



WELSH ATHLETICS
ATHLETAU CYMRU

NATIONAL DEVELOPMENT PROGRAMME



INSPIRE

A NATION

OF CHAMPIONS WHO
INSPIRE THE NEXT



GENERATION



WELSH ATHLETICS
ATHLETAU CYMRU

7 YEARS | 6 GOALS | 1 VISION | 1 SPORT

WHAT IS THE NATIONAL DEVELOPMENT PROGRAMME (NDP)?

The Regional and National Programmes are part of an initiative by Welsh Athletics to support talented athletes and their coaches across Wales.

Programme Aims:

- To support talented athletes for a smooth transition from Junior to Senior level
- To support implementing the right training at the right time
- To promote lifestyle advice to support athlete training
- To maximise retention in the U17-23 age groups
- To facilitate collaborative working and sharing of ideas amongst coaches

Our National Development Programme is led by our four discipline group based National Talent Development Coordinators with the support of their respective regional coordinators.

WHO IS THE PROGRAMME FOR?

Athletes must be in the upper U17 and first 2 years of the U20 age groups (or school years 11-13) to be eligible for selection on to the relevant NDP.

We recognise at Welsh Athletics that development is not always linear. Athletes who enter the National development programme will be allowed a 2-year grace period once invited onto the programme.

WHAT DOES ENTRY ONTO THE NATIONAL DEVELOPMENT PROGRAMME MEAN FOR AN ATHLETE?

An athlete who is on the National development Programme will receive the following benefits:

1. An invitation for both Athlete and coach to attend 3 National Development camps/days a year between September and April. These camps will be supported by Sport Wales professionals e.g. Dietician, Strength and Conditioning Coach.
2. Performance marker tracking by the National Talent Development Coordinator – monitoring of competition performance and lifestyle (nutrition, psychology) and physical preparation markers.
3. Individual Action Plans to work on with personal coaches.

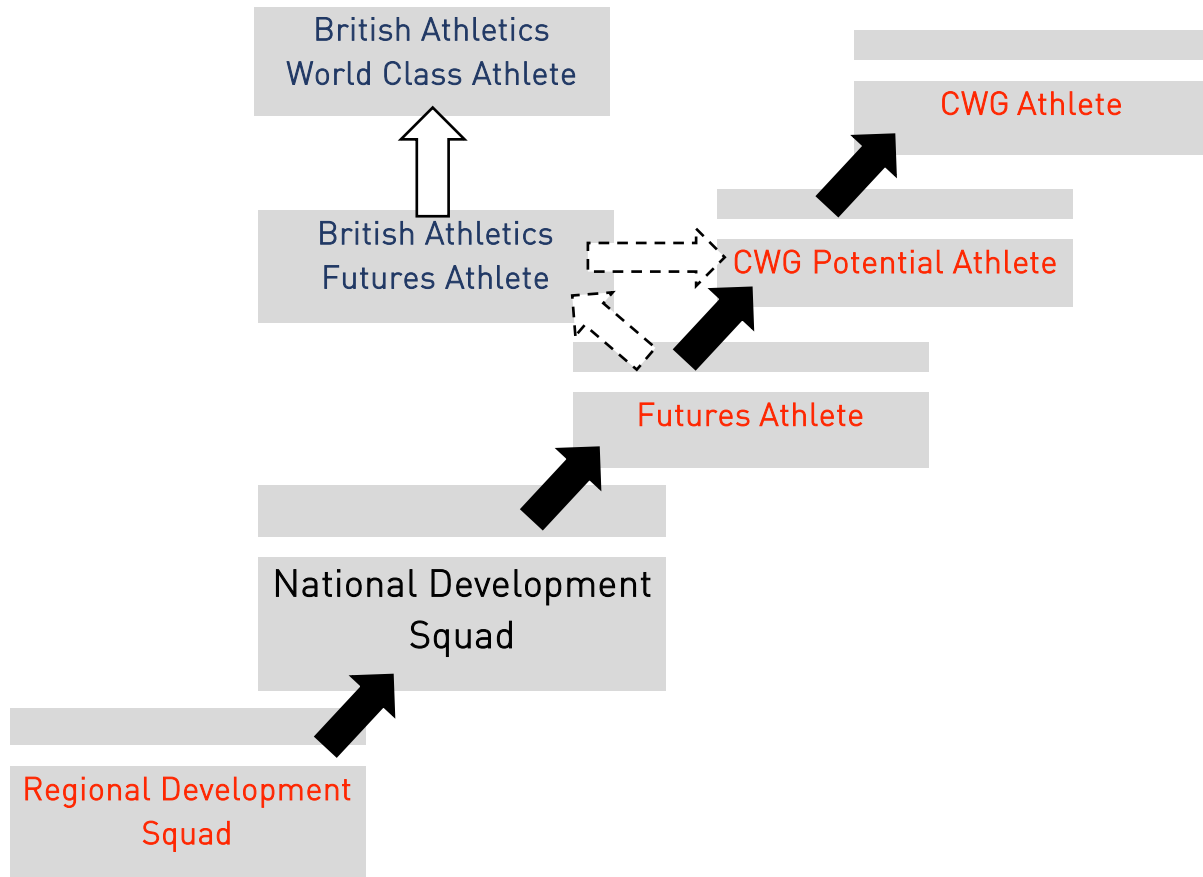
WHAT ARE THE BENEFITS TO COACHES OF THE NATIONAL PROGRAMME?

Coaches of athletes on the National Programme will receive the following:

1. Support to attend Continuing Professional Development Opportunities as agreed with the National Talent Development Coordinator and the Coach development Coordinator.
2. Meetings with the National Talent Development Coordinator to discuss individual athlete progress.

WHERE NEXT?


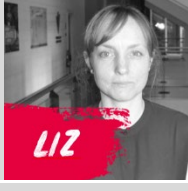

The ambition is for athletes coming through the NDP to transition into the Commonwealth Games Support Programme or a British Athletics Programme. The levels, and how they link together, are shown below:



- More information is available via the 'Development & Performance' section of our website www.welshathletics.org



Who to contact?

Sprints & Relays  MATT	Matt Elias	Matt.elias@welshathletics.org 07500 557984
Jumps & Combined Events  FYN	Fyn Corcoran	Fyn.corcoran@welshathletics.org
Endurance  LIZ	Liz Davies	Liz.davies@welshathletics.org 07864 613639
Throws  RYAN	Ryan Spencer-Jones	Ryan.spencer-jones@welshathletics.org 07864 613652
Programme Manager  ADRIAN	Adrian Palmer	Adrian.palmer@welshathletics.org 07896 513584
National Coach  CHRIS	Chris Jones	Chris.jones@welshathletics.org 07864 970566
Coach Development Coordinator  ZOE	Zoe Brown	Zoe.brown@welshathletics.org 07548 160018