YOUTH TALENT PROGRAMME 2020-22
Youth Talent Programme 2020-22

Agenda

1) Provide an overview of the athletics talent pathway
2) Provide an overview of athlete and coach profiling
3) Describe the YTP journey
4) Outline the YTP application process and selection policy
5) Provide an opportunity for attendees to ask the panel questions
INTRODUCTIONS

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TALENT PATHWAY - PHILOSOPHY

PERFORMANCE

- Time
- Distance
- Height
TALENT PATHWAY - PHILOSOPHY

- Potential
- Technical/Tactical
- Physical
- Psychological
- Lifestyle
- Time
- Distance
- Height
<table>
<thead>
<tr>
<th>Athlete</th>
<th>Person</th>
<th>This looks at the athlete as an individual. Focusing on their home life, education, work, post athletic career, finances, positive distractions and coach/athlete relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Psychological</td>
<td>Psychological characteristics of developing excellence (PCDEs) are a range of mental skills and behaviours that have been identified across performance domains that support the athlete journey through the various transitions, equipping them with the necessary characteristics to be successful in whatever domain they choose.</td>
</tr>
<tr>
<td></td>
<td>Capacity</td>
<td>Capacity offers the opportunity to understand the athletes over a range of factors pertaining to maturation. This is information helps build a picture of the sort of experiences an athlete may have had and therefore inform the type of experience you may want them to have. - Injury History, Relative Age, Sporting and Training History</td>
</tr>
<tr>
<td>Performance</td>
<td>Performance on the day</td>
<td>Carrying out of specific physical routines on the day of competition. Performance is influenced by a combination of physiological, psychological, and socio-cultural factors.</td>
</tr>
<tr>
<td></td>
<td>Preparation for performance</td>
<td>The physical, lifestyle attributes and behaviours that are necessary to ensure sustainable daily preparation to support development and performance The act of preparing — getting ready, planning, training, or studying with an goal in mind.</td>
</tr>
<tr>
<td></td>
<td>Technical Excellence</td>
<td>The key technical requirements for the event that are necessary to execute in preparation and performance.</td>
</tr>
<tr>
<td></td>
<td>Event Profile</td>
<td>The yearly performance progression profile in the event, taking into consideration position on the relevant Performance Funnel; Major competition history, consistency in performances and national/international event trends/progression.</td>
</tr>
</tbody>
</table>
Individual Athlete Plan - IAP

**Individual Athlete Plan**
- Identify and agree long term goals in the sport
- Work up a plan to deliver on goals

**Success Factors**
- Technical, Tactical, Physical, Lifestyle, Nutrition, Psychological

**Conditions for Progress**
- What can the Hub put in place to support existing infrastructure

**Athlete and Coach Review**
- Utilise NES Days to review technical performance supported by EA Event Group Team

**Year End Review**

**Athlete and Coach Review**

**Necessary Conditions to make progress**
Individual Athlete Plan - Exemplar
What Is The Youth Talent Programme?

**SUPPORT**
To add value to the athlete and coach plan and help understand self, developing a broad range of skills, abilities and behaviours needed for senior success.

**EMPOWER**
Athletes as independent learners to understand the holistic development principles to help transition into a successful senior athlete and also for a career outside of athletics.

**TRANSITION**
On to the next stage in the, Olympic, Commonwealth, Club pathway and/or transitioning into university or work.

**ACHIEVE**
Reach maximum potential for all, retention in the sport with enjoyment and experience of athletes, coaches and parents at the core.
PROGRAMME JOURNEY

- Individual Athlete Profiling & Planning
- Pathway Coach, Athlete, Parent Workshops
- Performance Support Sessions
- National Training and mentoring opportunities
- Dual Career Qualifications
PROGRAMME JOURNEY

Technical, Physical, Tactical

Culture, Values and Behaviours

Nutritional

Mental Skills

Lifestyle

Career and Finance

Communication and Media

Health and Safety
### National Training And Mentoring Opportunities

<table>
<thead>
<tr>
<th>Timing</th>
<th>Example National Event Specific Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:00</td>
<td>Arrival</td>
</tr>
<tr>
<td>9:00-9:15</td>
<td>Briefing</td>
</tr>
<tr>
<td>9:15-10:30:</td>
<td>Throws ideology, philosophy, aims &amp; objectives</td>
</tr>
<tr>
<td>10:30-10:45</td>
<td>Break</td>
</tr>
<tr>
<td>10:45-12:30</td>
<td>Introduction to throws specific elements of physical excellence framework</td>
</tr>
<tr>
<td>12:30-13:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>13:00-14:00</td>
<td>Introduction to all 4 technical excellence frameworks</td>
</tr>
<tr>
<td>14:00-14:15</td>
<td>Break</td>
</tr>
<tr>
<td>14:15-15:45</td>
<td>Event Specific Session 1</td>
</tr>
<tr>
<td>15:45-16:00</td>
<td>Break</td>
</tr>
<tr>
<td>16:00-17:15</td>
<td>Event Specific Session 2</td>
</tr>
<tr>
<td>17:15-17:30</td>
<td>Debriefing</td>
</tr>
<tr>
<td>17:30</td>
<td>Close</td>
</tr>
</tbody>
</table>
## Commitment

### Offer

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Coach</th>
<th>Parent</th>
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</thead>
</table>
| • 6 x event training days  
• Up to 8 workshops days or online sessions  
• 3 x 1:1 Nutrition/Psychology sessions  
• Youth Talent Kit | • Movement Skills Level 1 & 2  
• Event Group Specific Qualification  
• Event group integration day  
• Coaches community of practice | • Online pathway parent support webinars & resources |

### Commitment

<table>
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<th>Parent</th>
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</thead>
</table>
| • Attend all scheduled sessions  
• Complete DISE requirements  
• Go “all in” – commit to all the activities and sessions  
• Go back home with some new ideas and committed to be better  
• Don’t go away with unanswered questions  
• Reflect - What do you want to get from this / take away?  
• Enjoy it! | • Individual Athlete Planning process  
• Attend event training days  
• Support the journey!  
• Collaborate | • Attend event training days  
• Support the journey!  
• Collaborate |
SELECTION

Apply (6th July – 7th September)

Selection Event (Mid Sep)

Cancelled due to Covid-19!!!

Review & Recruit (End Sep)

Induct (Mid Oct)
The Panel Consist of:
1) BA pathway lead
2) EA event group leads
3) EA talent event leads
THANKS FOR WATCHING, ANY QUESTIONS?