



# BJA Technical Congress

Loughborough 4th November 2007

‘High Performance Pathways’

Margaret Hicks - Director of World Class Programmes

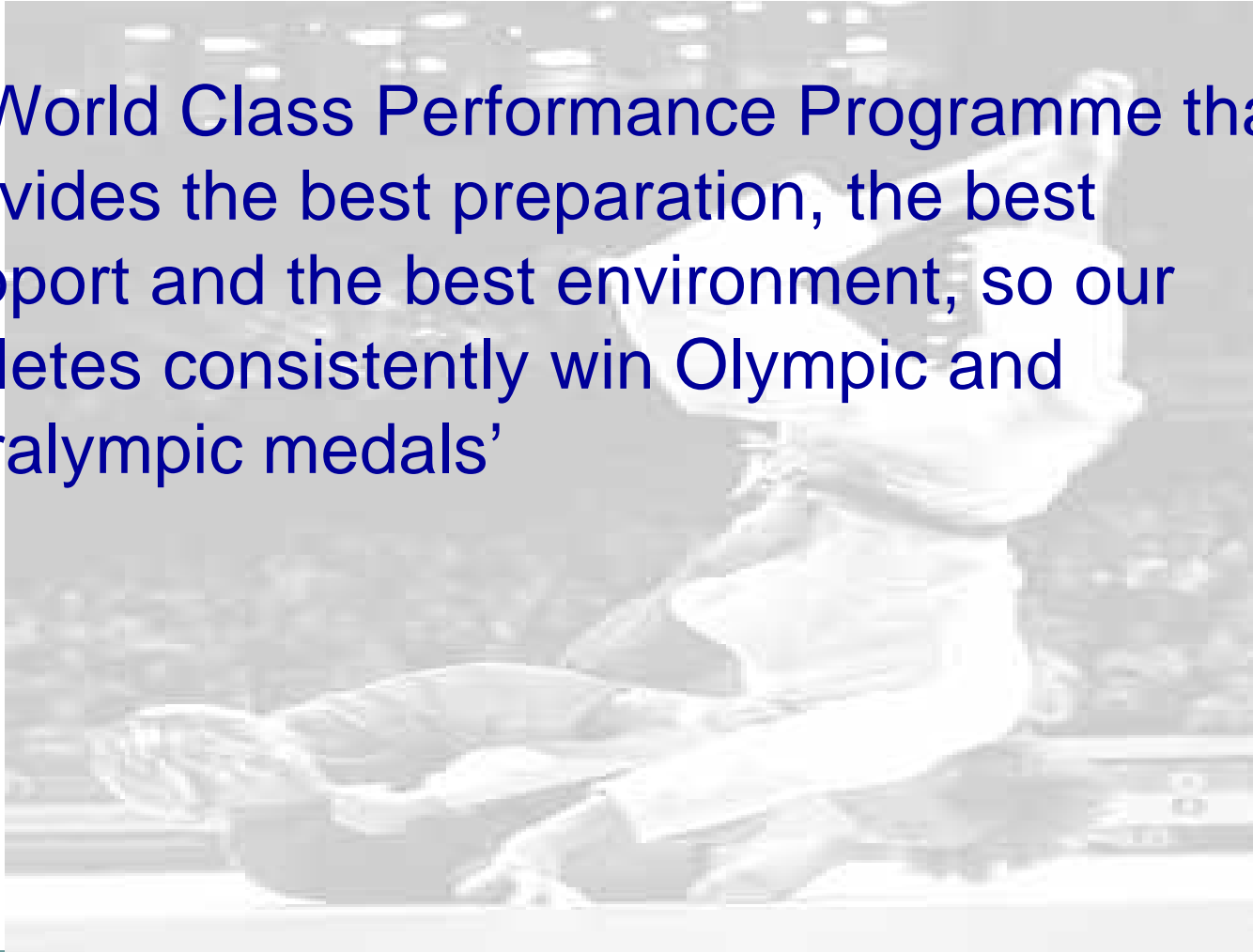
Karen Roberts - World Class Operations Manager

# High Performance Pathways

- Mission Statement
- Medal targets
- World Class Profile
- Performance Player Pathway
- Building a world class system

# Mission Statement

‘A World Class Performance Programme that provides the best preparation, the best support and the best environment, so our athletes consistently win Olympic and Paralympic medals’



# Medal Target

- 2-3 Medals at 2008 Beijing Olympics
- 4 Medals at 2012 London Olympics
- Consistent Olympic success



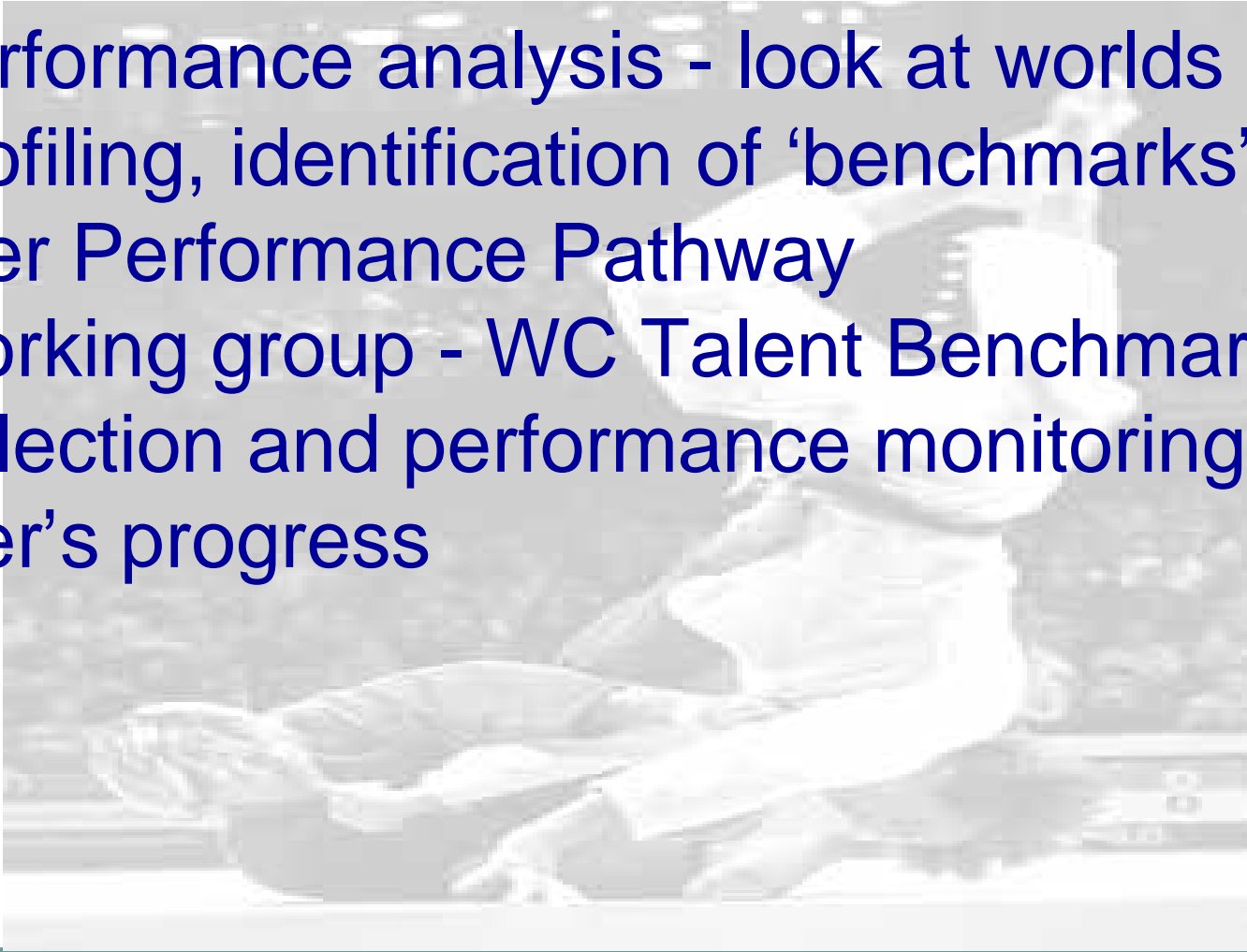
# World Class Profile

“Coaches need to need to train their players to be ‘above’ the bar of current world profiles, to win medals in 2012”



# World Class Profile

- Performance analysis - look at worlds best
- Profiling, identification of 'benchmarks' for Player Performance Pathway
- Working group - WC Talent Benchmarks
- Selection and performance monitoring of player's progress

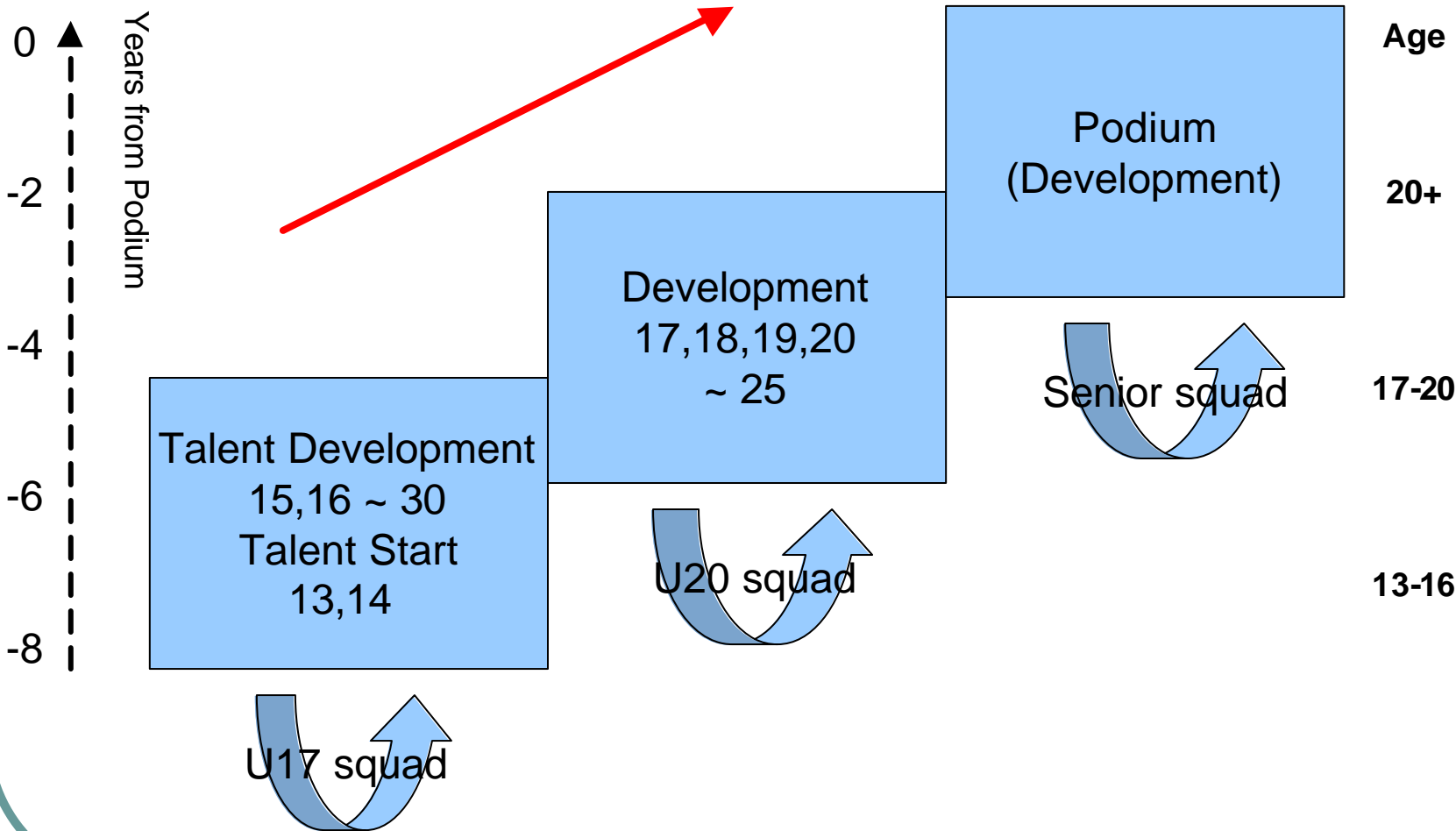


# World Class Profile

- To develop young players with appropriate technical base and range of technique
- To correctly select 'young talent' at 16/17
- Technical/physical/mental attributes
- Talent Selection & Talent Confirmation
- To be able to progress selected players with certainty to Junior World medal strike zone
- Correlation between Junior Worlds and Senior Worlds / Olympic Games medallists

# Performance Player Pathway

## 2012 & Beyond - Podium Success



**Regionalised + Camps**

**Centralised F/T**

**Centralised F/T**

***Talent Selection @ 16/17/ and Talent Confirmation @ 18***

# Building a World Class System

- Understanding what world class looks like at Junior World & Senior World/Olympic level
- Selection of the 'right' players, coaches and support staff
- High quality consistent coaching
- Integrate with work of RTOs and WC Start coaches
- Performance management and team values

# Building a World Class System

- Defined programmes with sound rationale for overall plan, key phases, performance goals
- Integrating expertise across coaching, performance, sport science and sports medicine
- Establishing a key performance base – National Training Centre

# National Training Centre - Philosophy

- We need to have;
  - The best players, best coaches, best support staff working consistently together as much as possible
  - A performance focused environment
  - Progressive programme for individuals
  - Need to have scope to develop a NTC for 2012 and sustainable systems in future

# Implications

- Current performance structures
- Existing performance coaches
- Involvement of club coaches
- Specialist support staff
- Programme staff

# Structure

- BJA agreements with Bath and Home Countries needed for NTCs
- Looking to cluster groups of funded players with training partners
- Coaches responsible for 1 group x 6
- More specific individual technical work
- Develop next generation of WC coaches

# Timescales

- Looking to secure agreement in next 2-4 mths
- Looking to identify a group of around 8 development players who could be placed within NTC – April 08 onwards as pilot
- Sept 08 onwards – increase numbers of players / coaches working in NTC
- April 09 onwards – increase of resources from UK Sport

# Summary

- National Senior, U20 and U17 squads
- National Ranking System
- Home Country events at Senior & U20
- National Training Centre
- Communication to coaches