



# Badminton Wales Pathway Support

July 2019

# Introduction

The Badminton Wales Pathway tiers have Levels of Support for each stage of Badminton Wales Performance Pathway.

Alongside the Performance environment, Players are encouraged to be a member of a club.

The support is tiered and is aligned to the level of performance the player sits within.

Support will be reviewed on a quarterly basis and any changes will be published in advance of implementation.

# Badminton Wales Performance Pathway



# Level: Progress

To embed the knowledge and principles of the performance pathway whilst moving towards the 'Emerging!' level of the Performance Programme. Age Guide – under 17

## **PROGRESS: National Age Groups & Regional Academy Support**

- Pre-Season Goal Setting with RA Coach
- Tournament Programme Guidance (Self Funded)
- Athlete development meetings with Regional Academy Coach (minimum of 2 per season)
- National Age Group Training Camps prior to major events (contribution from players)
- 2 coached sessions provided per week at Regional Academy
- Fitness Testing 2 x per year
- Strength and Conditioning Guidance
- International Team Event (contribution from players)

# Level: Emerging

To embed the knowledge and principles of the performance pathway whilst moving towards the 'National' level of the Performance Programme. Age Guide – 16 years +

## **EMERGING: High Performance Centre Support**

- Pre-Season Goal Setting
- Tournament Programme Guidance
- Athlete development meetings with Senior Performance Coach (minimum of 2 per season)
- Invitational National Squad Camps for sparring and training opportunities (1 per month)
- 2 coached sessions provided per week at SWNC with the Senior Squad
- Fitness Testing 2-4 x per year
- Strength and Conditioning Programme
- Workshops
- International Team Events (contribution from players)
- Introduction to Self-Monitoring

# Level: National

To accelerate player development and performances towards the 'International' level of the Performance Programme.  
Age guide – 19 years +

## **NATIONAL: Senior National Squad Support**

- Pre-Season Goal Setting
- Tournament Guidance (Self Funded)
- Athlete development meetings with Senior Performance Coach & Player Manager (minimum of 2 per season)
- National Squad Camps for sparring and training opportunities – domestic and/or international (1 per month)
- 2 coached sessions provided per week at SWNC
- Fitness Testing 2-4 x per year
- Strength and Conditioning Coaching and Programme (for selected players)
- Workshops
- International Team Events (contribution from players)

# Level: International

To prepare players for potential 2022 Commonwealth Games selection, and potential transition to Badminton Wales 'Excelling' Level of the Performance Programme

## **INTERNATIONAL: Project 22 Support**

- Pre-Season Goal Setting
- Agreed International Tournament Programme (contribution from player)
- Athlete development meetings with Senior Performance Coach & Player Manager (minimum of 2 per season)
- National Squad Camps for sparring and training opportunities – domestic and/or international (1 per month)
- 2 coached sessions provided per week at SWNC
- Fitness Testing 2-4 x per year
- Strength and Conditioning Coaching and Programme
- Nutritional Guidance
- International Team Events funded by Badminton Wales
- Workshops

# Level: Excelling

1. Players must meet a minimum of one criterion from section A & one from section B to be considered by the Review Panel
2. Achievement of criteria does not guarantee a position in this level of Badminton Wales Performance Programme, but triggers a meeting with the Review Panel

## **EXCELLING: Transition to GB PERFORMANCE Standard Support**

- Pre-Season Goal Setting
- Agreed International Tournament Programme
- Athlete Development Meetings with Senior Performance Coach & Player Manager to support progression to GB Performance
- Integrated training with the Badminton Wales Performance Pathway
- Sparring Camps and training opportunities (Domestic & International)
- Fitness Testing 2-4 x per year
- Individualised Strength and Conditioning programme
- Nutritional Guidance
- International Team Events funded by Badminton Wales
- Workshops



# Level: GB World Performance

GB WORLD PERFORMANCE



Players Supported by UK Sport

- Medal Support Plan
- Aspiration Funding