



AIS
ATHLETICS

ATHLETES HANDBOOK

2025-26



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Introduction to AIS Athletics

In the wake of the London 2012 Olympics, we saw a huge desire for children to invest in sports & healthy lifestyles, with limited opportunities to engage and learn from the stars of the sport. We therefore took it upon ourselves to make a difference. Our goal? To help motivate and guide the next generation of champions. And that's how our journey began! Today we are the fastest growing Athletics community in the UAE with 6 venues with 400m outdoor tracks and an indoor 200m track.

Our Philosophy

At AIS Athletics, we believe that happiness comes from what we do — but fulfilment comes from why we do it. It's not just about the hours on the track or the achievements on race day. It's about the purpose behind every step, every challenge, and every triumph. That purpose is what drives us — and defines us.

We are guided by our core values — **Pride, Respect, Excellence, Positivity. (PREP)** These values form the backbone of our philosophy and shape how we pursue our mission: to develop not only exceptional athletes but also well-rounded individuals who carry the lessons of sport into every aspect of their lives.

At AIS Athletics, **Unity** is our strength and the golden thread that ties everything that we do together. We are more than a team — we are a community. Every athlete, coach, and parent is a vital part of our journey. Together, we work, we compete, we grow — and through every challenge and triumph, we stay connected by our shared values and a common purpose.

Our mantra, “**Ambition - Inspiration - Sportsmanship**”, is more than just a phrase. It represents the spirit of our program and our unwavering commitment to every athlete we mentor.

Ambition is the driving force behind everything we do. We cultivate an environment where athletes are encouraged to dream big, set high goals, and pursue excellence with purpose and determination. We believe that ambition fuels growth — on the track, in the gym, and in life.

Inspiration reflects our belief in the power of influence and leadership. We strive to create an atmosphere where athletes are both inspired and inspiring — lifting those around them, leading with integrity, and demonstrating the kind of character that leaves a lasting impact. Through inspiration, we build a culture that motivates from within and reaches beyond.

Sportsmanship is the soul of our identity. We emphasize respect, fairness, and humility — both in victory and defeat. Our athletes learn that true greatness isn't just measured in medals, but in how they conduct themselves, support their teammates, and represent their values.

We are proud to shape not just champions in sport, but champions in life.



AIS
ATHLETICS

Our Story:

Ambition – Inspiration – Sportsmanship

2012

In the wake of the London 2012 Olympics, we saw a huge desire for children to invest in sports & healthy lifestyles, with limited opportunities to engage and learn from the stars of the sport. We therefore took it upon ourselves to make a difference. Our goal? To help motivate and guide the next generation of champions. And that's how our journey began! We developed a program called 'Grassroots to Greatness,' which led to the creation of Athletes In Schools. Which has proudly supported over 200 British Olympic, Paralympic and Team GB athletes provide motivational school visits to help continue the message of the games...to Inspire a Generation.

2015

Coach Tommy Ramdhan wins GOLD in 200m at European Junior Championships in Eskilstuna, Sweden.

2018

Athletes in Schools rebrands to AIS, focusing on delivering quality coaching sessions to the community. The AIS Lions Athletics club is founded by Umar Hameed and a group of fellow ex-professional track & field athletes.

2019

The AIS Lion's launch their first athletics camp at NAS Sports Complex.

2021

AIS Athletics partner with EXPO Dubai to deliver the EXPO Run Club. Coaching over 4,000 athletes in preparation for the EXPO runs.

2020

During the COVID Pandemic, The AIS deliver the UAE's largest virtual athletics session with over 40,000 participants taking part throughout the region.

2022

Tommy Ramdhan is part of British relay squad that wins GOLD in the 4x100m relay at the European Championships in Munich

2023

The AIS Lions partner with Dubai Police and therefore are now responsible for the fitness training of eight hundred Dubai Police Cadets.

2024

16 year old AIS sprinter Maryam Al Farsi represents the UAE at the Paris Olympic Games, clocking a PB of 13.26s in the 100m heats. A proud moment for all at AIS and across the UAE.

AIS Sign agreement with The UAE Athletics Federation to organise joint championships and training camps, provide technical support, & accredit the academy as an authorized training centre to develop athletics at locally and internationally to discover talent(both citizens and residents).

2025

"from grassroots to greatness"

AIS Athletics Mission Statement

“At AIS Athletics, our mission is to develop not only high-performing athletes but purpose-driven individuals. We believe happiness comes from what we do, and fulfilment comes from why we do it. Guided by the values of Pride, Respect, Excellence, Positivity, and Unity — and grounded in our mantra of Ambition, Inspiration, and Sportsmanship — we create an environment where athletes grow into leaders, champions, and community role models.”

Athlete Pathway: Criteria and Goals





Description of the NEW Athlete Pathways, Levels and Groups

1. Mini Athletics 3-5yrs: This group introduces young children to athletics, aligning with the Mini Athletics pathway. The focus should be on engaging children in fun, active play to develop basic movement skills and a love for physical activity.

2. FUNDamentals 6-8yrs: This group focuses on basic athletic skills, aligning with the FUNDamentals pathway. The emphasis remains on fun, multi-directional activities, and the development of fundamental movement skills (running, jumping, throwing) without specific event specialization.

3. Run, Jump, Throw (9-11 and 11-13): Ideal for young athletes eager to try it all, this group offers a fun and dynamic introduction to the full range of track and field events—including sprints, hurdles, long jump, high jump, shot put, and more. Each week, athletes rotate through different disciplines, gaining hands-on experience and building a strong foundation in all aspects of athletics. The Run Jump Throw program is designed to develop all-around athleticism, coordination, and confidence, helping children discover their strengths while keeping training varied and exciting. By the end of the season, athletes will be well-prepared to continue as multi-event competitors or begin to specialise in a preferred area.

4. Junior Event Specialists: (Ages 9–13): This group is designed for young athletes who are ready to take the next step in their athletic development by focusing on specific event areas—**jumps, throws, or runs**. Athletes in these groups will build on their foundational skills and begin to specialise, receiving targeted coaching to improve technique, strength, and performance in their chosen discipline. With a supportive and fun training environment, we emphasize proper mechanics, athletic discipline, and age-appropriate competition prep, whilst developing confidence and a strong athletic foundation for future success.

4a. Junior Middle Distance (9-11 and 11-13): Designed for young runners who thrive in the longer races, this group is perfect for those preparing for aquathlons, triathlons, or aiming to shine on the track. Training focuses on distances ranging from 400m to 3000m, with a strong emphasis on building endurance, developing speed, and learning smart race strategies. Athletes will gain confidence through a mix of interval work, pacing drills, and technique development—all within a supportive, fun, and age-appropriate environment. Whether chasing personal bests or preparing for future competitions, this group helps set the foundation for long-term success in middle distance running.

4b. Junior Jumps (9-11 and 11-13): Perfect for young athletes with a passion for the jumping events, this group focuses on **long jump, triple jump, and high jump**. Athletes will be introduced to the key technical elements of each discipline, including run-ups, take-offs, flight phases, and landings, with an emphasis on developing solid fundamentals in a fun and supportive environment. Each session focuses on two out of the three jumping events—rotating weekly to ensure balanced skill development across all disciplines. For example, one week may include long jump and triple jump, the next high jump and long jump, and so on. This rotation allows athletes to grow into well-rounded and versatile jumpers. In addition to technical drills, sessions include event-specific conditioning to build the strength, coordination, and power

needed to excel in all forms of jumping. Whether just starting out or looking to refine their skills, athletes in Junior Jumps will take their abilities to new heights.

4c. Junior Hurdles & Sprints (9-11 and 11-13): This group is designed to give young athletes a strong foundation in both sprinting and hurdling—two disciplines that go hand-in-hand when it comes to developing speed, power, and coordination. Each session focuses on teaching correct mechanics, rhythm, and technique in both sprints and hurdles, helping athletes move with confidence and control. By covering both events every session, athletes build explosive speed, improve agility, and learn how to maintain proper form under pressure. Whether your child is new to the track or looking to sharpen their skills, Junior Hurdles & Sprints offers the perfect mix of challenge, progression, and fun.

4d. Junior Throws (9-11 and 11-13): This group is perfect for young athletes interested in exploring the exciting world of throwing events, including **shot put, discus, and javelin**. Athletes will learn the fundamental techniques for each discipline, with a strong focus on coordination, body positioning, and safe, effective throwing mechanics. Each session introduces two throwing events, rotating weekly to ensure a well-rounded experience across all disciplines. Athletes will also take part in event-specific strength and conditioning exercises to build power, balance, and control. Whether your child is new to throws or looking to develop their skills further, Junior Throws offers a supportive and fun environment to grow confidence and discover their potential in the throwing events.

5. The Competition pathway:

This stage is designed for committed athletes who are ready to take their training and performance to the next level. Athletes in the Competition Pathway are expected to train **three times per week**, including **one dedicated Strength & Conditioning (S&C) session**, and must meet established **entry standards** to ensure readiness for this level of training. The focus is on **learning to train effectively**, with an emphasis on refining **event-specific techniques**, improving overall athletic development, and building **competition confidence**. Athletes will regularly participate in **local competitions** and have opportunities to attend **AIS athletics trips**, gaining valuable experience in a competitive environment. This pathway supports athletes in developing the discipline, consistency, and technical skills required for long-term success in track and field.

Criteria & Commitment

- **Training Commitment:** Attend at least 3 sessions per week, including 1 Strength & Conditioning (S&C) session.
- **Entry Standards:** Must meet established entry standards.
- **Competition Participation:** Active involvement in local competitions and AIS athletics trips.
- **Focus:** Demonstrated ability to learn effective training habits, refine event-specific techniques, and gain competitive experience.
- **Age/Experience:** Suitable for athletes progressing from specialist junior groups and multi-event training stages ages 14-17.

6. The Performance Pathway:

The Performance Pathway is designed for athletes who have progressed beyond foundational training and are now focused on **enhancing performance and high-level competition**. Entry is based on **clear performance standards**, and athletes in this group are expected to show commitment, consistency, and a drive to compete at a national level. Training is centred around **specialised event development**, advanced technical refinement, and tailored **strength & conditioning** programs. Athletes will follow structured training plans aimed at **maximizing performance** in their chosen discipline, with ongoing support from coaches to fine-tune competition strategies. This pathway prepares athletes **national championships**, providing the tools, environment, and mindset needed to reach their full potential.

Criteria & Commitment

- **Training Commitment:** Consistent attendance at specialised training sessions, with an emphasis on event-specific development and strength & conditioning, minimum 4 times per week.
- **Entry Standards:** Must meet clear, higher-level performance standards indicating readiness for national level competition.
- **Competition Participation:** Regular participation in higher-level competitions, and attendance at AIS training camps and trips.
- **Focus:** Demonstrated commitment to enhancing performance, advanced technical refinement, and preparation for elite competition.
- **Age/Experience:** For athletes progressing beyond the Competition Pathway and showing potential for national-level success, ages 14-17

7. Elite Groups (Invite Only)

Our Elite Squads are tailored for high-performing athletes who are committed to competing at the **national and international level**. Entry is based on **strict selection standards**, and athletes are expected to train a minimum of **four times per week** with AIS, including dedicated **strength and conditioning** sessions. These small, focused groups offer a high-performance environment with **individualised coaching**, event-specific programming, and the technical and mental preparation required to succeed at the top level. With close athlete monitoring, expert support, and access to advanced training resources, the Elite Squad is designed to help each athlete **realise their full competitive potential**.

Criteria & Commitment

- **Training Commitment:** Minimum of 4 training sessions per week, including strength & conditioning with AIS support.
- **Entry Standards:** Must meet strict, elite-level selection standards based on national or international performance benchmarks.
- **Competition Participation:** Competing at national and international events, participation on AIS trips and tours .
- **Focus:** Demonstrated ability to train at an elite level with individualised coaching, advanced technical work, and mental preparation.
- **Age/Experience:** For athletes progressing beyond the Performance Pathway and showing potential for international-level success, ages 14+.

8. Open/Wellness/Active for Life Pathway 14+ (Active for Life)

The Open Pathway offers a flexible and inclusive option for individuals who wish to stay involved in athletics for **fitness, enjoyment, and personal wellbeing**, rather than competitive performance. This pathway welcomes participants of all abilities and does **not require entry standards**, making it ideal for those seeking a more **recreational or social** athletics experience. It provides structured sessions at various levels of intensity to suit your goals.

Open Age Group Run Club (14+)

Whether you're chasing a personal best, returning to running after a break, or simply looking for a fun way to stay active, the Open Age Group Run Club welcomes runners of all abilities. Designed as part of the *Open/Wellness/Active for Life* pathway, this inclusive group focuses on fitness, enjoyment, and community rather than competition.

With structured sessions tailored to a range of abilities and goals, runners can choose the pace and intensity that suits them—from social runs and interval training to technique-focused sessions and guided endurance workouts. Our experienced coaches provide support, motivation, and advice to help you build confidence, improve running form, and stay injury-free. Whether you're training for a local race, looking to improve your health, or simply enjoy running with others, this group offers a supportive, low-pressure environment to keep you moving. **No entry standards required—just a willingness to lace up and give it a go.**



Level	Age Group	Event	1.Newborn Cub	2.Playful Cub	3.Curious Cub	4.Active Cub	5.Young Lion
Description			Just starting out—learning the basics of movement	Developing flexibility, balance, and coordination	Showing early signs of speed and reaction	Focused effort, sprinting, chasing personal bests	Agility and control across events improving rapidly
Mini - Athletics	Age 3-5	30m	>10s	>10s	≤10s	≤9s	≤8.5s
	Age 3-5	60m	>15s	>15s	≤15s	≤13s	≤12.5s
	Age 3-5	100m	>25s	>25s	≤25s	≤23s	≤21s
	Age 3-5	400m	>2:45	>2:45	≤2:45	≤2:30	≤2:15
	Age 3-5	800m	>6:00	>6:00	≤6:00	≤5:30	≤5:00
	Age 3-5	Long Jump	<0.75m	<0.75m	≥0.75m	≥1.0m	≥1.2m
	Age 3-5	High Jump	<0.4m	<0.4m	≥0.4m	≥0.5m	≥0.6m
	Age 3-5	Shot Put	<1.5m	<1.5m	≥1.5m	≥2.0m	≥2.5m
	Age 3-5	Javelin	<3.0m	<3.0m	≥3.0m	≥4.0m	≥5.0m
FUNdamentals	Age 6-8	30m	>8s	>8s	≤8s	≤7.5s	≤7s
	Age 6-8	60m	>13s	>13s	≤13s	≤11.5s	≤11s
	Age 6-8	100m	>21s	>21s	≤21s	≤19s	≤18s
	Age 6-8	400m	>2:30	>2:30	≤2:30	≤2:15	≤2:05
	Age 6-8	800m	>5:30	>5:30	≤5:30	≤5:00	≤4:45
	Age 6-8	Long Jump	<1.2m	<1.2m	≥1.2m	≥1.5m	≥1.7m
	Age 6-8	High Jump	<0.6m	<0.6m	≥0.6m	≥0.7m	≥0.8m
	Age 6-8	Shot Put	<2.5m	<2.5m	≥2.5m	≥3.0m	≥3.5m
	Age 6-8	Javelin	<6.0m	<6.0m	≥6.0m	≥8.0m	≥10.0m
Run, Jump, Throw	Age 9-13	30m	>7s	>7s	≤7s	≤6.5s	≤6.2s
	Age 9-13	60m	>11.5s	>11.5s	≤11.5s	≤10.5s	≤10s
	Age 9-13	100m	>18s	>18s	≤18s	≤16s	≤14.5s
	Age 9-13	400m	>2:00	>2:00	≤2:00	≤1:50	≤1:40
	Age 9-13	800m	>3:30	>3:30	≤3:30	≤3:10	≤2:55
	Age 9-13	Long Jump	<2.0m	<2.0m	≥2.0m	≥2.5m	≥3.0m
	Age 9-13	High Jump	<0.9m	<0.9m	≥0.9m	≥1.0m	≥1.1m
	Age 9-13	Shot Put	<4.0m	<4.0m	≥4.0m	≥5.0m	≥6.0m
	Age 9-13	Javelin	<10.0m	<10.0m	≥10.0m	≥12.0m	≥15.0m

Level	Age Group	Event	6.Hunter-Gatherer	7.Mane Mover	8.Pride Leader	9.Lion Legend	10.King/Queen of the Pride
Description			Reliable speed, power, and consistency	Strong form, stride, and presence—stands out on the track	Pushes through challenges, finishes strong in every event	Leads by example, versatile across track and field	Dominant, disciplined, and driven—top of the pride
Mini - Athletics	Age 3-5	30m	≤8.5s	≤8s	≤7.5s	≤7.5s	≤7s
	Age 3-5	60m	≤12.5s	≤12s	≤11.5s	≤11.5s	≤11s
	Age 3-5	100m	≤21s	≤20s	≤19s	≤19s	≤18s
	Age 3-5	400m	≤2:15	≤2:00	≤1:55	≤1:55	≤1:50
	Age 3-5	800m	≤5:00	≤4:45	≤4:30	≤4:30	≤4:15
	Age 3-5	Long Jump	≥1.2m	≥1.4m	≥1.6m	≥1.6m	≥1.8m
	Age 3-5	High Jump	≥0.6m	≥0.7m	≥0.75m	≥0.75m	≥0.8m
	Age 3-5	Shot Put	≥2.5m	≥3.0m	≥3.5m	≥3.5m	≥4.0m
	Age 3-5	Javelin	≥5.0m	≥6.0m	≥7.0m	≥7.0m	≥8.0m
FUNdamentals	Age 6-8	30m	≤7s	≤6.5s	≤6.2s	≤6.2s	≤6s
	Age 6-8	60m	≤11s	≤10.5s	≤10s	≤10s	≤9.8s
	Age 6-8	100m	≤18s	≤17s	≤16.5s	≤16.5s	≤16s
	Age 6-8	400m	≤2:05	≤1:55	≤1:50	≤1:50	≤1:45
	Age 6-8	800m	≤4:45	≤4:30	≤4:15	≤4:15	≤4:00
	Age 6-8	Long Jump	≥1.7m	≥2.0m	≥2.3m	≥2.3m	≥2.5m
	Age 6-8	High Jump	≥0.8m	≥0.9m	≥1.0m	≥1.0m	≥1.1m
	Age 6-8	Shot Put	≥3.5m	≥4.0m	≥4.5m	≥4.5m	≥5.0m
	Age 6-8	Javelin	≥10.0m	≥12.0m	≥14.0m	≥14.0m	≥16.0m
Run, Jump, Throw	Age 9-13	30m	≤6.2s	≤6s	≤5.8s	≤5.8s	≤5.5s
	Age 9-13	60m	≤10s	≤9.5s	≤9s	≤9s	≤8.8s
	Age 9-13	100m	≤14.5s	≤13.5s	≤12.8s	≤12.8s	≤12.2s
	Age 9-13	400m	≤1:40	≤1:30	≤1:20	≤1:20	≤1:15
	Age 9-13	800m	≤2:55	≤2:45	≤2:35	≤2:35	≤2:25
	Age 9-13	Long Jump	≥3.0m	≥3.5m	≥4.0m	≥4.0m	≥4.5m
	Age 9-13	High Jump	≥1.1m	≥1.2m	≥1.3m	≥1.3m	≥1.4m
	Age 9-13	Shot Put	≥6.0m	≥7.0m	≥8.0m	≥8.0m	≥9.0m
	Age 9-13	Javelin	≥15.0m	≥18.0m	≥22.0m	≥22.0m	≥25.0m

COMPETITION PATHWAY ENTRY STANDARDS

Event	Female (f)	Male (m)
Jumps	HJ: 1.40	HJ: 1.40
	LJ: 4.20	LJ: 4.20
	TJ: 6.00	TJ: 6.00
Hurdles	75m: 14.9	75m: 14.9
	80m: 15.5	80m: 15.5
Sprints	100m: 14.2	100m: 13.3
	200m: 30.5	200m: 28.5
	400m: 73s	400m: 72s
Middle Distance	800m: 2:50	800m: 2:40
	1500m: 6:10	1500m: 5:45
Throws	SP, DISCUS, JAV (U15/U17 implements) – distances to be assessed	

PERFORMANCE PATHWAY ENTRY STANDARDS

Event	Female (f)	Male (m)
Jumps	HJ: 1.52	HJ: 1.60
	LJ: 4.75	LJ: 5.20
	TJ: 8.90	TJ: 11.50
Hurdles	80m: 12.9	80m: 12.7
	300H: 53.5	110m: 16.3
		400H: 64.5
Sprints	100m: 12.99	100m: 11.99
	200m: 27.3	200m: 25.0
	400m: 64s	400m: 56.3
Middle Distance	800m: 2:25	800m: 2:16
	1500m: 5:15	1500m: 4:45
Throws	SP: 10.01	SP: 11.30
	DISCUS: 23	DISCUS: 30
	JAV: 28	JAV: 35

ELITE PATHWAY ENTRY STANDARDS

Event	Female (f)	Male (m)
Jumps	HJ: 1.66	HJ: 1.95
	LJ: 5.40	LJ: 6.70
	TJ: 11.10	TJ: 13.50
Hurdles	100mH: 15.3	110mH: 15.3
	400H: 65.5	400H: 57.5
Sprints	100m: 12.4	100m: 11.0
	200m: 25.7	200m: 22.2
	400m: 58.3	400m: 49.7
Middle Distance	800m: 2:16	800m: 1:54
	1500m: 4:42	1500m: 3:58
Throws <i>*distance thrown with U20 implements</i>	SP: 10.50	SP: 12.80
	DISCUS: 36	DISCUS: 40
	JAV: 37	JAV: 52



Session Arrival and Preparation Protocols:

“We coach and train with PURPOSE, lead with PRIDE, and grow champions - on and off the track.”

A

Ambition – We Raise the Bar, Every Session

I

Inspiration – We Lead by Example

S

Sportsmanship – We Teach Character Through Competition

ARRIVAL WINDOW (15 mins BEFORE session) ✓

Arrive early — not on time
Greet your coach or session lead
Check your session goal (posted on the board or WhatsApp)
Put your phone away (unless you're tracking your session)

SET YOUR SPACE ✓

Lay out your spikes, water, and towel neatly in the designated kit area
Grab your foam roller, band, or mobility tool (if required)
Hydrate before warm-up
Respect others' space and focus

PREPARE LIKE A PRO (10–15 mins) ✓

Do your AIS Prep Routine (or personal activation): i.e

Foam roll 2 key areas
Band routine (glutes, shoulders)
Light jogging or movement prep
Focus cue: *“Fast feet, strong arms”*

 **Use music or quiet time to get in the zone — mindset matters.**

Are you in the RED or are you BLUE? – Not sure what this means? Read on...

COACH HUDDLE

✓ Be ready for the Session Brief:

- What are we working on today
- Key focus (e.g. reaction, rhythm, power)
 - Questions? Ask now.

🔔 *"When the coach speaks — we all listen."*

SESSION STARTS

✓ You're physically AND mentally ready

✓ No distractions — full effort, great attitude

✓ Be coachable, encourage others, stay switched on

POST-SESSION

✓ Quick team stretch / cooldown

✓ Ask for feedback if unsure

✓ Recover well — hydrate, snack, rest

THE 5 NON-NEGOTIABLES – And how they align with our VALUES

1. Arrive Prepared – Show Your **PRIDE**

Bring the right kit, mindset, and attitude. Preparation shows pride in yourself, your sport, and your team.

2. Be Early – Show **RESPECT**

Early is on time. On time is late. Respect your coach, teammates, and the session by being ready to start before the whistle blows.

3. Train Like You Compete – Strive for **EXCELLENCE**

Every rep is a chance to improve. Bring focus, effort, and intent — champions train like it's race day.

4. Move With Purpose – Lead With **POSITIVITY**

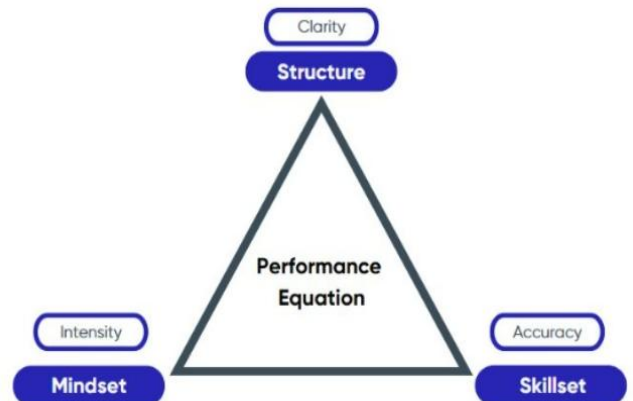
No wasted moments. Show energy, intent, and a positive attitude in every drill, run, and recovery.

5. Respect the Environment and Each Other – Build **UNITY**

Look after the space, the equipment, and your teammates. Your standards shape the team's culture.

RED2BLUE

At AIS, we know that true success in sport comes from both physical skill and mental strength. That's why we are proud to be one of the very first organisations in the region to adopt **RED2BLUE**, a simple but powerful tool that helps our coaches and athletes stay focused when things get tough— it's not just about positive thinking, but choosing how to recognise and respond to those situations.



What is Red2Blue?

Red2Blue helps athletes go from feeling **flustered or distracted (Red)** to being **calm, focused, and in control (Blue)** — so they can perform at their best.

RED2BLUE RECOGNITION RADAR

DIVERTED

Red Indicators

- ☒ **General Demeanour and Energy**
 - › Lethargic or Over hyped
 - › Stifled or Tense Movement
 - › Heads down closed body language / Fragile
 - › Disengaged location / Avoiding
- ☒ **Communication & Response**
 - › Reactive / Unclear / Unconnected detail
 - › Unchecked understanding
- ☒ **Decision Making**
 - › Rushed information / Outcome overwhelm / Risk Averse
 - › Fixated on one option / Too Certain
- ☒ **Execution**
 - › Hesitant or Foolhardy

DISCONNECTED



CONNECTED



ON TASK

Blue Indicators

- ☒ **General Demeanour and Energy**
 - › Calm Intensity
 - › Smooth and Deliberate Movement
 - › Heads up open body language / Resilient
 - › Engaged location / Leaning in
- ☒ **Communication & Response**
 - › Proactive / Clear overview / Prioritised detail
 - › Confirmed understanding
- ☒ **Decision Making**
 - › Seeks accurate information / Outcome aware / Calculated Risk
 - › Considered options / Check backs
- ☒ **Execution**
 - › Deliberate / Intense / Adaptive

Top teams around the world use Red2Blue, including:



Now, our AIS athletes and coaches are learning the same techniques!

Kit Colours:

Are you wearing the correct kit to train/compete in?

Do you have the correct colour kit corresponding to your level?

Mini/FUNDamental/Run, Jump, Throw/Open – Training Kit (Red)

Competition/Performance/Elite Pathways training colour (Blue)

Competition Vest/Crop Top for track meets and competitions only – not for training– White

Coaches - Black

T-shirt



Crop-top



Vest



Bottoms



Polo and Jacket



CLUB RECORDS



AIS
ATHLETICS

100m				
U15	Girls	12.93s	Rania Halilogullari	2025
	Boys	11.68s	Callum Coppock	2024
U17	Girls	12.58s	Mariza Bakogianni	2023
	Boys	11.16s	Yahia Elderiny	2025
U20	Women	12.53s	Celeste Minkwee Jore	2025
	Men	11.28s	Jean Louis Endang	2024

200m				
U15	Girls	27.97s	Rania Halilogullari	2025
	Boys	24.19s	Callum Coppock	2024
U17	Girls	25.91s	Mariza Bakogianni	2023
	Boys	23.20s	Yahia Elderiny	2024
U20	Women	25.84s	Celeste Minkwee Jore	2024
	Men	22.68s	Jean Louis Endang	2024

400m				
U13	Girls	46.14s (300m)	Rania Halilogullari	2023
	Boys	46.76s (300m)	Jasper Oakes	2025
U15	Girls	59.77s	Lila Martin	2022
	Boys	56.60s	Alexander D'Cruz	2023
U17	Girls	1.00.40s	Lila Martin	2023
	Boys	51.68s	Yahia Elderiny	2025
U20	Women	1.01.33s	Celeste Minkwee Jore	2024
	Men	48.64s	Jean Louis Endang	2024

Hurdles					
U13	Girls	70mH (76.2cm)	13.64s	Anabella Krznaric	2025
	Boys	70mH (76.2cm)	12.72s	River Corbett	2025
U15	Girls	75mH (76.2cm)	12.70s	Laoura Parsamakias	2025
	Boys	80mH (76.2cm)	11.65s	Callum Coppock	2024
U17	Girls	80mH (76.2cm)	12.81s	Lily Farge	2024
		300mH (76.2cm)		NT	
	Boys	100mH (91.4cm)	13.58s	Yahia Elderiny	2024
		400mH (84.0cm)	55.85s	Yahia Elderiny	2024
U20	Women	100mH (84.0cm)	15.34s	Lily Farge	2025
		400mH (76.2cm)		NT	
	Men	110mH (99.1cm)	15.90s	Hussein Sabry	2025
		400mH (91.0cm)	58.91s	Hussein Sabry	2025

*For a record to be recognised, it must be set during an officially sanctioned competition; results from international events are considered, but we must see original, verifiable results - school competitions and hand-drawn results will not be accepted.

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Middle Distance

U13	Girls	600m	1.52.90	Sophia Coetzee	2024
		1000m	3.28.40	Sophia Coetzee	2023
	Boys	600m	1.48.71	Jasper Oakes	2024
		1000m	3.23.40	Jasper Oakes	2024
U15	Girls	800m	2.32.45	Sophia Coetzee	2025
		1500m	5.25.39	Sophia Coetzee	2024
	Boys	800m	2.16.37	Laith Hidmi	2023
		1500m	5.16.30	Alexander Decruz	2024
U17	Girls	800m	2.29.70	Caprice Kes	2024
		1500m	5.19.30	Caprice Kes	2022
	Boys	800m	2.01.90	Ayan Shariff	2024
		1500m	4.29.50	Ayan Shariff	2023
U20	Women	800m	3.11.50	Andres Slavkova	2022
		1500m	5.39.00	Sophie Maillet Freixanet	2022
	Men	800m	1.57.69	Ayan Shariff	2025
		1500m	4.15.20	Ayan Shariff	2024

Javelin

U13	Girls	400g - 17m 36cm	Anabella Krznaric	2025
	Boys	400g - 28m 89cm	River Corbett	2025
U15	Girls	500g - 25m 20cm	Leja Budvytyte	2025
	Boys	600g - 28m 04cm	Jack Matthews	2023
U17	Girls	500g - 23m 45cm	Josaphine Welling	2025
	Boys	700g - 27m 50cm	Zaid Dekaidak	2022
U20	Women	600g - 13m 10cm	Lara Kayaleh	2025
	Men	800g - 42m 87cm	Zaid Dekaidak	2024

Shot Put

U13	Girls	2.72kg - 8m 85cm	Anastasia Jovic	2024
	Boys	3kg - 9m 29cm	Tom Norris	2024
U15	Girls	3kg - 8m 15cm	Alana Nagle	2025
	Boys	4kg - 9m 25cm	Finlay Sullivan	2024
U17	Girls	3kg - 9m 60cm	Marilia Parsamakis	2025
	Boys	5kg - 13m 85cm	Rani Charanek	2025
U20	Women	4kg - 9m 90cm	Stephanie Kurian	2022
	Men	6kg - 11m 60cm	Abdul Hadi	2025

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High Jump

U13	Girls	1m 45cm	Leja Budvytyte	2023
	Boys	1m 45cm	Finlay Sullivan	2023
U15	Girls	1m 61cm	Leja Budvytyte	2025
	Boys	1m 72cm	Finlay Sullivan	2025
U17	Girls	1m 61cm	Jolene Mesoner	2025
	Boys	1m 65cm	Jack Matthews	2025
U20	Women	1m 68cm	Lara Kayaleh	2025
	Men	1m 93cm	Hussein Sabry	2025

Long Jump

U13	Girls	4m 38cm	Leja Budvytyte	2023
	Boys	4m 54cm	Jack Matthews	2022
U15	Girls	4m 88cm	Leja Budvytyte	2025
	Boys	5m 97cm	Jack Matthews	2024
U17	Girls	4m 64cm	Céleste Minkwe Jore	2023
	Boys	6m 13cm	Jack Matthews	2025
U20	Women	4m 77cm	Srenidhe Ravikumar	2023
	Men	5m 65cm	Jean Louis Endang	2025

