



Badminton Wales Performance Programme (BWPP)

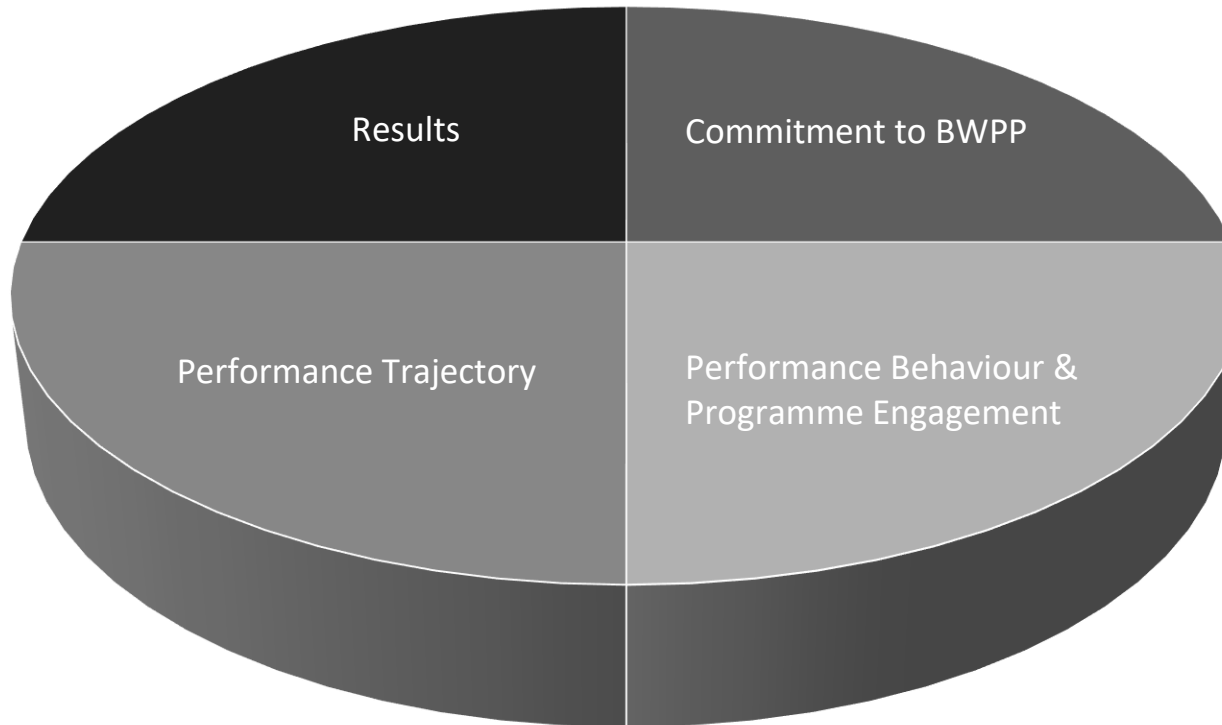
Badminton Wales Player Core Values - #TIMETORISE



Introduction

The below provides an overview of the performance standards and player progression expectations required for Badminton Wales Performance Programme inclusion. BWPP inclusion is not based on results in isolation; the 4 areas make up the criteria, which each player will be assessed against, to determine an invitation of a place on the performance programme.

The 4 performance pathway assessment criteria, identified below, are of equal importance: -



Results	Performance Trajectory	Performance Behaviour & Programme Engagement	Commitment to BWPP
<p>Guidelines have been set by the Performance Team, to indicate the standard of results necessary for players within the Performance Pathway.</p>	<p>Players will show an upward progression in performance standards and improvement in identified areas of the WITTW model.</p>	<p>Player demonstrates appropriate level of performance behaviours as identified in the WITTW model. The player must be proactive in own development, exhibit high levels of self-responsibility, demonstrate high levels of professionalism, and a positive attitude to learning, improving and being the best they can be.</p> <p>Player must fully engage with the Performance Programme (appropriate level with stage of development and pathway level). Player expected to attend all pathway sessions offered (e.g. hub sessions, performance sessions, camps, competitions and training opportunities).</p>	<p>Commitment to BWPP (Training Load & Competitive Exposure). Meeting the recommended on and off court training hours/load in accordance to Pathway level and developmental stage and progressing towards the training hours required per week to meet the demands of full-time play and appropriate quantity and quality of competitive exposure in relation to developmental stage and commitment to identified domestic competitions as identified in Player agreement (and in consultation with the Performance Coaches)</p>

(WITTW) What It Takes To Win Model

<u>Lifestyle</u>	<u>Physical</u>	<u>Psychological</u>	<u>Technical and Tactical</u>	<u>Competitions</u>	<u>Outcomes</u>
Sleep	Aerobic and anaerobic endurance	Adaptability	Consistency in strokes	Pre/during/post routine	World top 25
Diet/Nutrition	Explosive strength	Competition routine pre/during/post	Turning defence into attack	Food and drink intake pre/during/post	Commonwealth selection
Load management	Court coverage	Coping under pressure	Variety of attacking options	Sticking to game plan	GB WCPP
Support services	Muscular endurance	Strong mindset/focus to go deep into competitions	Speed changes within rally	Pre-analysis of opponent	International tournament final/wins
Prioritisation	Mobility and flexibility	Visualisation	Dominating the net exchange	Post analysis	Domestic tournament wins in age bracket at Gold* level
Training tournament schedule	Balance	To go for winners at the correct time	Set plays/following up shots	To be able to play consistently throughout a week	European junior medal
Socialising	Hand eye coordination	Resilience	Perceptual skills	Adapting to the hall and shuttles	
	Robustness		Tactically astute *		

* Playing the correct tactics for the opponent they are playing and adapting game style to suit this. Changing tactics during the match depending on situations arising in the game.

Applying the 4 Assessment Criteria Areas

When considering and applying the assessment criteria, the Review Panel will, at their sole discretion, consider a number of additional factors. This list is not exhaustive, but provides examples of some additional factors the Review Panel will consider:

1. Talent ID through Panel Review
2. Injury or illness
3. Strength and depth of opposition in any stated competition
4. Any unforeseen circumstance that adversely affects or over promotes a player's performance level

The assessment criteria applies for the previous 12 months, unless the panel choose to take into consideration any reasonable extenuating circumstances.

Review Panel

Badminton Wales' Review Panel will consist of:

- Performance Coach
- Pathway Coach
- Consultants

Assessment criteria will be reviewed on a bi-annual basis and any changes will be communicated to players and published in advance of implementation.

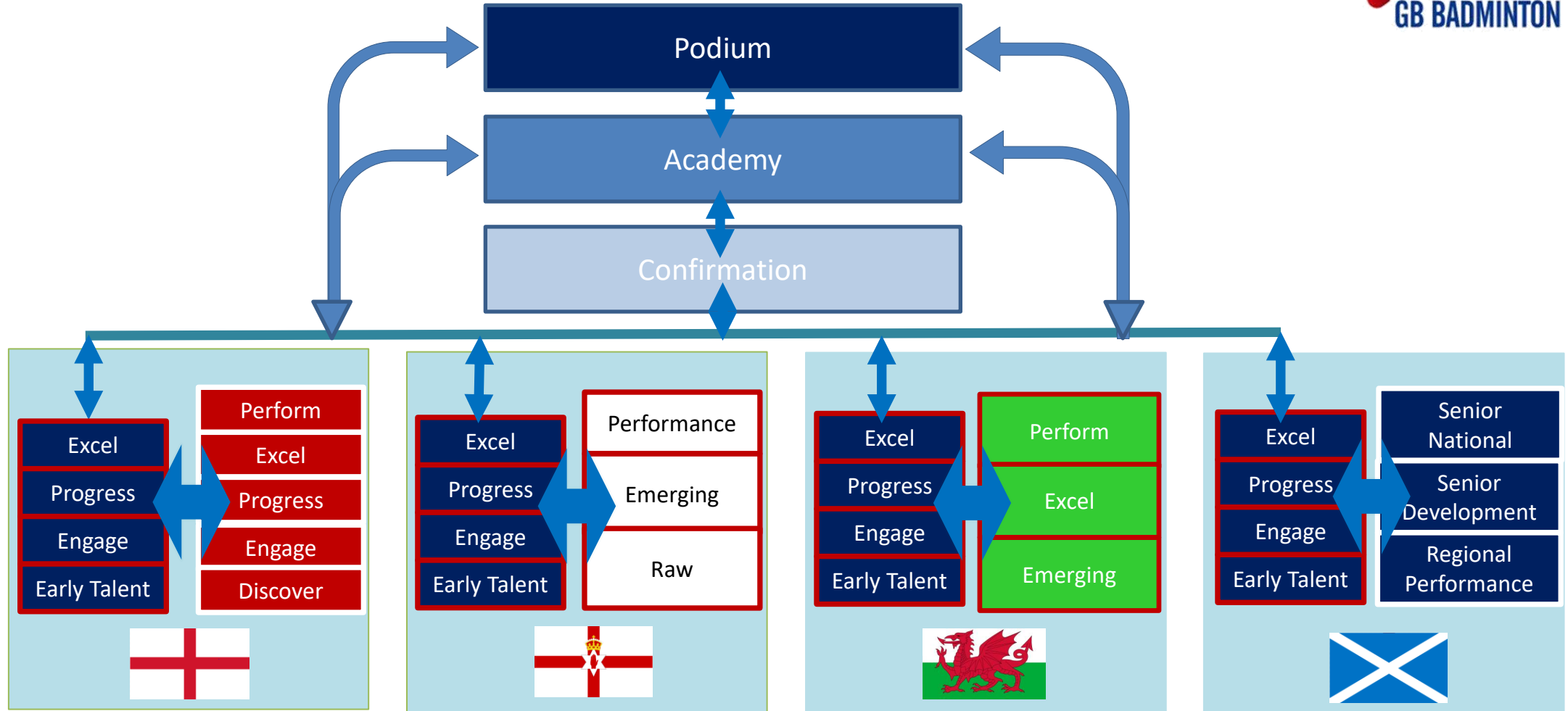
Once on the BWPP, all players will be continuously assessed against all 4 Performance Criteria area. A player meeting criteria is a trigger for a player to be considered at the next Player Review meeting against the 4 Performance Criteria.

Great Britain Performance Pathway Alignment



GB Performance

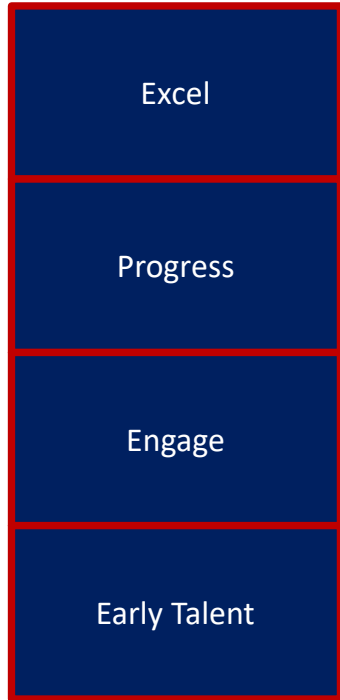
HN/GB Pathway



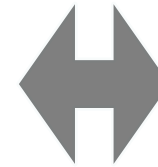
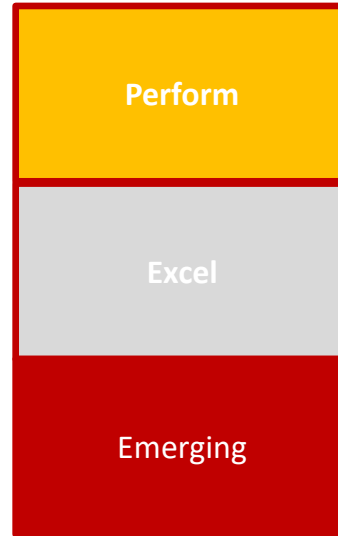
Badminton Wales Performance Pathway



GB Pathway



BW Performance Pathway



National Squads



C L U B / C O U N T Y

NATIONAL SQUADS

Senior National Squad

U17/19 National Squad

U15 National Squad

U13 National Squad

- National Squad Trials will be held every year – Nov/Dec
- Selection and Invitation into National Squad – 10 months (e.g. January – October)
- National Squad Player Agreement in place
- National Squad Camps – 1st weekend of the month (periodically)
- Information for National Squad Players will be included within the Player Handbook

Level: Progress (Talent HUB)

To embed the knowledge and principles of the Talent HUB, and National Squad Sessions, whilst moving towards the introductory, 'Emerging', level of the Performance Programme.

Age Guide: 11 – 18 years

<u>Guidelines of Results for PROGRESS:</u>	<u>Training & Competition Exposure</u>	<u>Support:</u>
<p><u>Domestic</u></p> <ul style="list-style-type: none"> • U17 Badminton England Gold - Semi-Finalist (singles, doubles, mixed) • U13 (singles) / U15 / U17 Junior Nationals - Finalist (singles, doubles, mixed) • 2x U15 Badminton England Silver - Semi-Finalist (singles) • 2x Badminton Wales Junior Gold - Wins (U13 singles, U15 singles / doubles) • 2x Badminton England U13 Bronze - Finalist (singles) 	<ul style="list-style-type: none"> • 7-10 hours on-court pw* (4 hours provided by BW) • 2-4 off-court hrs pw* • 10-12 tournaments per year • On-court includes - training technical, tactical, physical elements and matchplay. • Off-court includes - CV (eg run,bike, circuits), weights, agility, functional stability exercises 	<ul style="list-style-type: none"> • Pre-Season Goal Setting with Junior Performance Coach • Tournament Programme Guidance (Self-Funded) • Athlete development meetings with Junior Performance Coach (minimum of 2 per season) • National Age Group Training Camps prior to major events (contribution from players) • 1-2 coached sessions provided per week at Performance Hub • Fitness Testing 2 x per year • Strength and Conditioning Guidance • International Team Event (contribution from players)

Level: Sparring Player

To provide more players with access to on-court training, in a performance environment. And/or, provide an opportunity for players to transition to a Performance Programme player.

Age Guide: 18+ years

Guidelines of standard required for SPARRING PLAYERS:

- Invitation by Head Coach
- To be of a standard that benefits the performance players.
- Turn up to training with a good positive attitude.
- To be able to hand and racket feed.
- Full commitment to the training is essential.
- Must turn up on time and be ready to go for when the coach is ready to start the session.

Support

- Access to training sessions at a heavily reduced cost.
- Coaching from the performance coach.
- To be part of a structured training week.
- Help with improvement of their own game.
- Opportunities for match play which would help their tournament preparation.

Level: Emerging

To embed the knowledge and principles of the performance pathway for elite players. To progress elite player development & performances towards the 'Excel' level of the Performance Programme. Doubles results will be considered for established partnerships, not stand-alone results.

<u>Guidelines of Results for EMERGING:</u>	<u>Para</u>
<p><u>International</u></p> <ul style="list-style-type: none">• U17/U19 European Championships Individual - Last 16• U17 International Sanctioned BEC – Quarter Finalist• Senior Future series – Quarter finalist• U15 International Sanctioned BEC – Semi Finalist <p><u>Domestic</u></p> <ul style="list-style-type: none">• Players U19 and younger, who reach the finals of Badminton Wales Senior Nationals• Badminton England Senior Silver - Semi Finalist• U19 Badminton England Gold Event – Semi Finalist• U17 Badminton England Gold* Event - Semi Finalist• U15 Badminton England Gold* Event – Semi Finalist• Anyone achieving Gold* for U17 and below status a year early in age group	<p><u>International</u></p> <ul style="list-style-type: none">• Entry into Level 2 internationals• Top 50 in the world• Wins over top 30 ranked players <p><u>Domestic</u></p> <ul style="list-style-type: none">• UK – Semi Final• Ranked in the top 5 in Para Classification

Level: Excel

To accelerate elite player development & performances towards the 'Perform' level of the Performance Programme. Doubles results will be considered for established partnerships, not stand-alone results.

<u>Guidelines of Results for EXCEL:</u>	<u>Para</u>
<p><u>International</u></p> <ul style="list-style-type: none">• U15 U17 International Sanctioned BEC – Final• Junior International Sanctioned BEC – Semi-Final• Senior Future Series – Semi Finalist (S) Finalist (D)• International Series – Quarter Finalist (S) Semi Finalist (D)• U15 European Championship - Medal• U17 / U19 European Championships Individual – Quarter Finals <p><u>Domestic</u></p> <ul style="list-style-type: none">• (Players under 19) Badminton England Senior Gold – Semi Finals• U17 Gold* - Win• U15 Gold* - Win Badminton England U19 Gold – Win	<p><u>International</u></p> <ul style="list-style-type: none">• Level 2 Quarter final• Top 25 in World ranking• Wins over top 20 ranked players <p><u>Domestic</u></p> <ul style="list-style-type: none">• UK Final

Level: Perform

To prepare players for International Tournaments, Major Events and potential transition to GB Pathway.

<u>Guidelines of Results for PERFORM:</u>	<u>Para</u>
<u>International</u> <ul style="list-style-type: none">• U15 U17 International Sanctioned BEC – Win• Junior International Sanctioned BEC – Win• U15 U17 European Championships – Final• Junior European Championships – Medal• European Championship – Last 16• Senior International Future Series – Finals (S) Win (D)• Senior International Series – Semi Final (S) Final (D)• Senior International Challenge – Semi Final (S) Semi Final (D)	<u>International</u> <ul style="list-style-type: none">• Level 2 – Final• Level 1 – Semi Final• European championships – Final• World championships – Quarter Final• Top 15 in the World• Wins over top 10 ranked players <u>Domestic</u> <ul style="list-style-type: none">• UK champion

Performance Pathway – Programme Overview

EMERGING, EXCEL & PERFORM:

- A centralised part-time programme, based at SWNC
- Mon-Thur (2 nights) accommodation (B&B) provided for players who are aged 18+, who live 30+ miles away from SWNC
- 14hrs per week of on-court sessions, delivered by Senior Performance Coach, and supported by Consultant Coaches
- Weekly Prehab/Rehab – Body Solve
- Individualised S&C Support – Jack Sanders
- Fitness Testing – 3-4 per year
- Sport Psychology Support
- Weekly Video/Performance Analysis, with Performance Coach
- Additional Workshops to be scheduled (e.g. Nutrition, Career / Further Education Advice etc.)
- Funding:

EMERGING
Badminton Wales to
release funding to
support up to 3
tournaments.
Tournament plan agreed
by player & Coach.

EXCEL
Badminton Wales to
release funding to
support up to 4
tournaments.
Tournament plan agreed
by player & Coach.

PERFORM
Badminton Wales to
release funding to
support up to 5
tournaments.
Tournament plan agreed
by player & Coach.

Level: GB Performance Pathway

Performance Level	Timescales	Performance Measures	Performance characteristics	Comments
Future medal winning standards	Remain at this level whilst delivering against the performance measures	<ol style="list-style-type: none"> 1. Previous success Medal at Olympic Games 2. Medal at World Championships 3. Medal at World Tour 500/750/1000 Events 4. Top 4 in World Rankings 5. Gold Medal at European Individual and/or European Individual and/or Commonwealth Games (Individual) 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting
Podium	4 years to achieve medal winning standards	<ol style="list-style-type: none"> 1. QF at Olympic Games 2. QF at World Championships 3. QF at World Tour 500/750/1000 4. Top 8 in WR 5. Medal at European Individual and/or European Individual and/or Commonwealth Games (Individual) 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting 5. Required to achieve medal winning standards within 4 years
Academy	4-6 Years	<ol style="list-style-type: none"> 1. Last 16 at World Championships 2. QF at Commonwealth Games (Individual) 3. QF at European Individual Championships 4. QF at European Games 5. Last 16 at World Tour 750/1000 6. QF at World Tour 300/500 7. Medal at World Tour 100 8. Gold medal at European Circuit IC Event 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting 5. Required to achieve Podium criteria within 4 to 6 years.
Confirmation	Up to 2 years to achieve Academy criteria	<ol style="list-style-type: none"> 1. Medal at World Junior Championships 2. Last 16 at World Tour 300/500 3. Final at International Challenge (Doubles) 4. Medal at International Challenge (Singles) 5. Gold medal at International Series (Doubles) 6. Final at International Series (Singles) 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Only one criteria required but achievement does not guarantee inclusion 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting 5. Required to achieve Podium criteria within 4 to 6 years.