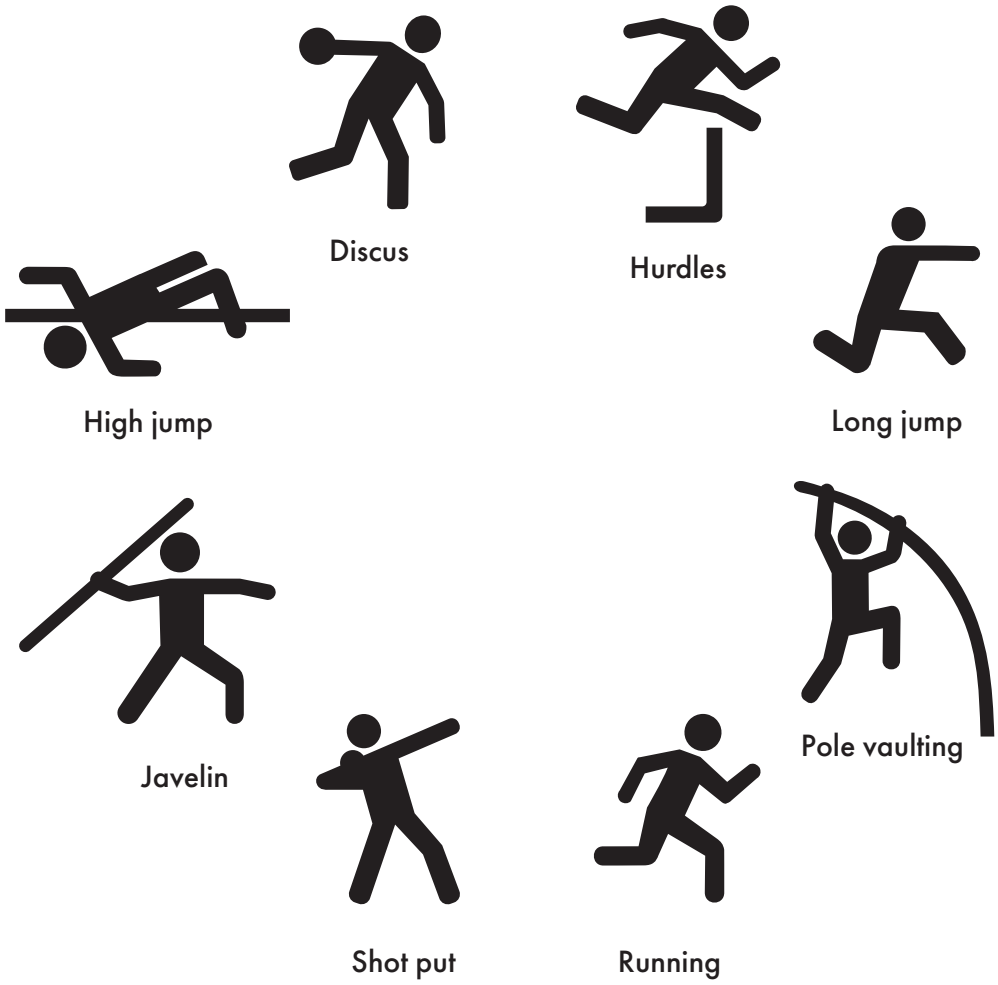
The easiest way to explain athletics is as **running, jumping** and **throwing**. You may have watched an athletics competition on TV and seen people compete in running long and short distances with or without obstacles, jumping high or far, and throwing different objects as far as possible.

To be good at this, you naturally have to train a lot. With the Minior National Team, you can practice athletics with your friends and get the opportunity to meet new ones. You may find this so much fun that you want to take part in a competition, or you may just want to participate in the training, since competing is entirely voluntary.

If you are interested in competing, talk to your coach. Your club pays the registration fees for the competitions you participate in.

Athletics training is very versatile, which means that you get to be good at many different things. You will train to be fast, explosive, resilient and persistent – all at once. What's more, it's really fun, especially when you get to train together in a group.

In athletics, everyone trains together, regardless of gender. In the training group that you're part of, there can also be some variation in the ages of the people you train with.



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What is a club?

The Minior National Team is a collaboration between clubs within the Swedish Athletics Federation and Atea's local offices that aims to give more children the opportunity to take part in athletics.

When you train with the Minior National Team, you also become a member of an **athletics club** at no cost. The Athletics Federation has many different training groups for children, young people and adults of different ages.

The clubs are democratically governed and have common rules and policies that members must follow, so that everyone can feel safe and secure.

All clubs have their own website where you can find information and contact details, as well as the applicable rules. You can also find more information at friidrott.se.

What does taking part in athletics mean?

First and foremost, it is an opportunity to have fun at athletics training. As a participant in the Minior National Team and member of an club, you should be a good friend, listen to your coaches and leaders, be focused on the training sessions and always do your best. Then it will be really fun and you will get better at athletics.

You can always ask your trainers if you have questions about athletics, techniques, rules, competitions or anything else you have in mind. The leaders are there for you!

Some of the leaders who coach your training group may be young people who are athletes themselves, or adults who coach several training groups. After training with the Minior National Team for a while, you may want to switch to another training group. If so, talk to one of your leaders.

As a **parent or relative** of a child practising athletics, there are a few things to consider:

- Athletics must first and foremost be fun. How your child performs is not as important.
- As a supportive athletics parent, you can do a lot for your child. If your child wants, you can cheer them on at training and competitions, but remember that not all children like this.
- Show an interest in your child's athletics training. Ask questions about how the training went and what was most fun.
- Engage as much as you can. You might want to be a leader yourself or be an official at a competition.
- Athletics is practised both outdoors and indoors, and all children must bring along water bottles and clothing suitable for the weather and the type of training. Some Minior national team clubs can lend out shoes. Ask the leaders of your club.

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