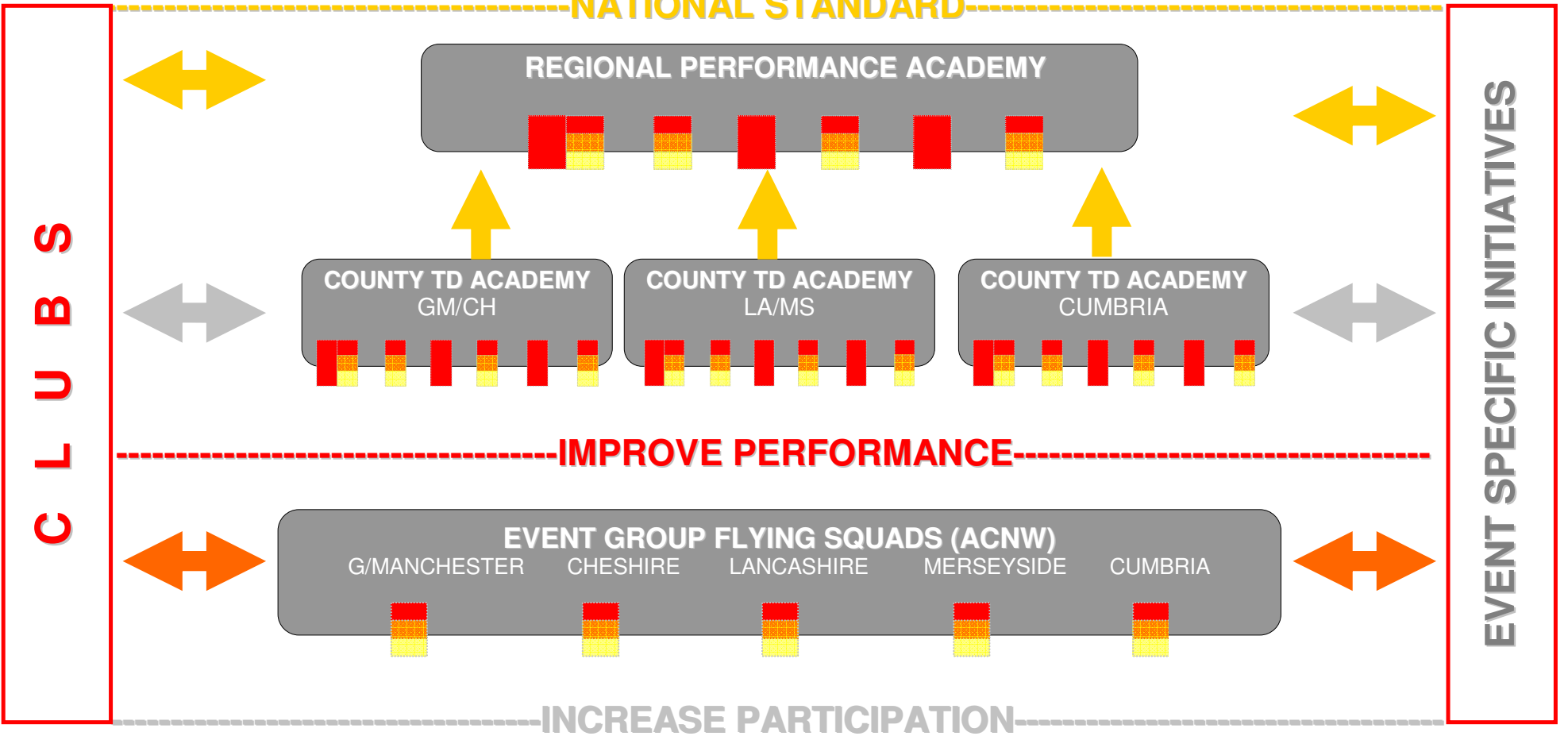



NORTH WEST PERFORMANCE PLAN: DELIVERY



NATIONAL STANDARD



 = Coach specific workshop/seminar

 = Coach/Athlete practical & seminar

 = Conference

NORTH WEST PERFORMANCE PLAN: DELIVERY



Regional Academy:

- 15 Head coaches to act as mentor/technical advisor/facilitator
 - Continued Professional Development (CPD) analysis to be carried out for each and delivery of requirements
 - 5 Rings training led by UK:A EGM
 - Entry to National Squads on at least 1 occasion per year
 - Supported to National conferences as requested
 - Kit: Polo shirt/jacket

Progression: Invited to National squads
- 4-6 coaches at level 3 (or equivalent knowledge base) selected per event (*Coaches from Priority groups [women & girls, BEM, Disability, low income] to be targeted within this*)
 - CPD analysis to be carried out for each
 - 2 day Conference for all event groups to deliver generic topics (day 1) and event group specific (day 2)
 - Seminar/workshops delivered on CPD requirements and UK:A technical templates (produced in association with regional coaches)
 - Supported through coach education qualifications (individual requirements)
 - Free Membership to Event Specific Initiatives and forums
 - Kit: Polo shirt/Fleece

Progression: Invited to lead Regional squads
- Maximum of 8 U20/U17 Athletes (equal male/female ratio) selected per event, with invitation to senior athletes
 - to attend 4 Academy sessions covering:
 - event specific technical/tactical sessions
 - 5 Rings educational workshops (plus targeted women & girl seminars)
 - Kit: Polo shirt/Tracksuit
 - Parent 5 Ring educational workshops
 - Athlete/parent information handbook

County Academy:

- 15 Head coaches to act as mentor/technical advisor/facilitator
 - Continued Professional Development (CPD) analysis to be carried out for each and delivery of requirements
 - Entry to all Regional Squads with 5 Rings training (*progression as regional coaches*)
 - Kit: Polo shirt/jacket
- 4-6 coaches at level 2 selected per event (*Coaches from Priority groups [women & girls, BEM, Disability, low income] to be targeted within this*)
 - CPD analysis to be carried out for each
 - 2 day Conference for all event groups to deliver generic topics (day 1) and event group specific (day 2)
 - Seminar/workshops delivered on CPD requirements and UK:A technical templates (produced in association with regional coaches)
 - Supported through coach education qualifications (individual requirements)
 - Free Membership to Event Specific Initiatives and forums
 - Kit: Polo shirt/Fleece

Progression: Invited to lead Regional squads
- Maximum of 8 U17/15 Athletes selected per event
 - to attend 3 Academy sessions covering:
 - event specific technical/tactical sessions
 - 5 Rings educational workshops
 - Kit: Polo shirt/bag
 - Athlete/parent information handbook

NORTH WEST PERFORMANCE PLAN: DELIVERY



Event Specific Initiatives:

- Initiates/forums set up, initially, in 5 key events requiring development. Rolling out to other events and generic groups as required
- Key group of coaches to be identified and perform a needs analysis of their event of expertise
- North West facility to be identified based on the needs of the event and then to be the 'Centre of Excellence for....(each event)'
- Monthly (as identified by analysis) sessions to be accessed to all levels of coaches and athletes for development.
- Key workshops/technical sessions to be implemented throughout the year, as directed

Progression: Constitution for future funding in years 2 & 3/ ability level sessions offered (i.e. beginner/intermediate/advance)

Flying Squads:

- Key group of coaches of all disciplines at level 3 (or equivalent experience) identified to deliver all squads across the North West
 - CPD analysis and support for coaches as required
- Requirement to be identified within each county, targeting areas of deprivation, with the option to deliver:
 - Bespoke event specific/group flying one day squads available to all clubs/counties
 - Bespoke event specific 6 week workshops available to all clubs (accessible to other clubs within the local area)