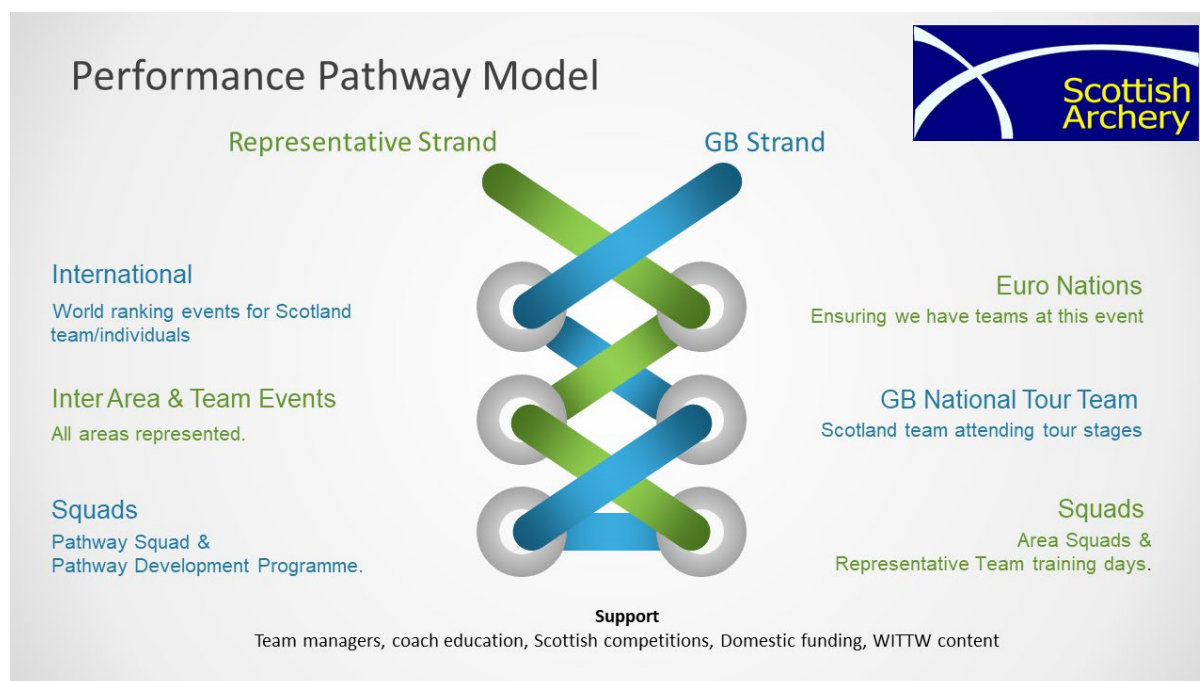


## Pathway Development Programme 2021-22

The Pathway Development Programme sits as support to our GB strand on the performance model. The aim of the Pathway Development Programme is to start to embed the performance behaviours required to progress on our GB strand. It can also act as a bridge to anyone on the representative strand that wants to progress to the GB strand.



### GB Strand Athletes

The GB strand is designed to provide athletes that have the desire and commitment to progress to GB teams with an opportunity to further develop themselves.

To be on the GB strand, athletes are expected to already be showing performance behaviours in line with our [athlete and coach expectations](#) and our [What It Takes To Win](#) model. This includes athletes taking ownership for their journey within the sport and having clear articulated goals along with a training plan and training diary to help them achieve them.

For athletes that do want to progress on the GB strand but are just at the start of that journey then this programme is for you. This programme is specifically suited to those in the Cub or Cadet age groups as well as those that are either new to the sport or want to become more performance focused. You might be on the representative strand but you are keen to progress onto the GB strand, again this programme will help with that transition.

If this isn't your focus or it isn't where you want to be, then that is ok. We have the representative strand that still allows you to represent Scotland at Home Nation and Euro Nation type events.

## **Being on the Programme**

We don't have selection criteria for this programme, all we ask is that you are working with a licensed coach or you are open to doing so. If you are keen to be a part of it and have the desire and commitment to progress then we would love for you to be a part of it.

The programme itself will help you to develop the performance behaviours required to progress onto our GB strand and hopefully ultimately onto GB teams and squads.

Content wise the programme will be delivered remotely via short group video call sessions where we will look at topics such as:

- Training Plans
- Periodisation
- Goal setting
- Training diary
- Strength & Conditioning
- Psychology
- Support from the Pathway Coaching Team

The aim of these sessions will be to give some knowledge and then encourage the athletes to go away and work on things before coming back together to reflect and compare so they can learn from each other.

We are also keen that each athlete on the programme is working with a licensed coach within their club. If someone doesn't have access to this then please let us know and we can look to pair keen athletes with coaches that are keen to support their development.

There will also be the opportunity for the coaches supporting the athletes to come together and learn from our Pathway Coaches. They can also take part in some sessions on similar topics to the athletes where there is a desire to do so.

## **Process**

After completion of the [application form](#) athletes will be invited to a welcome session for the programme.

Closing date for completing the application form is Monday 27<sup>th</sup> September at 12 noon.

## **Matters Not Covered**

Any matters arising which are not covered within these criteria shall be dealt with by the Performance Group.