

England Athletics

Talented Athlete and Coach Pathway 2019

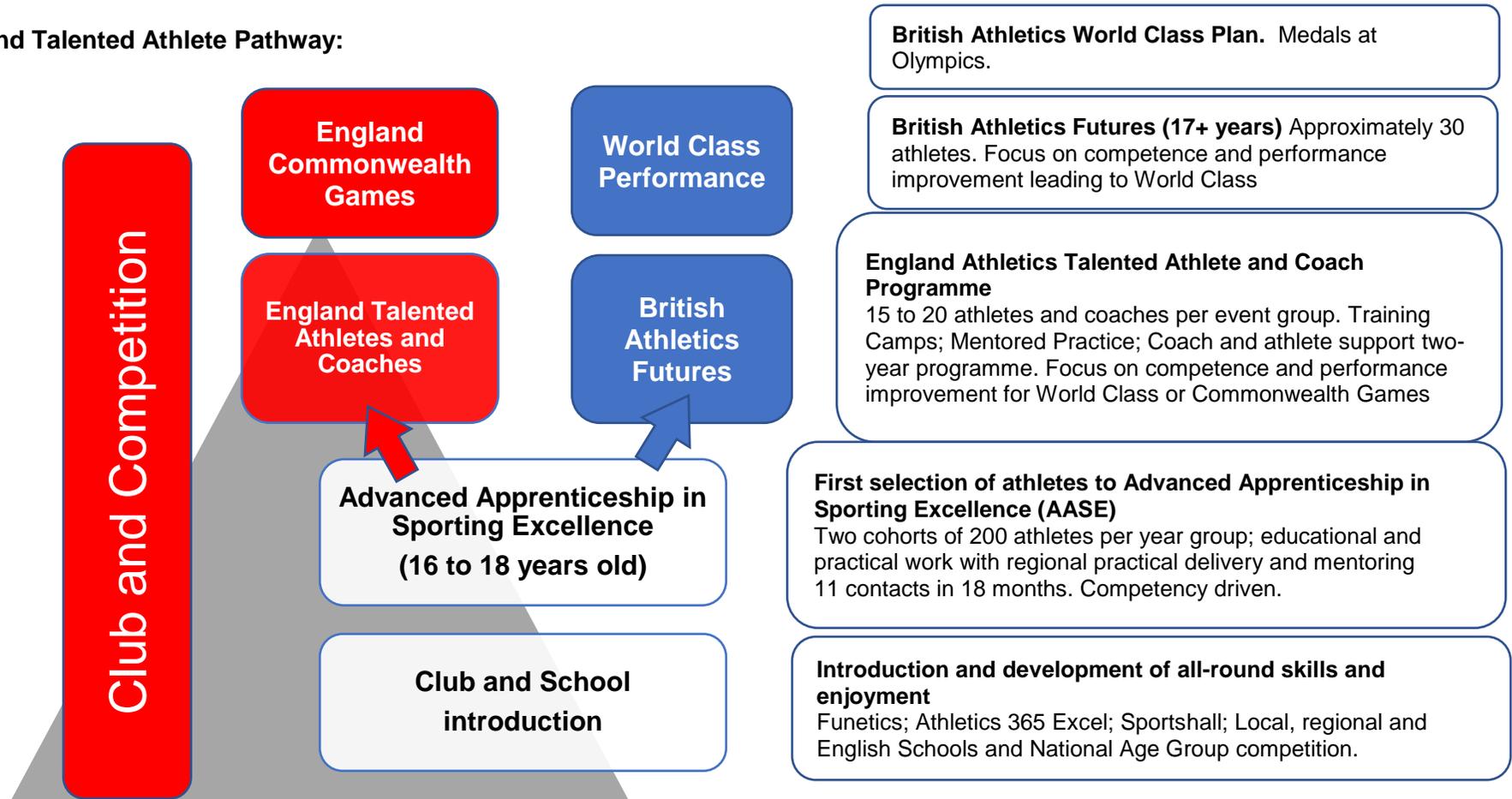


Introduction

England Athletics works to grow opportunities for everyone to experience athletics and running, to enable them to reach their full potential. The Talented Athlete and Coach Pathway provides a progressive support structure to develop skills and competencies with the aim of moving athletes on to representative honour's at England and GB Level, World Class Programmes and major games.

From an introduction through school or club athletics and then on to national and international performance, athletics is an inclusive and diverse sport that provides excitement, challenge and lifelong enjoyment.

The England Talented Athlete Pathway:



The England Athletics Performance Coaching Pathway

- Regional Coach and Athlete Development work with club support
- National Athlete and Coach development days, Master Classes and conferences
- Talented Athlete and Coach Camps with mentored support; Master Classes and conferences; Team Coach for England Athletics.



Both pathways, for athletes and coaches are aligned with the stated ambition of creating more supported and better coaches, and athletes fulfilling their potential. The para-athletics pathway for athletes is overseen by British Athletics due to the likely shorter time span between 'first selection' and World Class programmes. Please view the British Athletics website for full details.

England Athletics Talented athlete programme details

1. First selection of talented athletes 17/18 years of age. AASE (Advanced Apprenticeship in Sport Excellence)

What is it?

The AASE programme is overseen as a partnership by UKA and England Athletics. It is a Department for Education course, for students who are in full-time education, to develop skills and competencies to assist them in their journey to become elite athletes. The 18-month programme consists of educational and practical content delivered from training centres, located regionally in England.

Selection onto AASE

Athletes are selected onto AASE as they complete their Year 11 studies at school. Performances across all events are studied but through the regional activities of England Athletics the aim is to build a better depth of knowledge about the athletes being selected. This enables training and movement competencies as well as commitment and attitude to also inform selection. Athletes are notified towards the end of the summer competition season with selections made early autumn each year. It is planned to accept up to 200 athletes each year onto the AASE programme.

What do athletes get?

Up to 11 contacts at regional training hubs for delivery of an educational support programme and practical training. Personal coaches and parents are encouraged to attend as well. The athlete is responsible for their own learning within the programme but will engage with applied learning across all areas that support high level athletic performance. Monitoring of physical and technical competency will be carried out with personal coach involvement.

What are the expectations?

Athletes on the programme engage with the content, commit to finish the course and attend all sessions where at all possible. Parents and personal coaches will be involved throughout the programme.

Following completion of the AASE programme, the athlete has a number of further opportunities.

- If progression is continuing towards an elite level the athlete may be selected for EITHER the British Athletics World Class Programme or the England Athletics Talent Pathway.
- If the athlete is not selected for either of these programmes the athlete may apply to an England Athletics Charter Mark University, which are Universities working in partnership with EA, to continue to provide high level support to athletes as they pursue their educational and athletics aspirations.
- They can also continue to work with their personal coach and makes access to the regional and national level activities organized by England Athletics as well as competing for their club at national Championships

2. England Athletics Talented Athlete Programme 17+ years (with a 17 to 23 years focus)

What is it?

Following completion of the AASE programme **or through direct selection** English athletes, aged 17+ years with a focus on 17 to 23, may be invited to join the England Athletics Talented Athlete Programme, for a period of two years*.

Invited athletes, and coaches, will be supported through practical training camps as well as mentored practice utilizing the data and training information gathered at the camps.

The England Athletics Talent Pathway has a focus on the Commonwealth Games as well as supporting those athletes not selected onto the British Athletics Futures Pathway, who are showing outstanding potential.

Selection onto the England Athletics Talented Athlete Programme

Athletes are selected through performances and the knowledge of the Coach and Athlete Development Managers and senior coaches such as the Regional Coach Leads. The number of athletes invited each year will be between 15 and 20 per event group (60 to 80 each year across all event groups).

Athletes are selected in the autumn, with the next group being selected in 2019.

What do athletes get?

Two practical England Athletics National Talent days; relevant monitoring and screening to include movement competency, strength, speed, biomechanics, exercise physiology to provide useable insight into the coach and athlete pathway. National and international training camp opportunities. Educational opportunities including mental skills, nutrition and lifestyle. Coach Development opportunities. An allocated England Athletics Talent Mentor to support coach and athlete.

What are the expectations?

Athletes and coaches on the programme engage with it, attend the training camp days and where appropriate and relevant work with the mentor. Athlete performance will be monitored as will training data. The expectation is that the athlete will be on the programme for two years.

A review process will take place at the end of each year with the athlete and coach. At the end of two years the athlete has a number of potential avenues;

- If progression is continuing towards an elite level the athlete may be selected to continue on the programme or if accelerating may be considered by the British Athletics World Class Programme.
- The athlete may choose to apply to an England Athletics Charter Mark University, which are Universities working in partnership with EA, to continue to provide high level support to athletes as they pursue their educational and athletics aspirations.
- The athlete can also continue to work with their personal coach and makes access to the regional and national level activities organized by England Athletics as well as competing for their club at national and international Championships

3. England Athletics Commonwealth Games Team and International Opportunities

England Athletics are responsible for selecting the team to compete at the Commonwealth (and Commonwealth Youth) Games. The next edition of the Commonwealth Games will be held in Birmingham 2022. England Athletics provide a series of international opportunities in track and field, road and race walking. England Athletics also support organizations like the ECCA (England Cross Country Association) to send teams to cross country fixtures. In all England Athletics support more than 60 teams annually.

4. England Athletics Coaching Activity for coaches of talented athletes

Details of the wider coach development opportunities can be found on our EA website coaching pages. England Athletics organizes a range of event specific programmes such as the marathon programme and hurdles activities but also a progressive series of regional and national workshops, Master Classes and conferences.

England Athletics Key Contacts

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