

Junior Talent Programme Selection Process

Athlete and Coach application

Places on the Junior Talent Programme (JTP) are limited. Therefore, all athletes and coaches in consideration for selection must decide if they want to apply for the a place on the programme. This application process is an important element of the process as it enables the programme to understand the athlete/coach goals for the season and where the programme could potentially add value.

Applications open: Wednesday 9 September 2020

Applications close: Monday 5 October 2020

Eligibility:

- Athletes are eligible to compete for England at the Commonwealth Games
- Athletes hold a British Passport and are eligible to compete for Great Britain at an international Championships, the Olympics or Paralympic Games.
- Athletes are born between 1 January 1999 and 31 August 2002

Criteria:

- Athletes have graduated from the Youth Talent Programme (YTP) in 2020
- Athletes are showing a rising performance profile that would place them close to or in the final of the England U20 or U23 Championships. (We will release performance guidance marks shortly.)
- Athletes and coaches will be expected to show commitment to the programme and consideration will be given to evidence submitted in application in the areas detailed below.

Performance Profile	<ul style="list-style-type: none"> ✓ Performance ranking ✓ Yearly progression profile and consistency in performances ✓ Major competition history ✓ Injury and training history; ✓ Lifestyle and training environment; ✓ Maturation (in primary or potential future events)
Technical & Physical Profile	<ul style="list-style-type: none"> ✓ Shows technical skills which highlights long term potential relevant to their event or multiple events ✓ Shows physical capabilities which highlights potential relevant to their event
Commitment	<ul style="list-style-type: none"> ✓ Keeps intensity in practice. ✓ Shows consistence in effort over sessions and training block ✓ shows consistent preparation ✓ Takes responsibility for rest and recovery ✓ Seeks support and identifies obstacles and setbacks as challenges. ✓ Ability to work with others
Focus and Distraction control	<ul style="list-style-type: none"> ✓ Remains focused despite distractions present. ✓ Self regulates (Calm) under pressure to perform optimally. ✓ Has consistent flexible and robust pre performance Routine established.
Quality practice	<ul style="list-style-type: none"> ✓ The ability to understand the training process and their contribution to it. ✓ Show an understanding to why they are training in a particular way. ✓ Ask questions to clarify understanding and purpose of training.

Coping with Pressure

- ✓ Respond positively to training and competition situations.
- ✓ Show confidence to thrive under pressure.
- ✓ Confident to do their best in competitive situations.
- ✓ React appropriately to mistakes and criticism.
- ✓ Be appropriately prepared for training and competition

Athletes must complete an application form – [click here to go to the form](#)