

scottishathletics 

NATIONAL academy

a guide for coaches, athletes
and parents



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INTRODUCTION

Welcome to the **scottishathletics** National Academy which has been created to assist your progress and development from junior success into senior performance and representation at major championships such as the Commonwealth Games in Durban in 2022 and beyond.

The following pages are designed to act as a guide on how the programme works.

This programme starts a journey of education, learning and opportunity which aims to support you to achieve your performance potential. Coupled with hard work and full commitment it will help you towards your aspirations and dreams.

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USEFUL DOMESTIC DATES 2016/17

MONTH	EVENT
September	UK Schools Games scottishathletics Coaching Conference weekend
October	scottishathletics National Academy Training Camp
December	scottishathletics District Cross Country Championships
January	scottishathletics Inter District Cross Country scottishathletics U17/Senior Championships Celtic Cross Country
February	SSAA Indoor Championships scottishathletics U13/U15/U20 Championships scottishathletics National Academy Development Day scottishathletics National Cross Country Championships England Athletics Age Group Indoor Championships
March	SSAA Cross Country Championships Inter Counties Cross Country Championships SIAB Cross Country/Home Countries International
April	scottishathletics National Academy Training Camp
May	scottishathletics District Championships
June	SSAA Outdoor Championships England Athletics U20/U23 Championships
July	SIAB T&F England Athletics U20/U23 Championships
August	Celtic Games International scottishathletics U17/Senior Champs scottishathletics U13/U15/U20 Champs England Athletics U15/U17 Championships

Important international information for scottishathletics National Academy members 2016 - 2017

COMPETITION	DATE	VENUE	SELECTION DATE	AGE GROUP(s)
European Junior Cross Country	11 Dec 2016	Chia, Italy	Nov 2016	Sen/U23/U20
World Junior Cross Country	26 March 2017	Kampala, Uganda	March 2017	Sen/U20
World Youth Championships	12-16 July 2017	Nairobi, Kenya	June 2017	U18
Commonwealth Youth Championships	19-23 July 2017	Nassau, Bahamas	May 2017	U18
European Junior Championships	20-23 July 2017	Grosseto, Italy	June 2017	U20

AIMS

Every athlete, coach and parent team considered for the **scottishathletics** National Academy is different – different athletic events, levels of performance, experience, training age and with different performance potential.

The role of the **scottishathletics** is to assist the athlete, coach and parent in physically achieving their potential and to ensure the maximum benefit is gained from the National Academy investment.

Whatever the differences between each athlete ‘team’, the aim of the programme is the same for all – namely:

To evaluate, develop and confirm; the capacity, capability and professional behaviours required to win medals at the highest level as seniors.

This is an important point.

It’s great to see young athletes progress their physical and mental attributes in training and demonstrating this through their achievements in age group competitions. But don’t be under any illusion; this is not the final destination.

The **scottishathletics** National Academy is a programme designed to offer you the support and guidance necessary to maximise your development. Every decision we (and hopefully you, your coach and your parent(s)) take will be driven by this aim.

As a sport, our challenge is to retain our talented youngsters in the sport and to develop them and their “team”, so they are capable of producing success as seniors. This programme is seen as a key method in improving our retention and development of future performance athletes. Graduating more young athletes, coaches and parents who are prepared for the challenges and pressures of being a senior member of the **scottishathletics** Performance Squad and targeting medals at CWG level (and higher).

Each athlete, coach and parent(s) will start their journey from a different point. For some, the **scottishathletics** National Academy offers continued support for their already highly motivated attitudes, well-structured training programmes and their current performance goals. For others the National Academy is the first introduction to the level of professionalism required to succeed in High Performance sport.

However...

Wherever you begin, the goal of the **scottishathletics** National Academy remains the same for all athletes, coaches and parent(s). To help prepare you for the high level challenge that is Performance Athletics.

Enjoy the journey...



ROLES, OUTCOMES AND OPPORTUNITIES

What your role is...

ATHLETE	PERSONAL COACH	PARENT(S)/CLUB	NATIONAL ACADEMY POC
To perform when it counts	To devise and lead on all aspects of the athlete's programme	To support the athlete (time)	To support and influence the personal coach in their role as well as their progression and development
Make athletics a central part of your life	To coach the athlete to perform when it counts	To support the athlete (financially)	To support and influence the parent(s) to be knowledgeable of the journey ahead for the athlete
Take responsibility for your actions and choices	To create the 'right' environment at training	To create the 'right' environment at home	To support and influence the athlete in their development to increase likelihood of retention and senior success

What your role is not...

ATHLETE	PERSONAL COACH	PARENT(S)/CLUB	NATIONAL ACADEMY POC
To devise and lead on the training and competition programme	To be the focal point of the athlete's performance on the day	To coach the athlete to perform when it counts	To devise and lead on the training and competition programme

OUTCOMES OF THE PROGRAMME

- Increased athlete retention into the Senior ranks
- Increased representation on GB U18, U20 and U23 teams enroute to CWG 2022 and beyond
- Increased representation on GB Senior teams and GB Performance Programme
- Greater number of young athletes on CWG 2022 team and beyond
- More medals at CWG 2022 and beyond

OPPORTUNITIES (as appropriate)

- Coach Education Opportunities
- Athlete Education Opportunities
- Parent Education Opportunities
- Subsidised Event Specific Competition Opportunity
- Physiotherapy/Functional Movement Screening
- Subsidised Training Camp Opportunity
- Physiotherapy Support

2 YEAR NATIONAL ACADEMY CURRICULUM

YEAR 1	OCTOBER CAMP
Athletes/Coaches/Parents	Monday Afternoon : Introduction and Overview of Education Programme
Parents	Monday Afternoon : Performance Athlete Parent Talk
Athletes/Coaches	Monday Afternoon : Physiology W1 : Health and Well Being Measures:
Athletes/Coaches	Monday Evening : Physical Preparation Workshop - Practical through a L2 Movement Screen
Athletes	Tuesday Afternoon : Performance Nutrition Workshop 1 : Theory > Practical
Athletes/Coaches	Wednesday Afternoon : Performance Lifestyle W1 - Introduction to Health and Well Being Diary
Athletes	Wednesday Evening : Media Training
Coaches	Wednesday Evening : Case Study - Process and improvements accomplished/impact
Athletes/Coaches	Thursday Afternoon : Physiotherapy Workshop 1 : Self release/massage strategies and flexibility
Parents	Thursday Evening : Performance Athlete Parent Talk
Athletes/Coaches/Parents	Thursday Evening : Closing Session

YEAR 2	OCTOBER CAMP
Athletes/Coaches/Parents	Monday Afternoon : Introduction and Overview of Education Programme
Parents	Monday Afternoon : Performance Athlete Parent Talk
Athletes/Coaches	Monday Afternoon : Physical Preparation Workshop - Practical through a L3 Movement Screen
Athletes/Coaches	Monday Evening : Physiology Workshop 3 : Performance Indicators
Athletes/Coaches	Tuesday Afternoon : Performance Lifestyle W3 : Managing Exams
Athletes	Wednesday Afternoon : Performance Nutrition Workshop 2 : Theory > Practical
Athletes	Wednesday Evening : Media Training
Coaches	Wednesday Evening : Case Study - Process and improvements accomplished/impact
Athletes/Coaches	Thursday Afternoon : Physiotherapy Workshop 3 : Effective Warm Up and Cool Down protocols
Parents	Thursday Evening : Performance Athlete Parent Talk
Athletes/Coaches/Parents	Thursday Evening : Closing Session

YEAR 1	JANUARY/FEBRUARY DEVELOPMENT DAY
Athletes/Coaches/Parents	Introduction
Athletes/Coaches/Parents	Session 1 : Understanding Talent Workshop 1
Athletes/Coaches/Parents	Session 2 : Anti Doping Workshop 1
Athletes/Coaches/Parents	Session 3 : Selection Policies and Competition Calendar

YEAR 2	JANUARY/FEBRUARY DEVELOPMENT DAY
Athletes/Coaches/Parents	Introduction
Athletes/Coaches/Parents	Session 1 : Understanding Talent Workshop 2
Athletes/Coaches/Parents	Session 2 : Anti Doping Workshop 2
Athletes/Coaches/Parents	Session 3 : Selection Policies and Competition Calendar

YEAR 1	EASTER CAMP
Athletes/Coaches/Parents	Monday Afternoon : Introduction and Overview of Education Programme
Parents	Monday Afternoon : Performance Athlete Parent Talk
Athletes/Coaches	Monday Afternoon : Physiology Workshop 2 : Overtraining and Managing Training Vol/Intensity
Athletes/Coaches	Monday Evening : Physical Preparation Workshop - Practical through a L2/L3 Movement Screen
Athletes/Coaches	Tuesday Afternoon : Sport Psychology
Athletes	Wednesday Afternoon : Performance Lifestyle Workshop 2 : Lifestyle Planner/Effective Time Management
Coaches	Wednesday Evening : Case Study - Process and Improvements accomplished/impact
Athletes/Coaches	Thursday Afternoon : Physiotherapy Workshop 2 : Effective Warm Up and Cool Down protocols
Parents	Thursday Evening : Performance Athlete Parent Talk
Athletes/Coaches/Parents	Thursday Evening : Closing Session

YEAR 2	EASTER CAMP
Athletes/Coaches/Parents	Monday Afternoon : Introduction and Overview of Education Programme
Parents	Monday Afternoon : Performance Athlete Parent Talk
Athletes/Coaches	Monday Afternoon : Physical Preparation Workshop - Practical through a L3/L4 Movement Screen
Athletes/Coaches	Monday Evening : Physiology Workshop 4 : Tapering and Priming
Athletes	Tuesday Afternoon : Performance Lifestyle Workshop 4 : Planning for University transition
Athletes/Coaches	Wednesday Afternoon : Sport Psychology
Coaches	Wednesday Evening : Case Study - Process and Improvements accomplished/impact
Athletes/Coaches	Thursday Afternoon : Physiotherapy Workshop 4 : Load Management and Effective Cross Training
Parents	Thursday Evening : Performance Athlete Parent Talk
Athletes/Coaches/Parents	Thursday Evening : Closing Session

scottishathletics NATIONAL ACADEMY

scottishathletics National Academy athletes should demonstrate improving competence in all of the following areas to ensure that they are ready for the challenges of Performance Athletics:

1. Movement Skills Competence
2. Physical Preparation & Conditioning
3. Technical/Tactical Competence
4. Psycho-Behavioural Skills
5. Lifestyle & Environment

The aim of the **scottishathletics** National Academy is to ensure that the athlete eventually has the following:

- An all round conditioned body
- Flexibility that matches the requirement of their event
- Robustness to cope with training and competition
- An understanding of their own training programme
- Confidence in their ability to execute training and competition performance
- Self awareness of their body and normal response to training/competition
- Awareness of the commitment and requirements to succeed at CWG 2022 and beyond
- The ability to consistently display good training and competition preparation behaviours
- The desire and enthusiasm to train to maximise their potential
- The discipline and knowledge to overcome injury setbacks
- The ability to take ownership and responsibility for training and performance
- Respect for Personal Coach, parents, **scottishathletics**, officials and all appropriate support practitioners



scottishathletics NATIONAL ACADEMY

National Academy Point of Contact

Each athlete and personal coach pair will be supported in their programmes with assistance from their NA Point of Contact (NA POC). They will be your initial contact for all things related to your programme and will provide information, advice, support and direction.

scottishathletics National Coach Development Events, Event Specific Coach Development Days, Training Camps, etc

There will be a number of **scottishathletics** events (for athletes, coaches and parents) throughout the calendar year and these sessions (where members of the National Academy will have the opportunity to meet and train together) are essential for development, team building and monitoring purposes. Your NA POC will provide regular feedback based upon their observations at these sessions.

Attendance at events such as the Coach Development Days, Training Camps, Assessment Days, **scottishathletics** Championships and NA Reviews are deemed compulsory, unless:

- The coach/athlete/parent are on UKA duty
- The coach/athlete/parent are ill/injured and the NA POC is notified prior to the event
- There are exceptional circumstances that have been agreed with the NA POC prior to the event

Annual Plan

A blank Annual Plan will be provided to each coach who will be expected to complete this AP and ensure it is kept up to date throughout the year. All coaches must be prepared to provide their AP to the NA POC/Director of Coaching (DOC) as requested.

Health & Well Being Diary

A blank Health & Well Being log will be provided to each athlete who will be encouraged to keep a log of appropriate indicators that will assist the athlete 'team' in analysing the athlete's response to training and other life stressors. All athletes must be prepared to provide their Health & Well Being log to the NA POC/DOC as requested.

NA Review Process

Athletes' progression will be reviewed throughout the year (normally every six months) for monitoring purposes and to assess developments made.

Those invited to attend these reviews will be:

- NA POC (Chair)
- Athlete
- Personal Coach
- Athlete's Parent/Guardian

Should the NA POC be made aware of any issues that may require immediate review a meeting may be arranged outside the normal schedule.

scottishathletics PERFORMANCE PATHWAY

World Youth Championships
 European Youth Championships
 Commonwealth Youth Games

Commonwealth Games
 European Under 23 Championships
 World Junior Championships
 European Junior Championships

Commonwealth Games
 European Championships
 European Under 23 Championships

Olympic Games
 World Championships
 European Championships
 Commonwealth Games



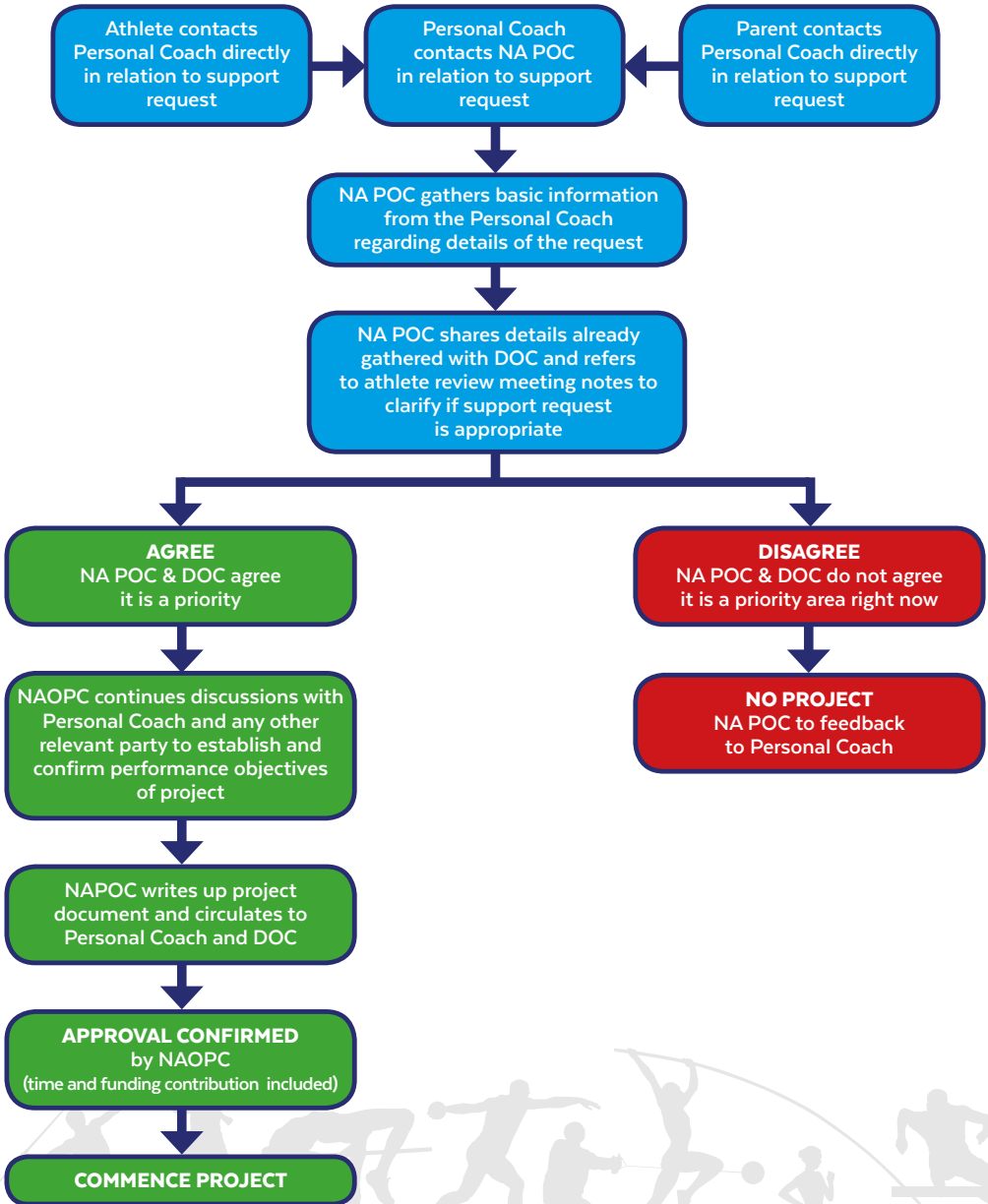
National Academy - U17 to U23 athletes with potential to meet the outcomes at the NA Programme

Performance Foundations - U20 to Senior athletes on a BA Programme / outcomes of SA performance programme

Performance Podium - U20 to Senior athletes on a BA Programme / performing at or beyond the level of SA Performance Programme outcomes



scottishathletics COMMUNICATION PATHWAY



scottishathletics CONTACT DETAILS

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