

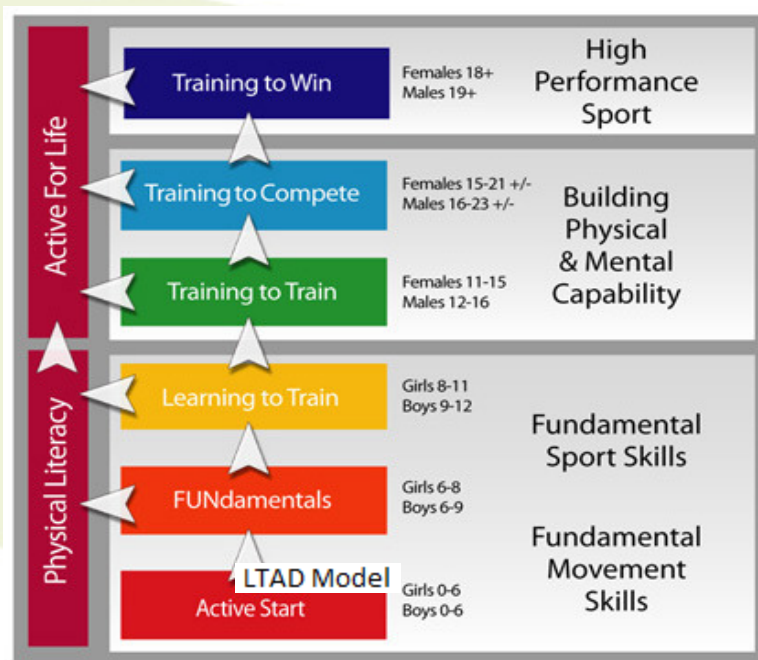
## Athletic Development Centre

### Vision:

To create a continuum of support programmes that allows every athlete to understand and achieve their full physical potential. The key benefit is to educate and train young athletes to become more athletic and assist in their LTAD (Long Term Athlete Development).

### Aim/ Goal:

This continuum of support programmes consists of the Excelsior Athletic Development Centre, the Excelsior Sports Training System and Coach\Parent workshops.



The Exeter based Centre's main aim is to educate and train athletes of a young training age, from multiple sports, to become highly competent at essential movements and mechanics.

This will be alongside education and support for their parents.

The online based Sports Training System's remit is to improve the general all

round athletic ability/development of each athlete. This then has a direct impact on their ability to perform sport specific tasks.

Athletes entering the programmes will begin by learning to train and exit the programme prepared to train for competition.

Alongside this process, common areas of postural and movement pattern weakness will be addressed. This will prepare them for the next level of funded programmes if that is their chosen route.

## What do we provide?

We provide the athletes on the programmes with the knowledge, technique and skills to not only function at a high level on any program they may progress to but to be self-sufficient and competent with limited guidance.

At the Athletic Development Centre, athletes will work from a year plan designed to give them an experience of training under expert coaching on speed, strength, power, agility and lifestyle support.

On the Sports Training System the main emphasis will be following a structured menu of fundamental movement skills addressing all aspects to create a 'platform' from which the athlete can advance safely to the next stages of the LTAD model within any sport or the Athletic Development Centre.

## Overview of Support Programmes

	General LTAD Objectives	Time	Session Content	Assessment & Monitoring	Program Outcomes
<b>Sports Training System</b>	Develop Fundamental Skills	2-3 chunks of 5-15 minutes per week	Functional movement emphasis e.g. movement training & conditioning elements	Screening & self assessment guides	Establish correct movement skills and general physical abilities – advance to ADA..
<b>Athletic Development Centre</b>	Develop Training Capacity and specific skills	2 hours + 5 mins homework tasks	Specific speed, agility, strength, power work.	Screening performance measures (volume-load, max jump height etc.)	Develop movement skills and advance physical abilities - progress to performance training level

## Plan for 2013 - 2014

### Athletic Development Centre:

The 40 week plan will be broken down into training blocks of 6-8 weeks. Each block will build progressively on technique and fundamental posture, with one major training emphasis and two minor emphases.

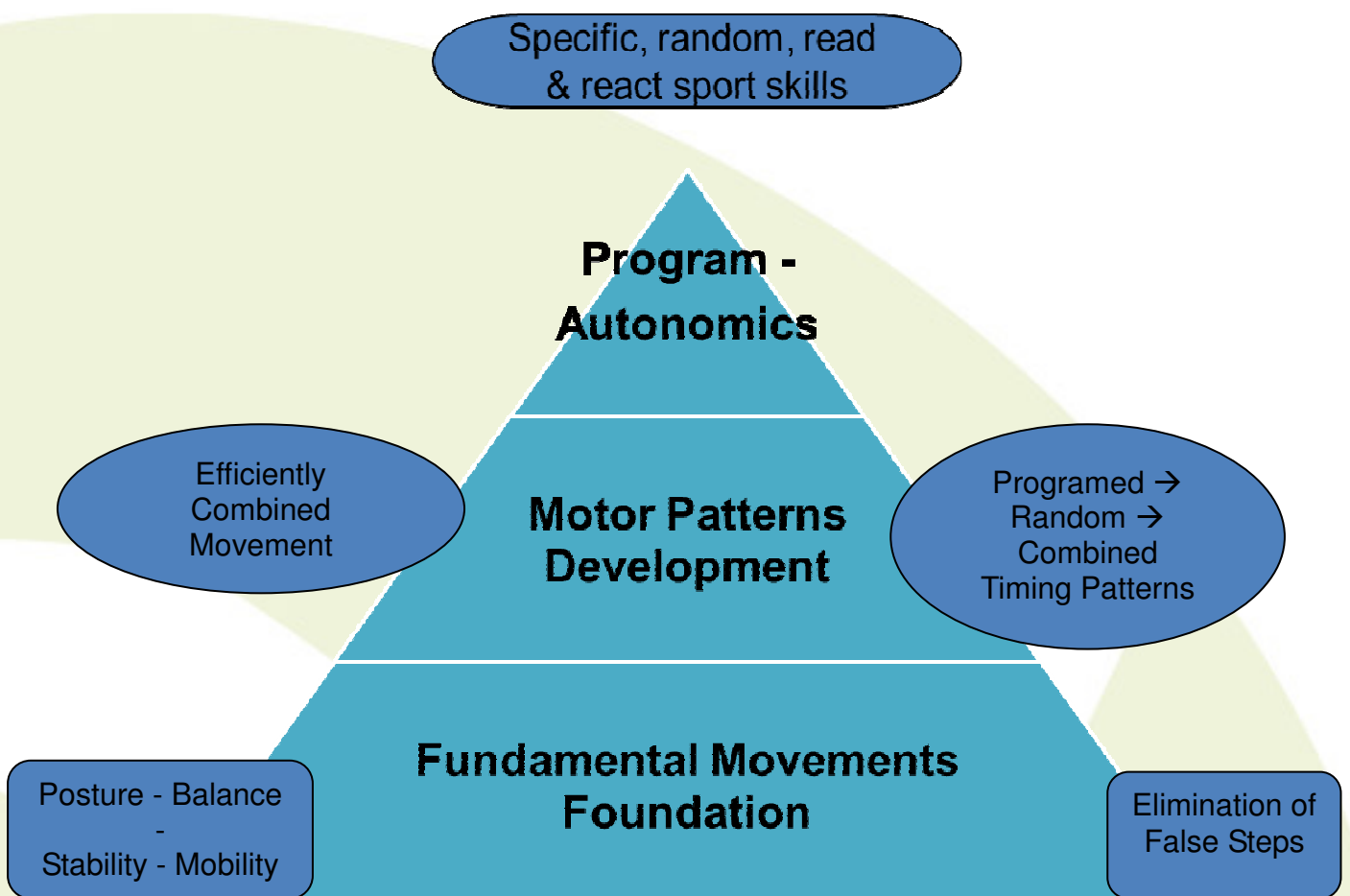
The sessions will help athletes to understand whole body awareness interspersed with challenging drills that allow them to transfer these skills to athletic tasks. The sessions will also incorporate lifestyle advice on planning, nutrition and habit changing techniques to help the young person become more independent.

## Session Structure

The sessions will follow a basic structure of warm up, training, education and further training. The warm ups will advance the progressions of physical literacy and structural integrity. The major emphasis of that training block will be the main part of the session,

The diagram below shows how Agility would be broken down and trained over one block. It shows the importance of Fundamental Movement Skills, which would then be rehearsed and reinforced in subsequent blocks.

### Agility training model for the Academy.



Other training blocks will include: Running, Strength, Power and Speed. Work Capacity and will be developed throughout.

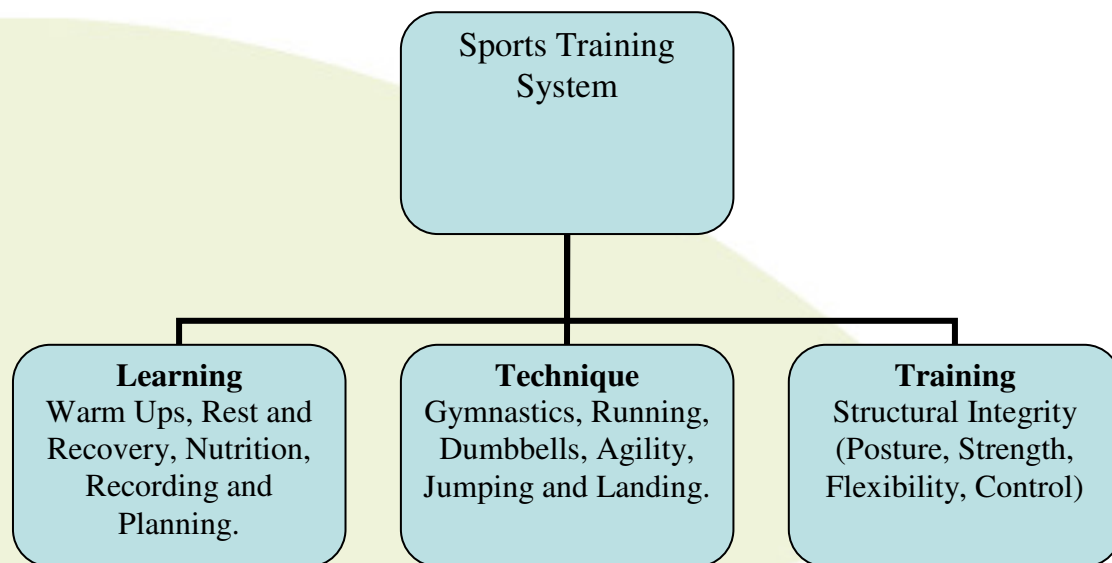
Each block will start with an overview of the upcoming training period and the underlying principles behind it.

## Sports Training System

This will work alongside the young athletes' existing Club and School commitments. It is an online education source using instructional videos and hand outs that allows the athlete to work at home with minimal facilities. The sessions are broken down into small sections to facilitate learning and integration into their busy schedules.

These sessions can then be either done at home or as part of their Club\ School sport training. The module on warm ups would be an example of how to integrate it into existing training.

The athletes have a chance to ask questions directly every week through the live audio podcast. This is then added to the System for future reference.



### Training and Education Days

6 times a year in school holidays we will run a Training and Education Day for the athletes which their parents and coaches are encouraged to attend. This will give the opportunity for us to assess progress and give individual coaching points to all the athletes.

It will also provide an opportunity to communicate as parents, coaches and athletes together which is essential for the athletes' wellbeing.

### Coach\ Parent Education:

Alongside the athlete education programme we will run quarterly coach education workshops that will support the work being done with the athletes. This will be an opportunity for coaches to input with problems they face, as well as receive guidance and coaching on Structural Integrity, Physical Literacy and the individual fitness components.

## How we measure this.

All athletes will receive a Physical Competency Assessment in January, followed by another one at Easter.

At the **Athletic Development Centre**, the athletes' improvement will be monitored by performance benchmarks (volume-loads for strength, jump height for power, video analysis of key patterns) and self-analysis.

On the **Sports Training System**, the athletes are given video coaching and assessment tools, followed by exercises designed to help improve their Physical Competence. This is re measured after 6 weeks of training.

## Expected Outcomes:

- Increased knowledge and awareness on how to train (Subjective, accumulated through session attendance & challenge athlete led sessions)
- Increased body awareness and proprioception (Objective, in session testing such as balance/positional challenges and screening assessments).
- Increased joint stability (Subjective/Objective, observation of movements during sessions and video analysis). Especially important around growth spurts.
- Increased range of movement (Subjective, observation of ROM on movements during sessions).
- Decreased susceptibility to injury (Subjective/Objective, injury incidence log combined with session attendance – when an athlete signs in for a session they will log any injuries since the last visit).
- Increased strength and power (Objective, assessed by the 6 monthly testing with jump height and monitoring of load being lifted during sessions).
- Improved technique for all key motor patterns including running, jumping, landing, braking and accelerating.

## Communication:

The Excelsior website hosts various media that allow formal and informal communication to take place.

1. Once the athlete is nominated and accepted into the Athletic Development Centre, they are then invited to join Facebook page and given the password to the Private Resources page.
2. The resources page hosts all hand outs, and session plans, training guides from the training sessions.
3. The Facebook page hosts more videos and current updates and allows athletes and coaches to communicate with each other on the forum.
4. Once the athlete signs up to the Sports Training System they receive a password that allows them access. Each week they will then have access to 2-3 new video clips, plus a handout.
5. Podcast: each week there is a live podcast on mixlr which is then available to download from itunes. This is an opportunity to ask questions directly to the Coach.





## Exit Strategy:

1. Athlete has been on their particular programme for the full training year, has covered all the key lifts and exercises (they will re-apply for the program or be able to come in on a less frequent basis for guidance).
2. Athlete performs exceptionally well and achieves national/ international awards and should now move onto a higher level of funding (TASS, Podium, NGB etc)
3. Athlete is not progressing as they should be and is advised to return to playing a variety of sports.
4. Athlete is not engaging regularly and/or is disruptive during sessions on a frequent basis will be asked to leave the programme.