

# 4J Studios

## National Athletics Academy

Programme information



4J STUDIOS

scottishathletics



INTRODUCTION

Welcome to the **4J Studios** National Athletics Academy which has been created to assist athletes development and progression from junior success into senior performance and representation at major championships such as the Commonwealth Games 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.

CONTENTS	Page No
Domestic / International Dates	3
Important Representative Competitions	3
Academy Programme – Aims	4
Academy Programme – Roles, Outcomes & Opportunities	5
Academy Programme – Education Curriculum	6-7
Academy Programme – Competencies	8
Academy Programme – Expectations	9
<b>scottishathletics</b> Performance Pathway	10
Communication Pathway Process – Personal Coach / Athlete / Parents	11
Coach scottishathletics Contact Details	12

USEFUL DOMESTIC DATES

MONTH	EVENT
September	UK Schools Games <b>4J Studios</b> National Athletics Academy Camp
December	<b>scottishathletics</b> District Cross Country Championships SIAB Indoor CE Championship
January	<b>scottishathletics</b> Inter District Cross Country <b>scottishathletics</b> U17/Senior Indoor Championships Celtic Cross Country
February	<b>scottishathletics</b> Indoor CE Championships SSAA Indoor Championships <b>scottishathletics</b> U13/U15/U20 Indoor Championships <b>4J Studios</b> National Athletics Academy Development Day <b>scottishathletics</b> National Cross Country Championships England Athletics Age Group Indoor Championships
March	SSAA Cross Country Championships Inter Counties Cross Country Championships SIAB Cross Country English Athletics Indoor Age Group CE Championships
April	<b>scottishathletics</b> National Academy Training Camp <b>4J Studios</b> National Athletics Academy Camp
May	<b>scottishathletics</b> District Championships English Athletics U20/Senior CE Championships
June	SSAA Outdoor Championships SSAA CE Championships England Athletics U20/U23 Championships
July	SIAB T&F <b>scottishathletics</b> National CE Championships
August	England Athletics U15/U17 CE Championships <b>scottishathletics</b> U17/Senior Championships <b>scottishathletics</b> U13/U15/U20 Championships England Athletics U15/U17 Championships

IMPORTANT INTERNATIONAL COMPETITION INFORMATION

COMPETITION	DATE	COMPETITION	DATE
Commonwealth Youth Games	2021, 2025	European U18 Championships	2020, 2022, 2024 2026
European U20 Championships	2019, 2021, 2023, 2025	World U20 Championships	2020, 2022, 2024 2026
European junior Cross Country	2020, 2022, 2024 2026	World U20 Cross Country	2019, 2021, 2023, 2025

## AIMS

---

Each athlete, coach and parent team considered for the **4J Studios** National Athletics Academy is different – different athletic events, levels of performance, experience, aspirations, training age and performance potential.

The role of the Academy is to assist the athlete, coach and parent(s) in achieving their potential and to ensure the maximum benefit is gained from the programme.

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 in age group athletes required to perform to their potential 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 Academy is a programme designed to offer you the support and guidance necessary to maximise your potential. Every decision we take – 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 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 better prepared for the challenges and pressures of being a senior member of the **scottishathletics** Performance Programme and targeting medals at CWG level (and higher).

### **Each team will start their journey from a different point.**

For some, the Academy offers continued support for their already highly motivated attitudes, well-structured training programmes and current performance goals. For others it is the first introduction to the level of professionalism required to succeed in High Performance sport.

### **However...**

Wherever you begin, the goal of the 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

### ROLE CLARITY

It is clear that all parties require to work together in partnership in order to maximise the athlete's potential and realise the aim and outcomes of the programme –

however – we need to be aware of who is responsible for what and not blur these lines.

What your role is...

ATHLETE	PERSONAL COACH	PARENT(S)/CLUB	NATIONAL
To perform at your best on the day	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 to their best on the day	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
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 their best on the day	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 and beyond
- Increased representation on GB Senior teams and GB Performance Programme
- More U23 athletes on CWG team
- More medals at CWG

### OPPORTUNITIES (AS APPROPRIATE)

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

TWO YEAR ACADEMY CURRICULUM – YEAR 1

SEPTEMBER CAMP – YEAR 1		
Parents	Parent Workshop	Workshop 1 and 2
Athletes/Coaches	Physical Preparation	W1: Performance Profiling
	Physiology	W1: Health and Well Being Measures
	Performance Nutrition	W1: Awareness and Trends
	Performance Lifestyle	W1: Introduction to Performance Lifestyle
	Physiotherapy	W1: Performance Profiling
	Media	Workshop 1

FEBRUARY / MARCH DEVEVELOPMENT DAY – YEAR 1		
Athletes/Coaches and Parents	Anti Doping Education	Level 1
	Performance Lifestyle	One to One Sessions

APRIL CAMP – YEAR 1		
Parents	Parent Workshop	Workshop 3 and 4
Athletes/Coaches	Physical Preparation	W2: Performance Profiling
	Physiology	W2: Overtraining and Managaing Training Volume/Intensity
	Performance Lifestyle	W2: Planning for Your Next Transition
	Physiotherapy	W2: Performance Profiling
	Sport Psychology	W1: Sport Psychology

## TWO YEAR ACADEMY CURRICULUM – YEAR 2

### SEPTEMBER CAMP – YEAR 1

Parents	Parent Workshop	Workshop 5 and 6
Athletes/Coaches	Physical Preparation	W3: Performance Profiling
	Physiology	W3: Tapering
	Performance Nutrition	W2: General Principles into Practice
	Performance Lifestyle	W3: Embracing Change: Preparing for Your Next Major Transition
	Physiotherapy	W3: Performance Profiling
	Media	Workshop 2

### FEBRUARY / MARCH DEVELOPMENT DAY – YEAR 2

Athletes/Coaches and Parents	Anti Doping Education	Level 2
	Performance Lifestyle	One to One Sessions

### APRIL CAMP – YEAR 2

Parents	Parent Workshop	Workshop 7 and 8
Athletes/Coaches	Physical Preparation	W4: Performance Profiling
	Physiology	W4: Priming and Competition Day Prep
	Performance Lifestyle	W4: Planning for Your Next Transition
	Sport Psychology	W2: Sport Psychology
	Physiotherapy	W4: Performance Profiling



## COMPETENCES

---

The purpose of the **4J Studios** National Athletics Academy is to raise the athletes awareness of the following competencies in order to increase the likelihood of the outcomes of the programme being realised in the future:

Knowledge and development of other factors which may influence performance  
– mental skills, lifestyle choices, education.

- 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 level 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





## EXPECTATIONS

---

### Academy Point of Contact (Academy POC)

Each Athlete 'Team' will be supported in their programmes with assistance from their Academy POC. They will be your initial contact for all things related to your programme and will provide information, advice, support and direction.

### scottishathletics Development Events

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

### Attendance at such events are deemed compulsory, unless:

- The coach/athlete/parent are on British Athletics duty
- The coach/athlete/parent are ill/injured and has notified the Academy POC prior to the event
- There are exceptional circumstances that have been agreed with the Academy 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 their Academy POC/Head of Coaching Development and Talent as requested.

### Health & Well Being Log

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 Health and Well Being log to their Academy POC/Head of Coaching Development and Talent 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:

Academy POC (Chair) • Athlete • Personal Coach • Athlete's Parent/ Guardian

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

scottishathletics PERFORMANCE PATHWAY

European U18 Championships	Commonwealth Games	Commonwealth Games	Olympic Games
Commonwealth Youth Games	European Under 23 Championships	European Championships	World Championships
	World U20 Championships	European Under 23 Championships	European Championships
	European U20 Championships		Commonwealth Games



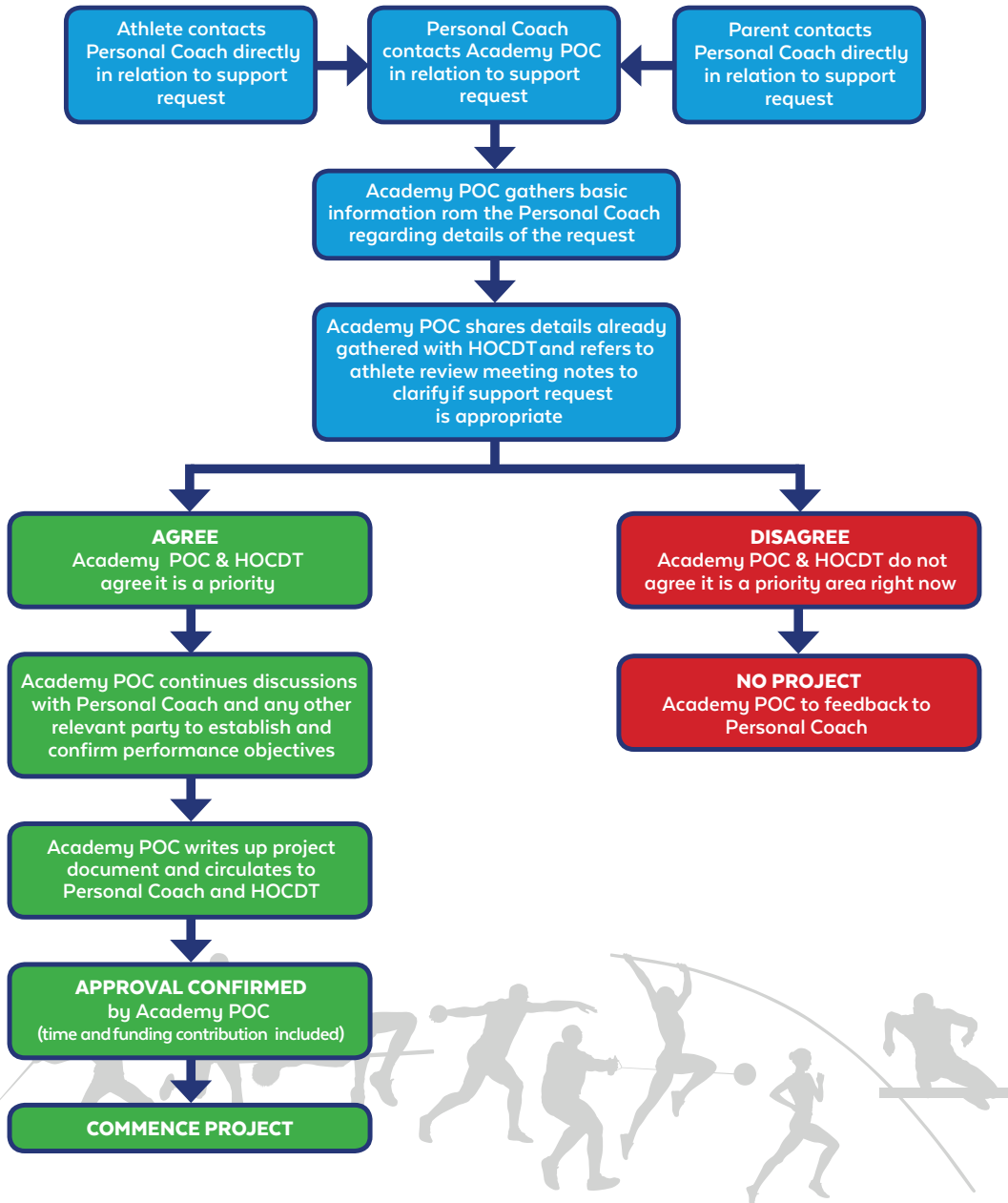
**4J Studios National Athletics Academy:** U17 - U20 athletes with the potential to meet the outcomes of the Academy programme

**Performance Foundations** - U20 to Senior athletes on a BA Performance Programme / with potential to meet the outcomes of the SA Performance Programme

**Performance Podium** - Senior athletes on a BA Performance Programme / performing at the level of SA Performance Programme outcomes



## scottishathletics COMMUNICATION PATHWAY



## scottishathletics CONTACT DETAILS

scottishathletics, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

Up to date contact information can be found on the

**scottishathletics** website:

<https://www.scottishathletics.org.uk/about/people/staff/>

The **4J Studios** National Athletics Academy is delivered in partnership with:

**sportscotland**  
the national agency for sport

