

England Athletics

Talented Athlete and Coach Pathway 2020 to 2021

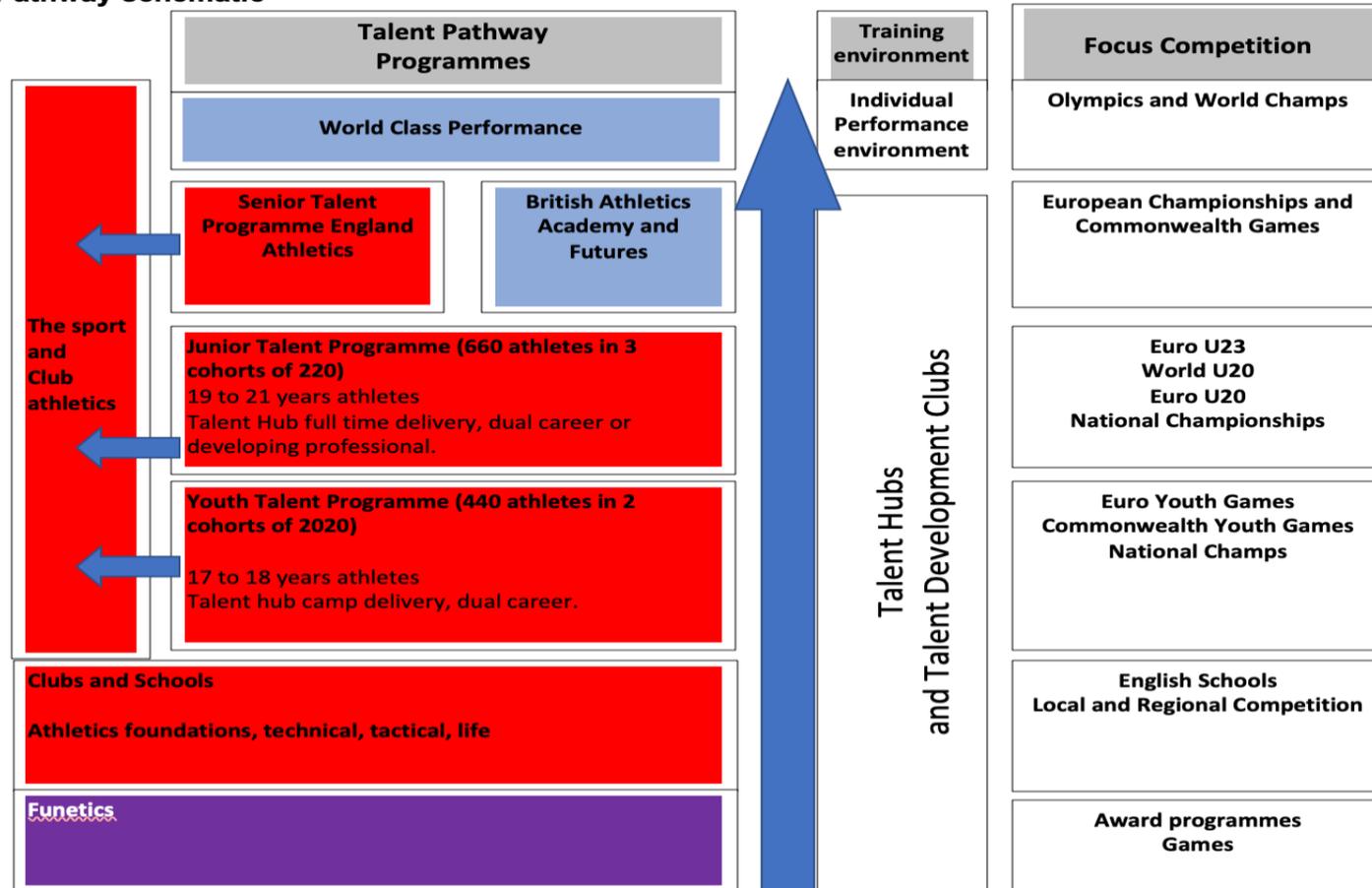


Introduction

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 for athletes and coaches to develop skills and competencies with the aim of moving athletes on to representative honours at England and GB Level.

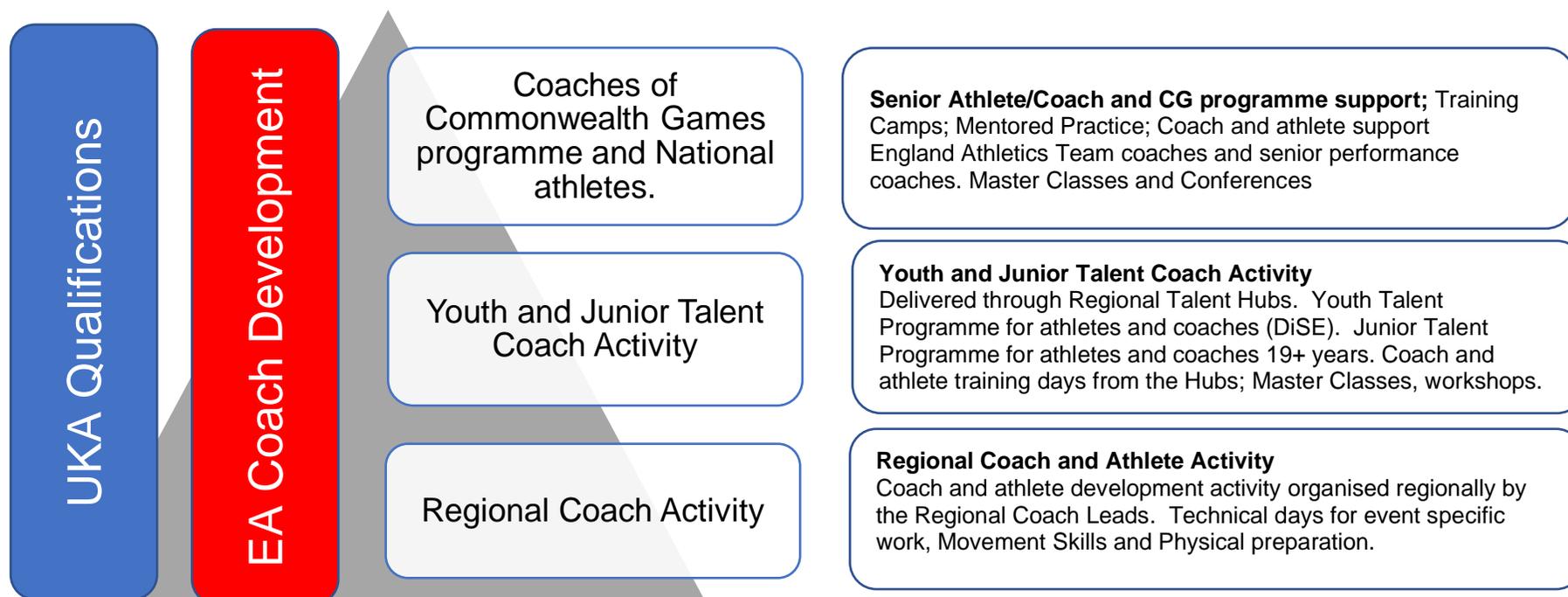
From school into club athletics and parallel support through the pathway programmes, the aim is to ensure the journey of the athlete and coach reaches its full potential. Athletics is an inclusive and diverse sport that provides excitement, challenge and lifelong enjoyment. Supporting talented individuals and the wider athletics club community through pathway programmes and talent hubs is the vision

Talent Pathway schematic



The England Athletics Performance Coaching Pathway

- Regional Coach and Athlete Development work to support club coaches
- Youth and Junior Talent Programme coaches supported through Talent Hubs and wider national programmes, including Athletics Hub online learning platform.
- National and Commonwealth Games Coach Development programmes; Master Classes and conferences; National coach and athlete days, Commonwealth Games package (tbc). Team Coach roles 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 for clubs and in the national and international arena. 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.

Youth Talent Programme (DiSE, Diploma in Sport Excellence)

What is it?

The YTP 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 YTP

Athletes are selected onto YTP 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 220 athletes each year onto the YTP.

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 an integral part of the programme. 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 YTP (DiSE) 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 Junior Talent Programme (JTP).
- Support is also available through 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 athlete also continues to work with their personal coach and makes access to the regional and national level activities organised by England Athletics, competing for their club in competition and at National Championships

2. Junior Talent Programme 19 to 21years

What is it?

Following completion of the YTP programme **or through direct selection** English athletes, aged 19+ years, will transition onto the JTP for a period of three years*.

Athletes, and coaches, will be supported through practical training camps as well as mentored practice utilising the data and training information gathered at the camps. The introduction of talent hubs provides another level of support for JTP athletes and their coaches as well as local clubs.

Selection onto the Junior Talent Programme

Athletes are selected through performances and the knowledge of the Event Group Leads and senior coaches for provision of differentiated service support through the talent hubs and national camps. The aim is to sustain the contact with all athletes after the YTP but at different levels of support dependent on progression.

Athletes are transitioned onto the JTP from the YTP in the autumn of each year.

What do athletes get?

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.

The Junior Talent Programme is planned to transition into delivery through hubs. In 2020 EA/UKA will have two hubs operational. These will be supported with the national activity.

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 three years.

A review process will take place at the end of each year with the athlete and coach. At the end of three 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 continues to work with their personal coach and makes access to the regional and national level activities organised by England Athletics as well as competing for their club at national and international level.

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 organisations 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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