



Intellectual output: #1 - Resources analysis

Analyzed group: **Clubs**

Country: **Poland**

Time frame: **1.04 – 1.12.2021**

www.athletics4health.eu



Table of content

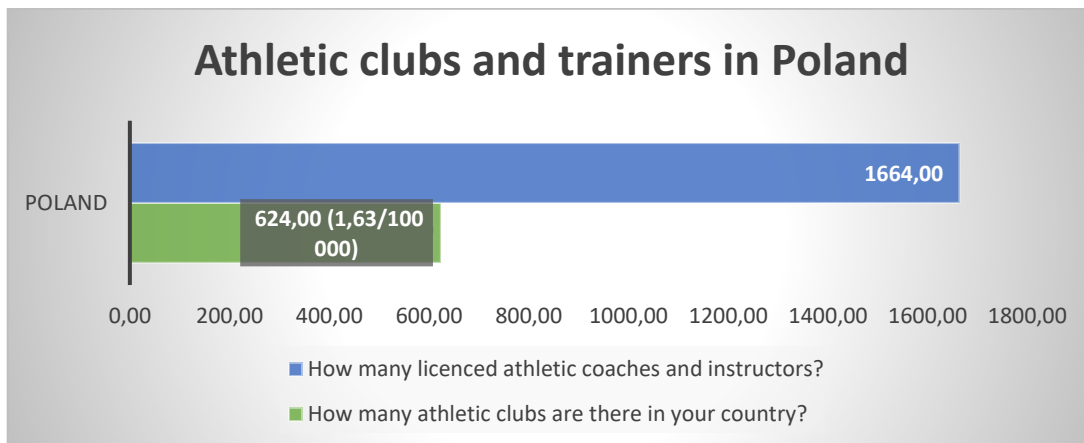
1. Data collection	3
2. General information.....	3
2.1. How many athletic clubs, licenced athletic coaches and instructors?.....	3
2.2. How many registered athletes (please provide numbers for each age group)?...3	
2.3. What license system do you have for athletes?	3
2.4. What training system for trainers/instructors? (courses, length, fees).....	4
2.5. What is the age of admission to the athletics club?.....	4
2.6. What age categories are there in youth sports?	4
2.7. What national competitions are organized for children and youth?	4
2.8. Is there a scholarship system for children and youth?.....	4
In Poland, there are a scholarship programs for kids and youth but given and operated by local governments.....	4
National Association has a scholarships only for best young athletes but given on special conditions such as weak financial situation of the athlete or good development prognosis.	4
2.9. Is there a training system for children and youth provided by national or local association?.....	4
2.10. Is there a Ministry of Sport in the country?	4
Yes, in Poland is Ministry of Sport and Tourism.....	4
2.11. Does the National Athletic Federation/Association has any impact/influence on how the physical education classes in schools look like?	4
3. Questionary results.	5
3.1. Does your club is financed by... ..	5
3.2. Does your club have access to... ..	6
3.3. Does your club provide trainings for... ..	7
3.4. Status of your clubs' athletes	7
Most of the athletes training participants are "amateurs". Professional athletes account for 12% of the total. Players with dysfunctions are only 1-5%.....	8
3.5. Are the trainings free of charge for	8
3.6. Are the trainings conducted by.....	8
3.7. Are the trainings conducted with scientific support	9
3.8. What is the average number of training hours per week with athletes... ..	9
3.9. Does the club cooperate with primary schools to acquire new athletes?.....	10
4. Conclusions.....	10

1. Data collection

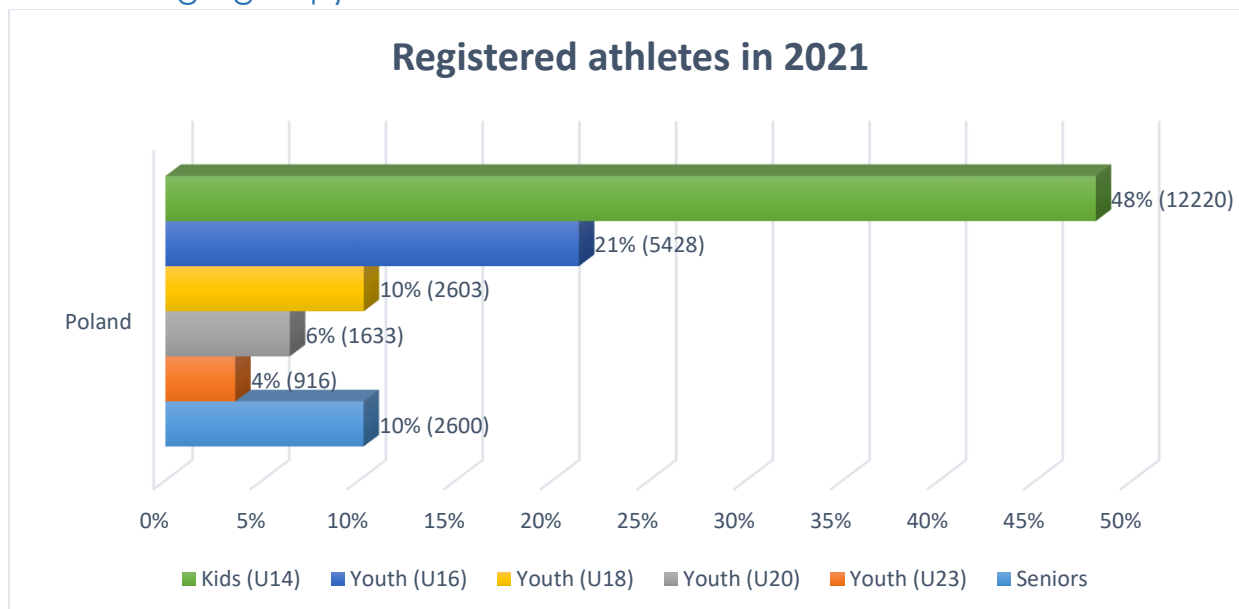
An online questionnaire was sent out to clubs in Poland in 2021. The clubs could participate in the survey and answer its questions from April till December 2021. In the given time period 128 clubs participated in the survey. In this report, their answers are summarized and analyzed.

2. General information

2.1. How many athletic clubs, licenced athletic coaches and instructors?



2.2. How many registered athletes (please provide numbers for each age group)?



Poland – 25 400 athletes

2.3. What license system do you have for athletes?

In Poland, program the Starter, is a one, combined system for licencing of all athletes and trainers. Payment is also done using that system.

Each athlete and trainer has to pay for one-year licence.



2.4. What training system for trainers/instructors? (courses, length, fees)

In Poland, there are qualification courses for instructors and trainers. Also for referees but led by the other body (Training Center for Referees)

Length of the instructor course is 2 months (5 meetings in weekends).

Coaching course, the only thing is to write a thesis and defend it before the commission.

2.5. What is the age of admission to the athletics club?

In Poland, there is no limitation for admission to athletic club and getting the licence. You need to be a club member with a PZLA license, submit a license application and pay the license fee.

The license obliges the competitor to comply with our and international regulations.

2.6. What age categories are there in youth sports?

In Poland:

- Senior (over 22),
- Youth (U23),
- Junior (U20),
- Younger Junior (U18),
- Youngster (U16),
- Kids (U14), category created for program Athletics for everyone!

2.7. What national competitions are organized for children and youth?

In Poland:

- National Championship for category U22, U20, U18, U16
- Unofficial Polish Championship for U14 category, also created by the program Athletics for everyone!

2.8. Is there a scholarship system for children and youth?

In Poland, there are a scholarship programs for kids and youth but given and operated by local governments.

National Association has a scholarships only for best young athletes but given on special conditions such as weak financial situation of the athlete or good development prognosis.

2.9. Is there a training system for children and youth provided by national or local association?

Yes, There is in Poland a National Junior (U20 and U18) team, which have full support such as camps, medical care and coaches.

2.10. Is there a Ministry of Sport in the country?

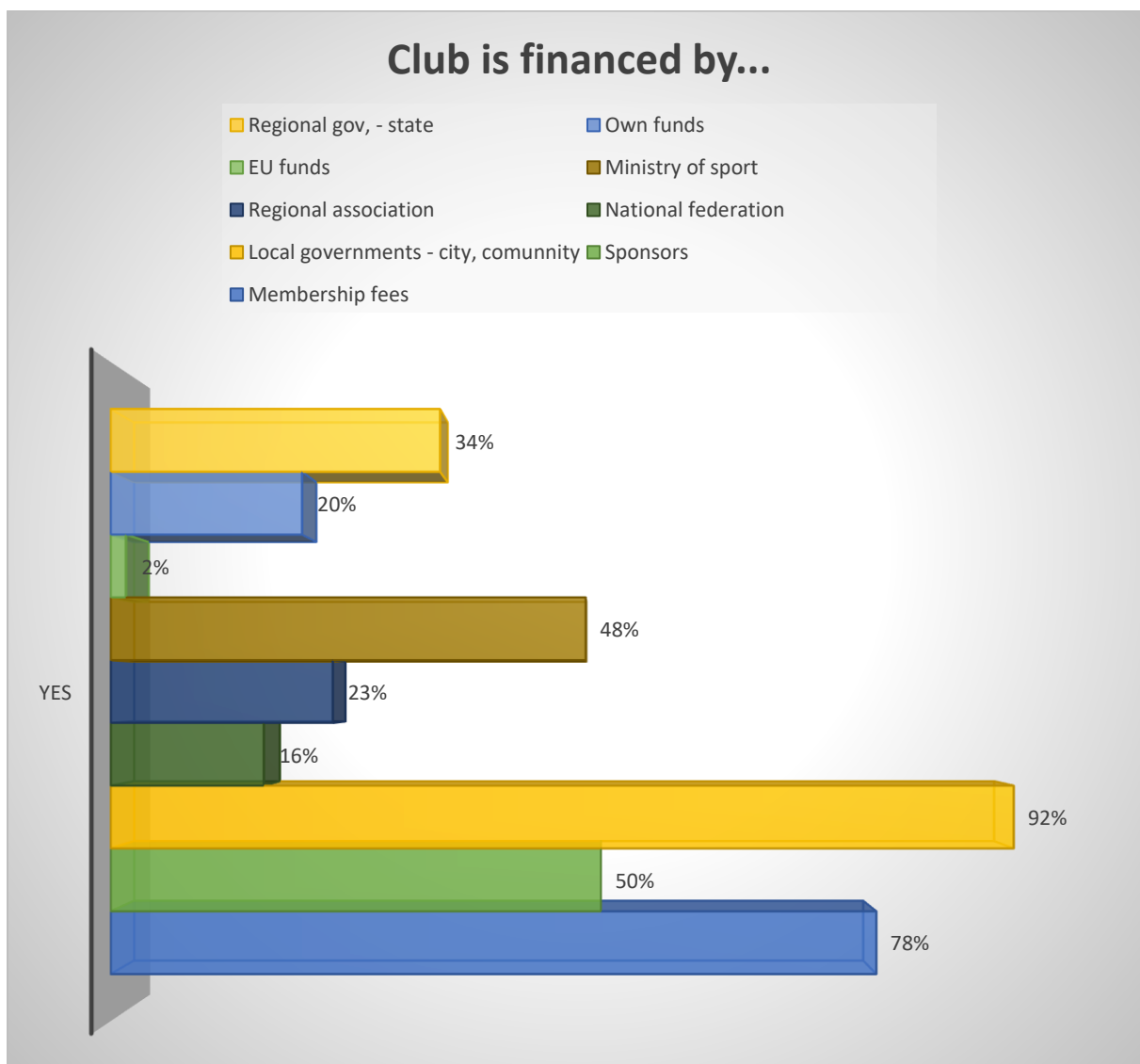
Yes, in Poland is Ministry of Sport and Tourism.

2.11. Does the National Athletic Federation/Association has any impact/influence on how the physical education classes in schools look like?

In Poland – NO.

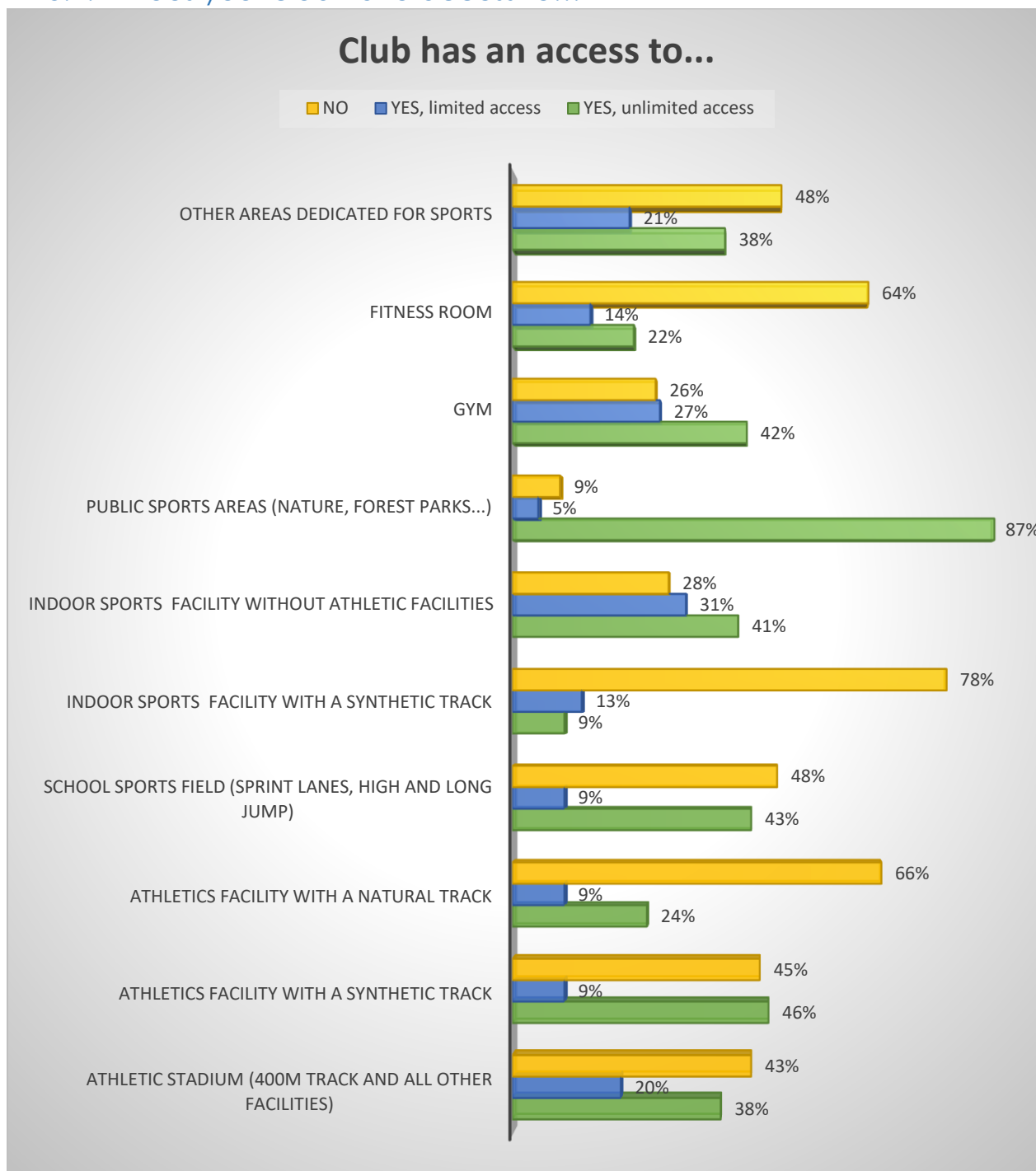
3. Questionary results.

3.1. Does your club is financed by...



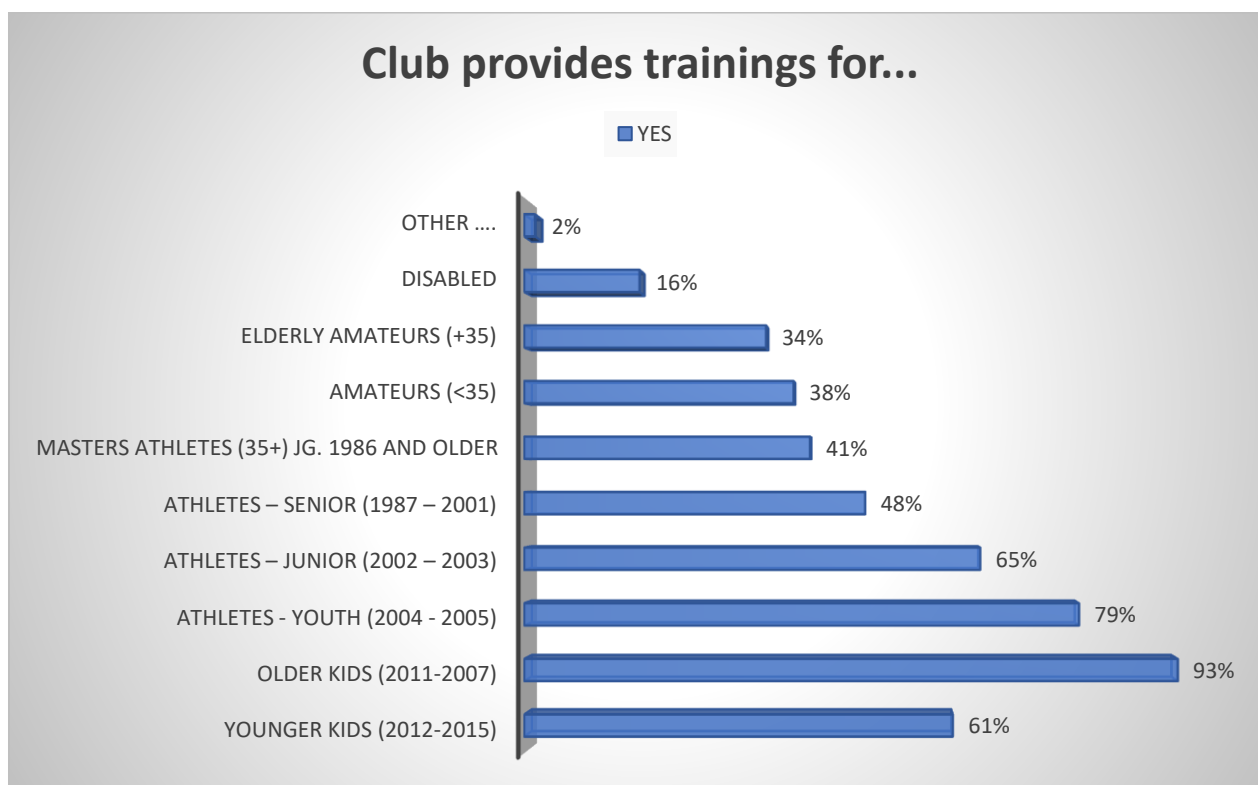
Most of the income to clubs come from local governments and membership fees. Half of the support from local and national governments. Almost none of the clubs got UE funds.

3.2. Does your club have access to...



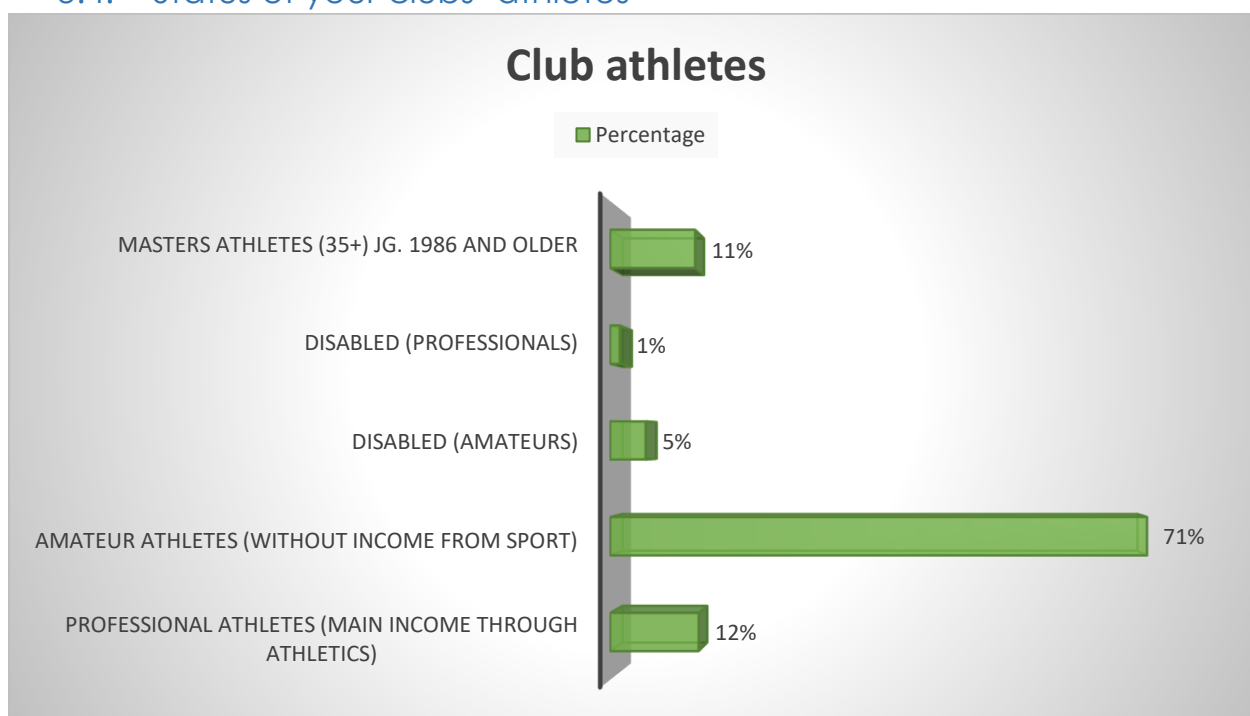
Only 38% of clubs have access to the athletics stadium with a synthetic running track; the rest take classes in smaller tartan facilities (almost half) and also on gravel tracks (24%). Sports halls with a synthetic running track account for only 9% of clubs. Training in fitness clubs is still a small number of track and field clubs (22%)

3.3. Does your club provide trainings for...



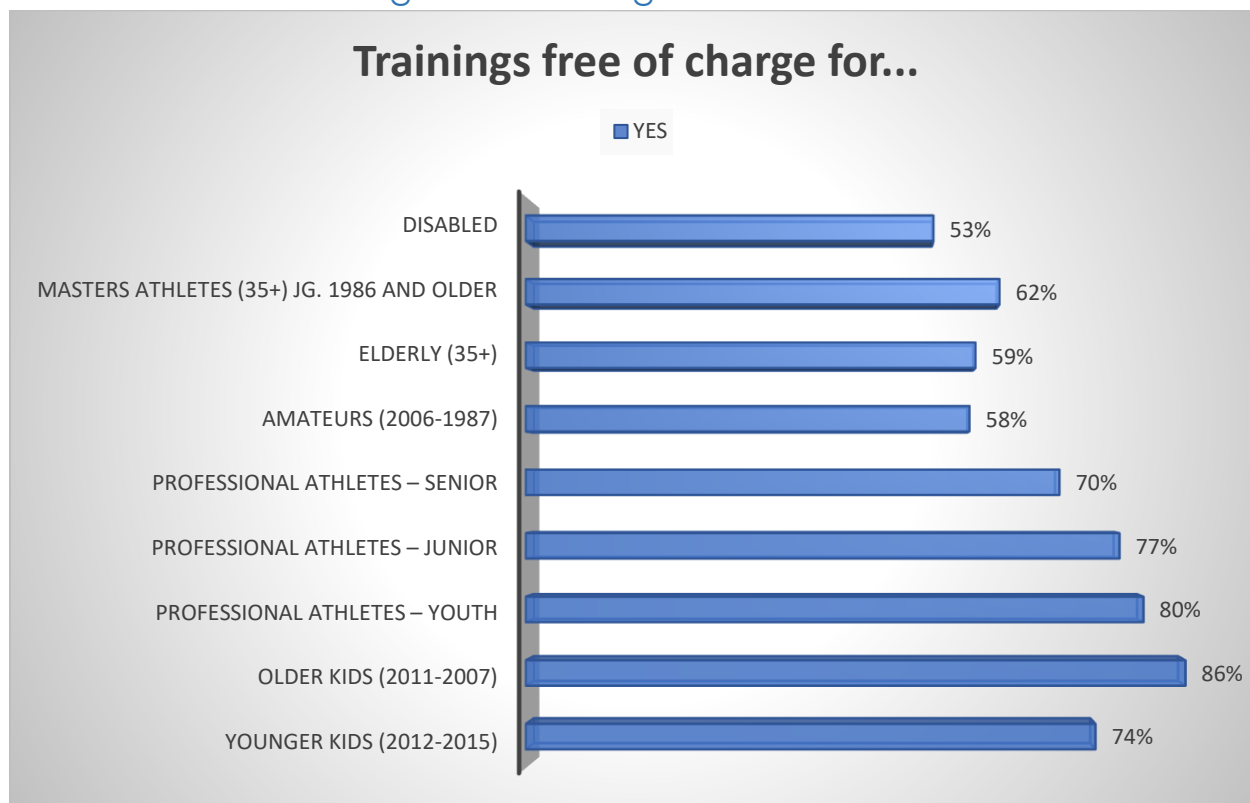
The basic group of training are older children (93% of clubs) and older age categories (Youth and Junior). Half of the clubs train senior athletes. Amateurs are 1/3 of training participants and 16% of the training are disabled athletes.

3.4. Status of your clubs' athletes



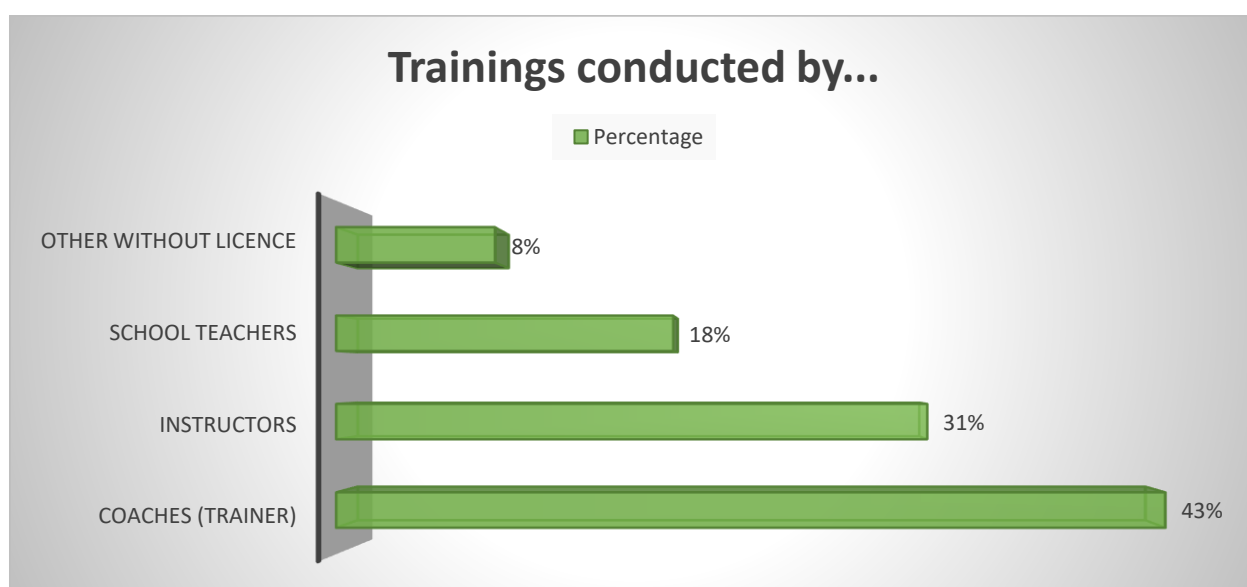
Most of the athletes training participants are "amateurs". Professional athletes account for 12% of the total. Players with dysfunctions are only 1-5%.

3.5. Are the trainings free of charge for



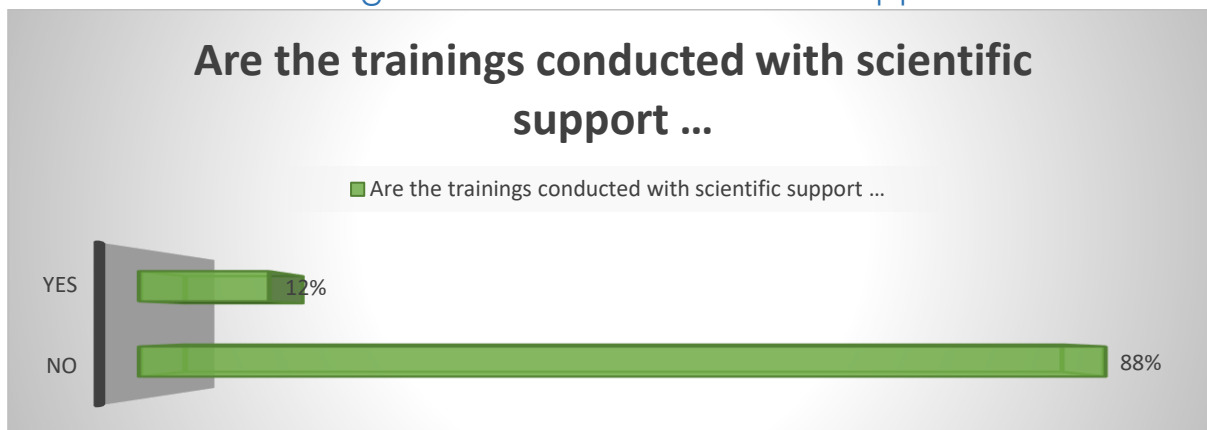
Most of all training groups have free access to training facilities and care. This applies to the greatest extent to the younger age categories (children and adolescents) - 74-86%. Masters and amateurs pay extra the most.

3.6. Are the trainings conducted by...



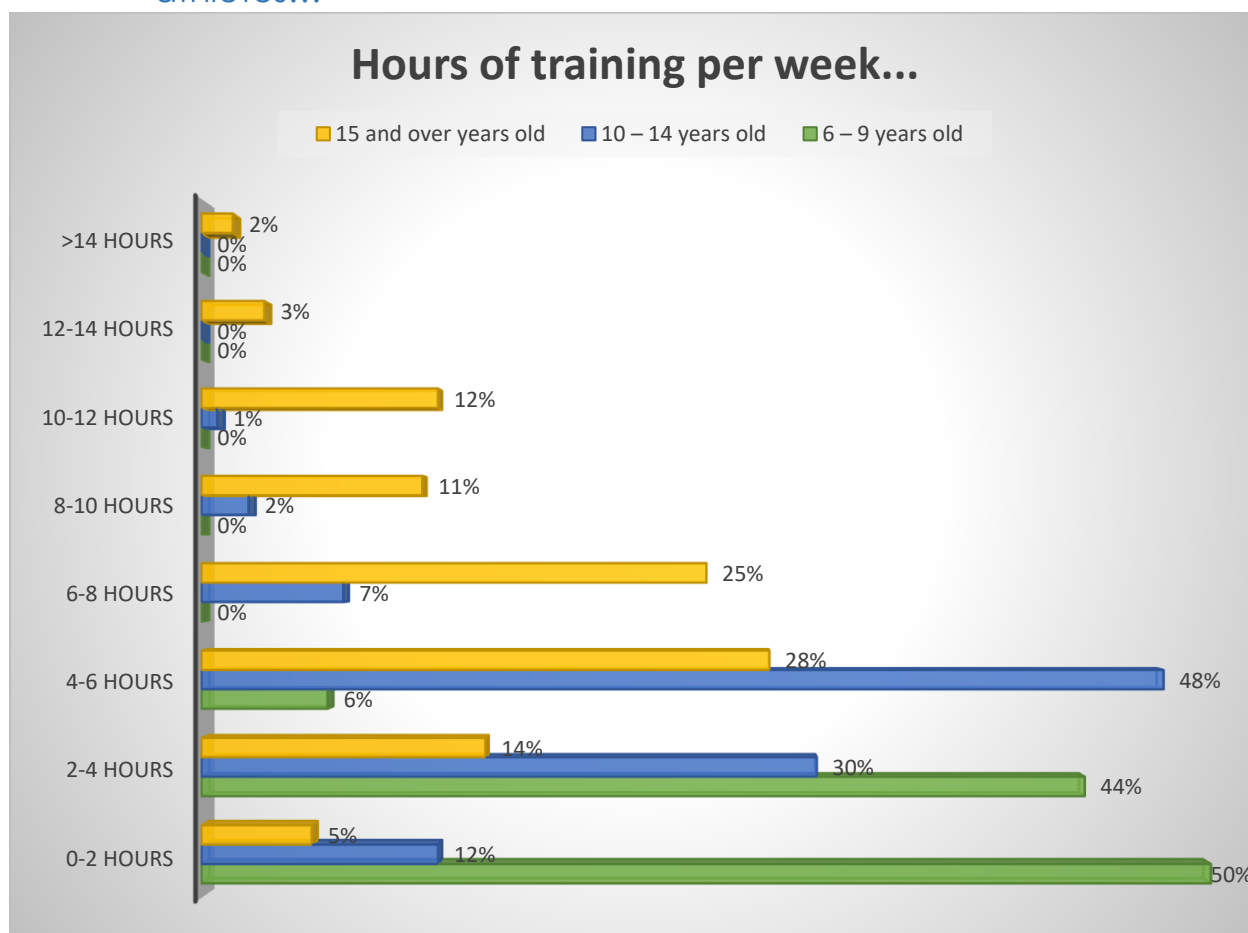
Most of the trainers are coaches (43%) and instructors (31%) of athletics. Only a quarter of trainers are without specialization.

3.7. Are the trainings conducted with scientific support ...



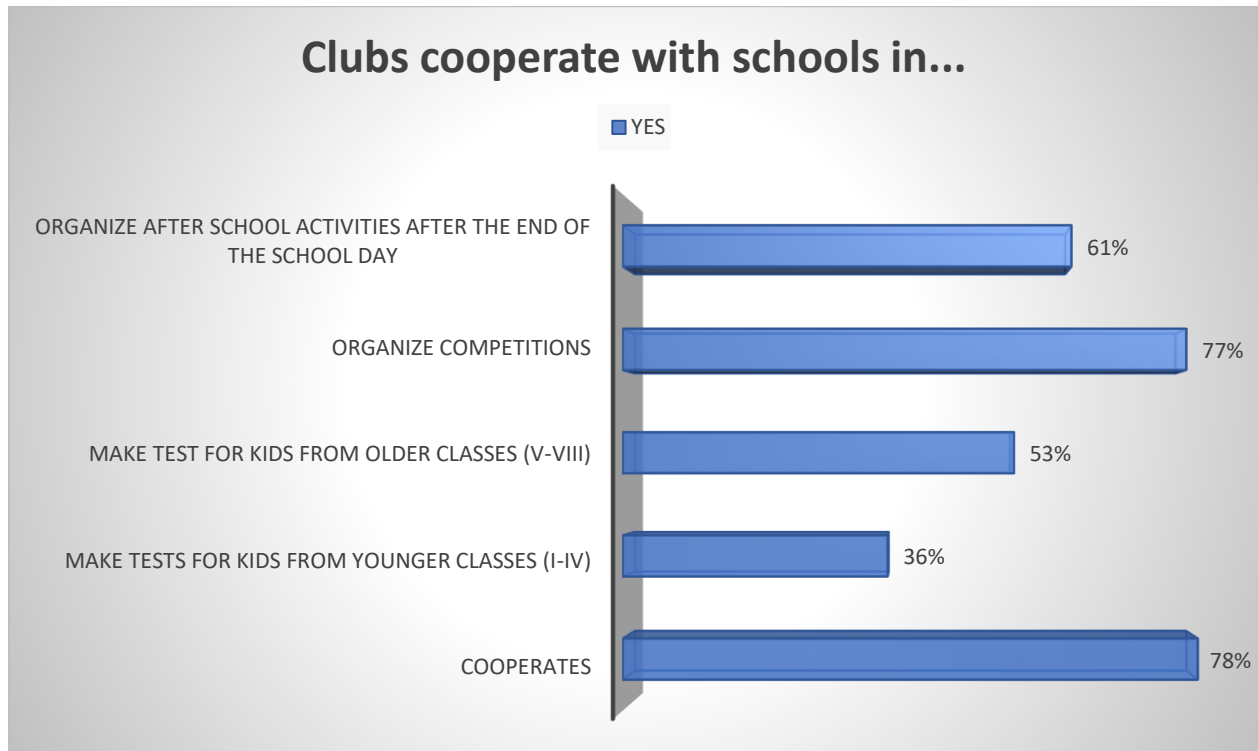
Contact with scientists is very limited. Only 12% of trainers look for inspiration and help from scientists.

3.8. What is the average number of training hours per week with athletes...



The youngest children train 1-2 times a week (2-4 hours), older children - 3 times (approx. 6 hours), and cadets and juniors 4-6 times a week.

3.9. Does the club cooperate with primary schools to acquire new athletes?



Most clubs (78%) cooperate with schools. Most of the initiatives concern the organization of competitions and the conduct of extracurricular activities.

4. Conclusions.

1. Polish clubs are based on a diversified infrastructure - 1/3 have their own athletics stadiums with a tartan track, half have synthetic tracks with smaller dimensions, and a quarter is additionally based on facilities with a natural track. Only every 10 club has the possibility of training on a synthetic track in the hall.
2. The basic participants of training classes in Polish athletics clubs are older children (11-15 years old) -93%. The number of participants decreases with age - half of Polish clubs deal with seniors. Disabled amateurs and athletes also participate in training activities.
3. Most (3/4) of the training players are amateurs. Professionals make up about 12% of the total, and athletes with disabilities 1-5%.
4. Most of the trainings for children and youth are free of charge; amateurs and groups of "masters" pay extra in about 40%.
5. Three out of four trainers have an athletic instructor/coach diploma.
6. The care and contacts between scientists and athletic trainers is the future. As of today, only 12% of trainers look for scientific inspiration.



7. The model of the training process in athletics is 1-2 trainings a week (children), 3 (youth) and 4-6 (cadets and juniors).
8. Clubs are interested in organizing competitions for schools. This is probably important in the process of recruiting gifted children.

www.athletics4health.eu

