

**Badminton Wales
Sport Wales National Centre
Sophia Gardens
Cardiff
CF11 9SW**

Regional Academy

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Title: CEO

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Entry to PROGRESS level of the BWPP

The PROGRESS tier of the pyramid is the first level of the Badminton Wales Performance Pathway and the entrance into a more focused Performance environment. The PROGRESS level is the entrance into the Badminton Wales Regional Academy Centre which provides talented Welsh Athletes a more focused environment in which the BWF qualified Badminton Performance Coaching Team are able to nurture and develop the athletes as they improve, with the aim to progress through to the Emerging Tier.

Badminton Wales Performance Pathway



Regional Academies provide the pathway into Welsh Senior High-Performance training, GB talent pathway and International play.

Identification and entry to Regional Academy?

For any player to gain selection into Badminton Wales Regional Academies, they should be recommended by a Lead Club Coach or an accredited Satellite Centre coach who will submit information relating to the history of the player's badminton profile.

Selection into the Regional Academy will be dependent on a number of points

- player reach set criteria performance standards as set out in the BWPP
- players results are consistent
- players complete a basic fitness test and an on-court trial.

PROGRESS: National Age Groups & Regional Academy Review Criteria

Age Guide – 13 year – 17 years

- 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)

Achievement of criteria does not guarantee entrance to the Regional Academy but triggers a meeting with the Review Panel. Entry into the Progress Level of the Pathway will also require certain technical, physical and lifestyle characteristics: -

- Commitment to their own long-term development.
- Provide evidence of learning potential – Attitude on court to difficult training sessions.
- Have a high level of physical conditioning.
- Have a flexibility in grip usage i.e. readily change grips depending on the stroke being played.
- Compete in a strong tournament schedule which is already in place;
- Have a proficiency in technical aspects of movement including, but not limited to, split step, lunges, scissors jumps, block jumps.
- Evidence of keeping accurate training diaries.

Applying the Criteria

When considering and applying the 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 the opposition in any stated competition
4. Any unforeseen circumstance that adversely affects or over promotes a player's performance level

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

Review Panel

Badminton Wales' Review Panel will consist of:

- CEO
- Senior Performance Coach
- Junior Performance Coach
- Regional Academy Coach(es)
- Consultants

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

The review panel meet twice per year (December and June) to discuss the application of identified players.

Should a player not be selected into the RA, they will be given specific reasons as to the decision and what future development they will need to trigger another review.

Trial duration is at the discretion of the Regional Academy Performance Coach.

Regional Academy Support

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)

All players are expected to supplement this with other badminton including junior club play, county squads and/or individual coaching. They are also expected to support all relevant BW events and have a comprehensive Badminton England tournament schedule, giving a total of, at least, 8 tournaments per year. Commitment and long-term developmental potential are two key qualities of players in the Regional Academy. Players entering the RA should have a proven comprehensive tournament background already evident. All players will sign a Player Agreement upon selection into Regional Academy which sets out the commitment needed.

Regional Academies location

There are currently three Regional Academies in Wales:

RA	Venue	Location	Coach	Contact
Central	SWNC	Cardiff	Donal O'Halloran	donal.ohalloran@badminton.wales
North	Mold	Mold	Dan Font	dan.font@badminton.wales
West	Camarthen LC	Carmarthen	Huw John	huw.john@badminton.wales

What is the next step from Regional Academy?

On becoming a Regional Academy player all players will be continually monitored regarding their on-court technical skills and physical development. Player standards and expectancy will be closely aligned to the GB talent pathway enabling our coaching team to effectively plan by using historical GB benchmarking data to measure players progress. The Regional Academy structure will target the development of each player to the highest standards to enable them to reach their maximum potential, with the aim to represent Wales at Senior level, reaching standards and becoming part of the Emerging, National, International, Excelling and World Performance Tiers of the Pathway. Continuation from Regional Academy to High Performance will be criteria driven, and coaches will guide players and parents through these stages of transition by offering support in all areas of performance.

It is important to note that a player in the RA is not guaranteed entry into the HP programme.

Age range of a Regional Academy?

The general age profile of a RA player is between 13-17 years of age. The performance pathway will aim to be ability driven by using age as a point of reference regarding monitoring and results. However, there will always be exceptions. These exceptional players will be reviewed on an individual basis and will fall just outside of the general guidance age of entry (11-12). Players under the age of 11 will not be considered for entry into the Regional Academy, this is to try and minimise the stress younger children may be subjected to in their attempt to “keep up with” the older children. Long term player welfare will always be the over-riding concern for the Regional Academy.

Older players can get invited but will need to match the entry criteria for their age group. Recruiting talented players with potential at this age will enable them to receive support and development over a prolonged period, which will increase their chances of progressing to the highest level. The introduction of these newly formed tiers aims to encourage our players to remain an integral part of their Club/Satellite Centre. Once a player is established within the Regional Academy, they can expect to remain there until their ability and progress dictates to them being recommended to High Performance. As a general guide, players between 16-18 should be targeting the High-Performance pathway. They may still be attached to the Regional Academy during a transition period to senior level. Players reaching 18 years of age should have surpassed Regional Academy levels and be part of the HPC.

Commitment to Regional Academy

Any player can leave the RA voluntarily at any time.

To remain in the RA, players must show a continual badminton development throughout their time at the RA. Tournaments and physical conditioning will be monitored regularly, and results subjected to analysis.

Players will have a formal yearly review, in which all aspects of their performance will be discussed. Not only will results be taken into account, so will aspects such as attendance, attitude, lifestyle management etc all of which will help the RA coach to make a decision as to their continued attendance. Should a player fail to reach the required standards they will be given a period of time in which to develop further from specific feedback supplied by the coach. Failure to develop may lead to the player being taken out of RA.

The BWPP is there so that players may progress onto the next levels of the Performance pathway. Such players may get promoted to the High-Performance programme, in which their training can be supplemented with attendance at RA sessions. Players that do not reach the HP programme can continue to be part of the RA until they reach their 18th birthday and become adults and are no longer of RA age.

Any personal/physical abuse directed at the RA coach by either the player or parent/guardian will remove the player from the RA with immediate effect.

Players and parents must sign a “code of conduct” to which they must adhere throughout their time at the RA.

Players must ensure BW membership is up to date and all relevant fees are paid in full by the beginning of the season (September), failure to do so will result in Players being excluded from RA sessions until the matter is settled.

All players must show complete respect for the game, coaches, fellow players, officials and anyone associated with the game. Any disciplinary complaints will be dealt with via the BW Disciplinary Procedures and may result in a player being excluded from the RA.

Theoretical Principles guiding the RA age and performance categorisations.

Frequently there are discussions regarding when is the “best time” to focus on performance. Often, the perception is that players should get in, as early as possible, to a Performance environment (at younger ages of 7-9), as it increases the likelihood of those players excelling in the future. Evidence for this is scarce and indeed early specialisation is seen as a key indicator of early burnout.

While there are many models for the long-term development of an elite athlete, BW follows the model developed by Istvan Balyi (1997) which breaks down the stages of learning into fluid developmental learning timescales.

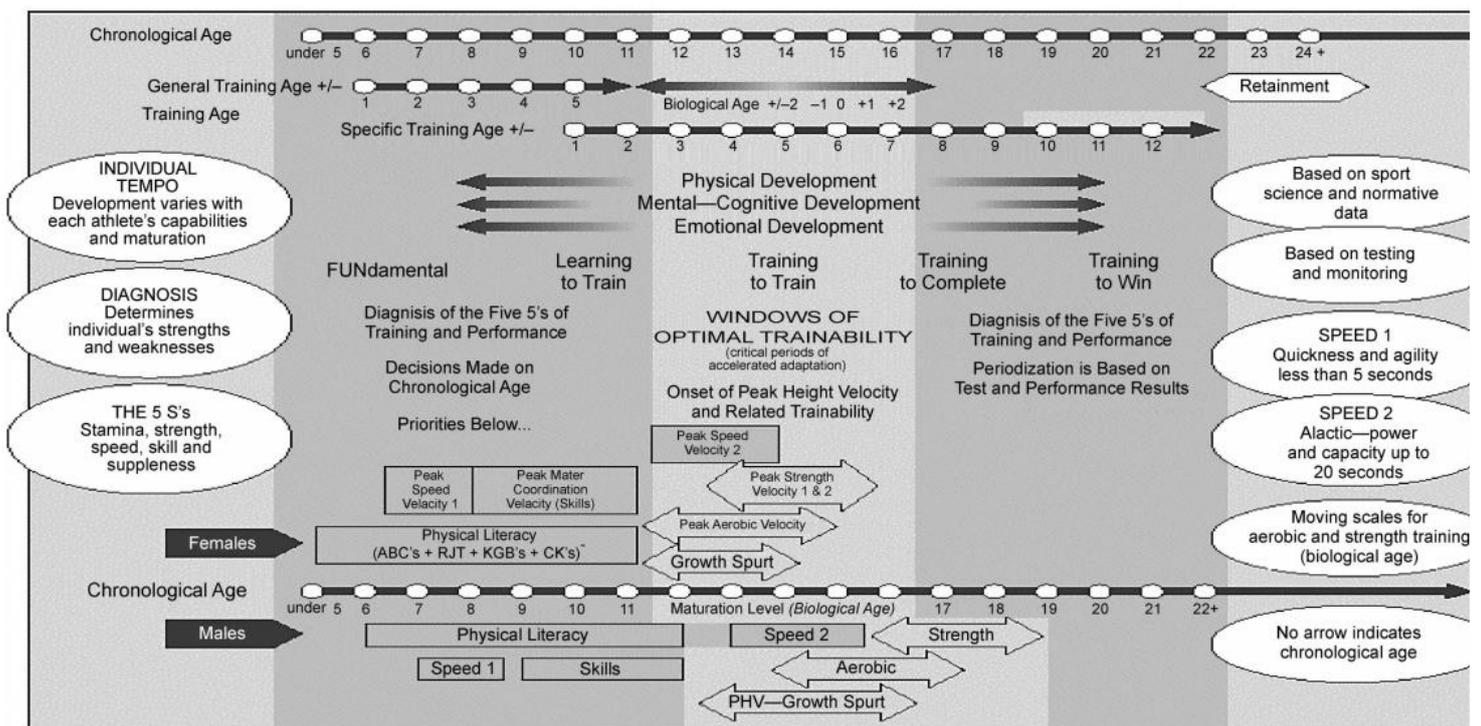


Figure 1. Adaptation to training and optimal trainability (adapted from Balyi & Way, 2002; in Balyi & Hamilton, 2004).

Secondary models from which S+C programmes are prepared include the YPD models

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES																				
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD						ADOLESCENCE						ADULTHOOD				
GROWTH RATE	RAPID GROWTH			STEADY GROWTH						ADOLESCENT SPURT			DECLINE IN GROWTH RATE							
MATURATIONAL STATUS	YEARS PRE-PHV									PHV			YEARS POST-PHV							
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)									COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)										
PHYSICAL QUALITIES	FMS	FMS	FMS	FMS						FMS										
	SSS	SSS	SSS	SSS						SSS										
	Mobility	Mobility						Mobility												
	Agility	Agility						Agility			Agility									
	Speed	Speed						Speed			Speed									
	Power	Power						Power			Power									
	Strength	Strength						Strength			Strength									
		Hypertrophy									Hypertrophy			Hypertrophy						Hypertrophy
Endurance & MC	Endurance & MC						Endurance & MC			Endurance & MC										
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE						MODERATE STRUCTURE			HIGH STRUCTURE			VERY HIGH STRUCTURE				

Figure 1

The YPD model for males. Font size refers to importance; light blue boxes refer to preadolescent periods of adaptation, dark blue boxes refer to adolescent periods of adaptation. FMS = fundamental movement skills; MC = metabolic conditioning; PHV = peak height velocity; SSS = sport-specific skills; YPD = youth physical development.

Source

The Youth Physical Development Model: A New Approach to Long-Term Athletic Development

Strength & Conditioning Journal34(3):61-72, June 2012.

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																				
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD						ADOLESCENCE						ADULTHOOD				
GROWTH RATE	RAPID GROWTH			STEADY GROWTH						ADOLESCENT SPURT			DECLINE IN GROWTH RATE							
MATURATIONAL STATUS	YEARS PRE-PHV									PHV			YEARS POST-PHV							
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)									COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)										
PHYSICAL QUALITIES	FMS	FMS	FMS	FMS						FMS										
	SSS	SSS	SSS	SSS						SSS										
	Mobility	Mobility						Mobility												
	Agility	Agility						Agility			Agility									
	Speed	Speed						Speed			Speed									
	Power	Power						Power			Power									
	Strength	Strength						Strength			Strength									
		Hypertrophy									Hypertrophy			Hypertrophy						Hypertrophy
Endurance & MC	Endurance & MC						Endurance & MC			Endurance & MC										
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE						MODERATE STRUCTURE			HIGH STRUCTURE			VERY HIGH STRUCTURE				

Figure 2

The YPD model for females. Font size refers to importance; light pink boxes refer to preadolescent periods of adaptation, dark pink boxes refer to adolescent periods of adaptation. FMS = fundamental movement skills; MC = metabolic conditioning; PHV = peak height velocity; SSS = sport-specific skills; YPD = youth physical development.

Source

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In Summary

Badminton Wales are committed to the development of our elite athletes but we have a higher priority of general player welfare. Young players should not be pushed too early in to a Performance environment and entry to RA is 13 and while there will always be exceptions to rules it is important to recognise that child welfare is the number 1 priority for BW.

The Regional Academy is only one aspect of BW's Participation to Performance Vision. There is no expectation that every young player *should* be part of a RA. Those players who do, however, will be significantly challenged in all aspects of their game. The focus of the Academies is not on "winning at all costs" at underage level, but at technical development, with the eventual goal of creating elite adult athletes who can compete at the highest level.



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