



# **ATHLETICS NAMIBIA**

## **DEVELOPMENT**

**“Success requires vision  
and dedication”**

**Mission**

**To encourage participation  
in the sport of Athletics by  
providing a positive and  
supportive environment  
where athletes can achieve  
their individual potential.**

**Our main objective is to strive to improve with each effort and to stay up to date with the latest trends. We want to provide nothing less than the best for our members as individuals as well as athletes or coaches.**

Ultimately we  
want to produce  
international  
results.

**Nothing stays the same, it either gets better or it gets worse and if we are not continually striving to get better we will get worse.**

“Adapt and  
thrive, or fall  
behind”



**Vision**

Athletics Namibia is a non-profit organisation that is focused on providing an enjoyable and constructive environment where athletes can develop character and master athletic skills

Our goal is to produce an atmosphere where athletes of all levels can flourish and we can work together to ultimately create an environment where international results can be attained.

**The core focus is to  
build a solid base by  
developing a strong  
grass-roots feeder  
system.**

**The coaching staff is  
committed to  
providing the best  
possible instruction in  
the sport of Athletics**

**Our objective in the process is not only focused on producing elite athletes, but on cultivating exemplary citizens.**

**We want to pass along good values and life skills, and in the process make better athletes.**

**We do not  
believe in  
complacency!**

**Complacency is the  
success disease: it takes  
root when you're feeling  
good about whom you  
are and what you've  
achieved.**



**Anytime you stop  
striving to get  
better, you're  
bound to get worse.**

**Excellence isn't a destination. It's a process that must be continually improved. (Pat Riley – THE WINNER WITHIN, 1994)**

**Our main focus is to  
strive to improve  
with each effort and  
to stay up to date  
with the latest  
trends**

# Philosophy

**Participation is encouraged at a young age in order to reach maximum potential as an adult.**

**The program is a long term venture. Often, young athletes learn beginning techniques from coaches who may not know the most up to date techniques.**

**Less updated skills could  
result in fewer great  
athletes down the road,  
especially if some of those  
techniques result in bad  
habits that are hard to  
change.**

**Young people need to  
learn good skills from  
the beginning to  
eliminate the forming of  
bad technical habits.**



**Therefore, it is important  
that athletes receive  
excellent instruction at a  
young age, in order to  
attain high performance  
results in the future.**

**The objectives of Athletics  
Namibia is to recruit athletes  
at a young age and focus on  
developing a sound foundation  
of technical skills for the years  
to come.**

**Athletics Namibia is committed towards coaching at all levels of the sport, primarily focusing on developing elite athletes.**

**We strongly encourage participation at a very early stage, with 6 years of age being the ideal. Our primary focus is the nurturing of young athletes into adult champions rather than attempting to recruit adults**

**Athletics Namibia plans to provide coaching throughout all the age groups. Consider that when constructing a solid building, the engineer will begin with a solid foundation at the basement, not on the roof or on the second floor.**

**It is crucial that athletes receive good instruction at a young age. This will develop good habits and assist them in reaching their optimum potential.**

**At Athletics Namibia  
the athlete is at the  
centre of our model  
not only as an athlete  
but also as a person.**

**The most important  
element of a good  
sports program is the  
end product.**



**Our end product is  
not only an  
outstanding athlete,  
but also an  
outstanding citizen.**

**Optimum performance  
will be attained when  
the emphasis is on  
character development  
as well as athletic  
improvement.**

**Having a positive  
attitude not only toward  
sport, but also toward  
life is paramount.**

Skills acquired in  
sport easily  
transfer into  
facets of life.