



Athletics Trust  
Scotland

# NATIONAL ATHLETICS ACADEMY 2025/26





# INTRODUCTION

The ATS National Athletics Academy 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 and beyond.

The following brochure is 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.



Athletics Trust  
Scotland



Tehillah  
Ikechukwu-Okonkwo  
Sprints



Anna Reid  
Jumps

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# AIMS

The aim of the Academy is to assist the selected athlete, coach and parent(s) 'team' 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: 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.

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 programs 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 aim 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.



# ROLES

It is clear that all parties are required 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...

<b>Athlete</b>	<b>Personal Coach</b>	<b>Parent / Club</b>	<b>National Academy POC</b>
To perform at your best on the day	To devise and lead on all aspects of the Athlete's program	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...

<b>Athlete</b>	<b>Personal Coach</b>	<b>Parent / Club</b>	<b>National Academy POC</b>
To devise and lead on the training and competition program	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 program

# OPPORTUNITIES & BENEFITS



Programme point of contact (POC) who will be responsible for supporting each 'team'.



Performance services & education – Nutrition, Psychology, Performance Lifestyles, Performance Solutions, Physical Preparation, Physiotherapy, Physiology, Media Training, Clean Sport.

Workshops & experiences to develop the skills required for senior success.

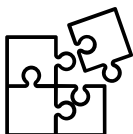


Profiling & monitoring of technical, physical, and behavioural abilities through performance services to support Performance development plan.

Physical profiling to track progress & inform planning.



Financial support towards main competition each year & practical development opportunities to support preparation and performance at key events across the season.



Coach support with individual development opportunities. Mentoring, support, and nomination for CPD opportunities to develop knowledge & skills related to the demands of talent development.



# EDUCATION

Our education curriculum is a two-year bespoke programme that is designed to provide each 'team' with the necessary knowledge and skills to support the athletes development into senior athletics.

Working with our partners at the Scottish Institute of Sport we have designed a programme which will allow access to performance support practitioners such as performance lifestyles, Psychology & Nutrition who will support each 'team' in key development areas.

## Education Areas

-  Performance Psychology
-  Performance Nutrition
-  Performance Lifestyles
-  Clean Sport
-  Female Athlete Health\*
-  Media Training
-  Welfare
-  Strength Diagnostic/Movement Screening
-  Physiology\*\*
-  Competition Planning/Selection Policy Support

\*Female athletes only

\*\* Endurance athlete only



Cara Murphy  
Para Sprints

# COACH EDUCATION & CPD

As part of the ATS National Academy we aim to support and equip coaches with the knowledge and skills to support U18 athletes in all aspects of their performance development. In addition to our education curriculum we offer academy coaches additional CPD opportunities:

Sportscotland Mentoring Course

Access & Subsidy for Event Group Qualification

1-1 Bespoke Support from Academy POC

Online Modules / Brightspace

Performance Solutions / Strength Diagnostic  
/Movement Screening Education & Support

Competition Planning & Selection Policy Support





# PROFILING & MONITORING

The ATS National Athletics Academy uses profiling and monitoring to give an overview of the individual athlete, and their current development needs. This will be done through specific physical testing and monitoring protocols along with performance development 1-1's with your academy POC.

## **Strength Diagnostic Testing / Physical Movement Screening / Physiology**

Develop event specific athlete profile to educate athlete & coach pair on the how Strength

Diagnostic/Physiology/Functional Movement Screening can but used to enhance and influence training decisions. Through early athlete monitoring we can build a picture of where the athlete currently is physically and help guide the coach/athlete pair more effectively on training considerations and support a better transition into senior performance programmes.



Kishi Aremu  
Sprints

# PROFILING & MONITORING COMPETENCIES

The purpose of the ATS 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 & development of factors which may influence performance – Psychological characteristics for developing excellence (PCDE's), mental skills, lifestyle choices, education.
- Robustness to cope with training and competition demands.
- 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 ability to take ownership and responsibility for training and performance.
- Respect for Personal Coach, Parents, scottishathletics, Officials and all appropriate support practitioners.



Holly Whittaker  
Sprints & Jumps



# PROFILING & MONITORING EXPECTATIONS

## **Academy Point of Contact (Academy POC)**

Each Athlete's Team' will be supported in the Academy with assistance from their POC. The primary remit of the POC is to support and facilitate the performance development process in conjunction with athlete and coach. Specifically to understand current areas of development and potential needs; providing specific input and support where appropriate, whilst maintaining continual dialogue and support on progress throughout the year.

## **National Academy Development Events**

There will be a number of Academy development events (for athletes, coaches and parents) throughout the calendar year and these sessions are where members of the Academy will have the opportunity to meet, learn and train together which is 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*

# PROFILING & MONITORING EXPECTATIONS

As part of our Profiling & Monitoring, there will be a performance development plan meeting every six months. Initially, this is how the POC can better understand the current athlete/coach environment and development needs. Targets and goals can then be set to ensure that the Athlete /Coaches progression can be reviewed throughout the year for monitoring purposes and to assess developments made.

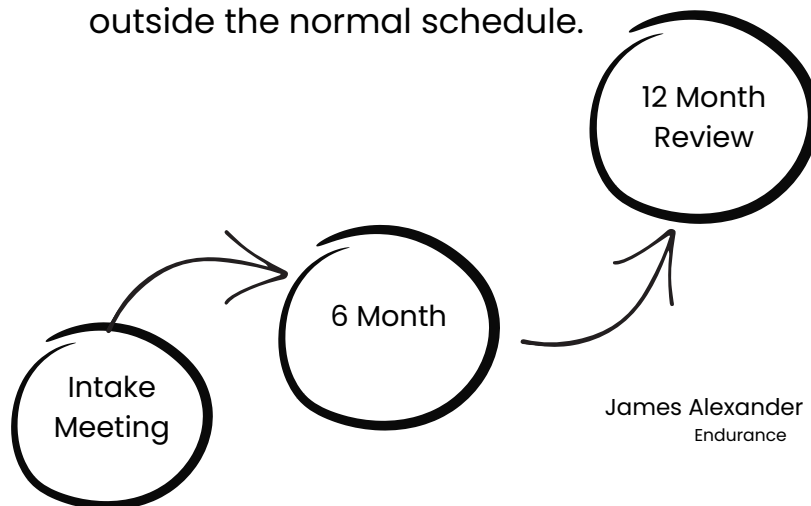
Those invited to attend these reviews will be:

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

Reviews will take place:

Intake – 6 months – 12 months (year end review) – 18 months – Graduation

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



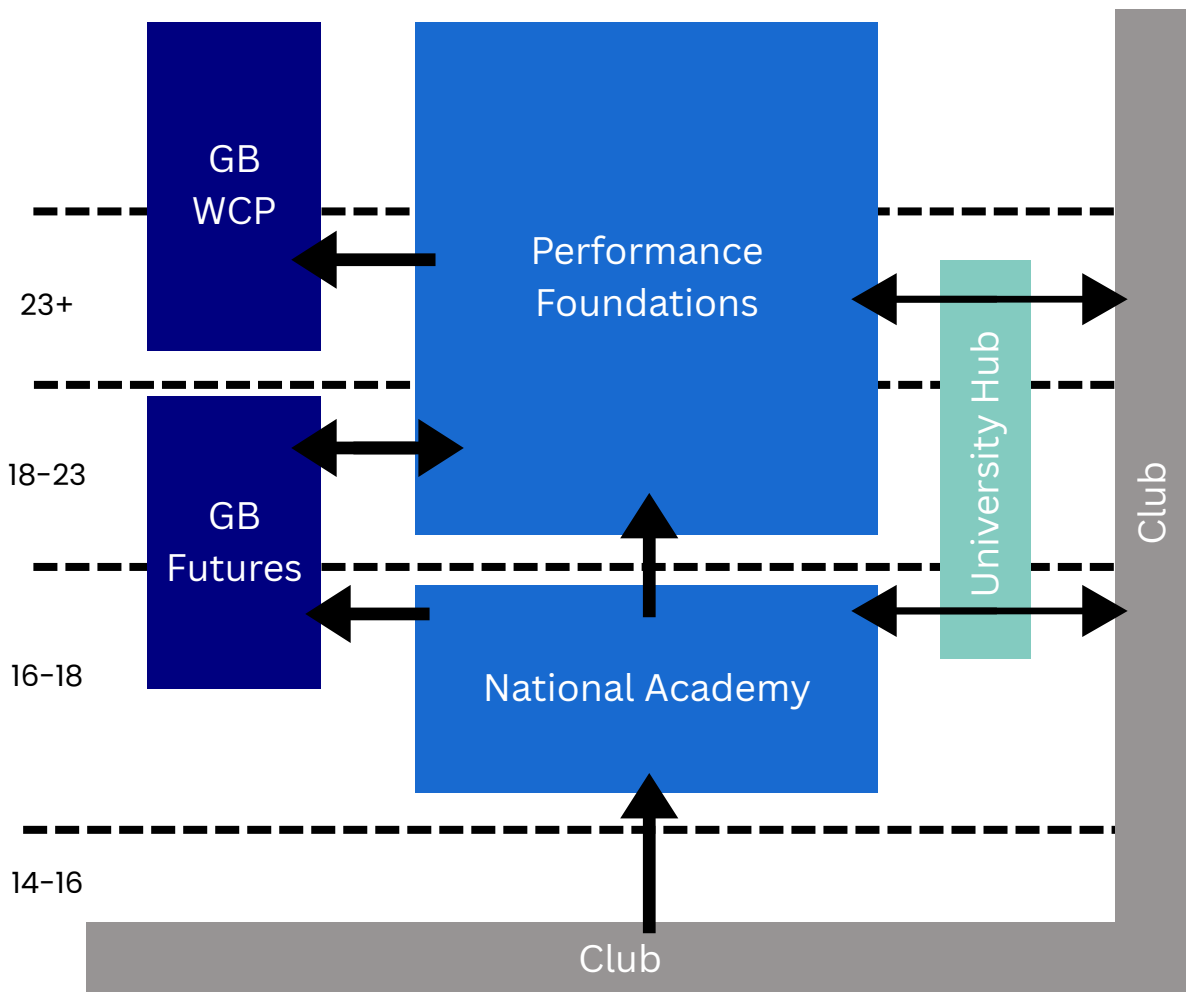
## COMMUNICATION

Academy POC's will look to have constant communication with the 'team' and will keep in touch on progress at least once every four weeks.





# SCOTTISHATHLETICS PERFORMANCE PATHWAY



The diagram above details the **scottishathletics** performance pathway and support programmes available.

More information can be found on the performance section of our website:

<https://www.scottishathletics.org.uk/athletes/performance/>

The same pathway applies to para athletes; however, it is not defined by age.

# COMPETITIONS

## Domestic Competition Opportunities

<b>MONTH</b>	<b>EVENT</b>
<b>November</b>	<b>SIAB Indoor CE Championship</b>
<b>January</b>	<b>scottishathletics U18/Senior Indoor Championships</b>
<b>February</b>	<b>scottishathletics Indoor CE Championships SSAA Indoor Championships scottishathletics U16/U20 Indoor Championships scottishathletics National Cross-Country Championships England Athletics Age Group Indoor Championships</b>
<b>March</b>	<b>SSAA Cross Country Championships scottishathletics U16/U20 Indoor Championships SIAB Cross Country English Athletics Indoor Age Group CE Championships</b>
<b>May</b>	<b>British University Championships Scottish University Championships Scottishathletics District Championships Scottishathletics National Open</b>
<b>June</b>	<b>SSAA Outdoor Championships &amp; SSAA CE Championships</b>
<b>July</b>	<b>SIAB T&amp;F scottishathletics National CE Championships scottishathletics National Para Championships England Athletics U20/U23 Championships English Athletics Senior Para Championships</b>
<b>August</b>	<b>England Athletics Age Group CE Championships scottishathletics U18/Senior Championships scottishathletics U13/U15/U20 Championships England Athletics Age Group Championships</b>

# COMPETITIONS

## International Selection Opportunities

Competition	Date
European U18 Championships	2026, 2028
Commonwealth Youth Games	2027
European U20 Championships	2025, 2027, 2029
European U20 Cross Country	2024, 2026, 2028
World Para Championships	2025, 2026, 2027
World U20 Championships	2026, 2028
World U20 Cross Country	2025, 2027, 2029



# CONTACTS



**Allan Hamilton - National Talent Manager**

*Allan.Hamilton@scottishathletics.org.uk*

+447597577915



**Allan Scott- Sprints/Hurdles**

*Allan.Scott@scottishathletics.org.uk*

+447824015392



**Pamela Robson - Para**

*Pamela.Robson@scottishathletics.org.uk*

+447827343410



**Sam O'Kane - Field & Combined Events**

*Sam.Okane@scottishathletics.org.uk*

+447743928626



**Robert Hawkins - Endurance**

*Robert.Hawkins@scottishathletics.org.uk*

+447903179875

# WELFARE

At **scottishathletics**, we are committed to creating a welcoming, safe, and supportive environment for all athletes. Everyone involved has both rights and responsibilities to help foster a positive and inclusive culture.

## **Your Rights**

Athletes have the right to take part in athletics in a safe, fun, and respectful environment where they can ask questions, be themselves, and speak up without fear of it affecting selection or participation. Parents and carers have the right to expect their child is protected and supported, to be informed of concerns, and to raise issues confidently knowing they will be listened to and taken seriously.

## **Raising and Sharing Concerns**

Safeguarding is everyone's responsibility. If you have concerns about behaviours or culture at a camp, event, or competition, please speak to the academy point of contact, coach, club welfare officer, team manager, or a member of the Scottish Athletics welfare team.

You can also report directly to UK Athletics via:

<https://www.uka.org.uk/submit-a-concern/>

(For safeguarding concerns only.)

## **Safeguarding and Coaching Standards**

Scottish Athletics operates a coach licensing system that includes PVG checks, safeguarding, and first aid training. Coaches receive a licence card valid for three years, showing their qualifications and any restrictions.

For more information please visit the Welfare section of the **scottishathletics** website

<https://www.scottishathletics.org.uk/about/welfare/>

# CLEAN SPORT

## MEDICATION



If you need to use a medication (prescribed OR over the counter) you MUST check its status on the Global DRO website [www.globaldro.com](http://www.globaldro.com) If the result on Global DRO is anything other than “Not Prohibited” visit the UKAD website for further guidance.

## TESTING



As a “pathway” athlete there is an increased likelihood that you may be selected for an “In-competition” or an “Out of Competition” drug test. You need to know the procedure and be aware of your rights and responsibilities. Watch the video on the following link to ensure that you understand the process for a urine test: <https://www.ukad.org.uk/testing-process>

## SUPPLEMENTS



You must understand that there is “NO 100% guarantee that any supplement is free from prohibited substances”. To understand the policy and how it applies to you, check out the following link: <https://www.ukad.org.uk/supplements-hub>



Matthew Power  
Para Sprints