



WELSH ATHLETICS
ATHLETAU CYMRU

National Development Programme

Athlete Application Pack

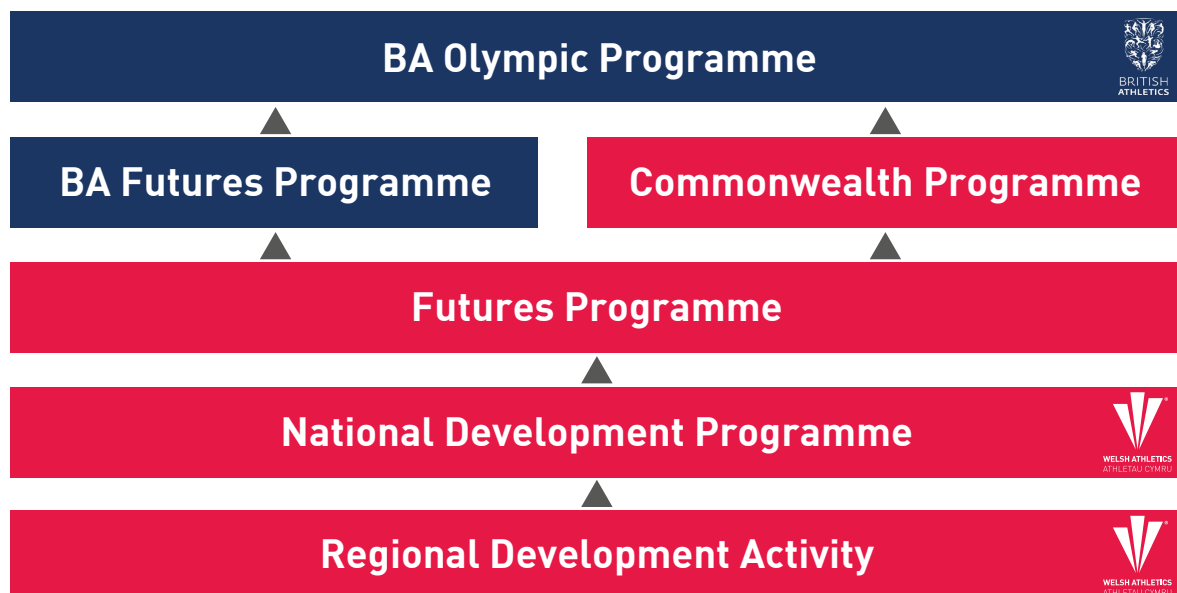
HIGHER
LONGER
FASTER



Overview

To support the long-term progression of developing athletes in our Sport, Welsh Athletics believes it is not only essential to address the technical and physical development of our young athletes, but also support them to thrive during a time where physical maturation, psychological and social pressures can result in them making the decision to leave the sport.

The National Development Programme is the 2nd step along the performance development pathway and focuses on the top performing young athletes aged between 16-19 across Wales. The programme is underpinned by an Athlete competency framework and follows a 2-year curriculum which aims to provide athletes and their coaches with the necessary skills, knowledge and behaviours to continue their progression in the sport of Athletics.



Aims and Objectives

- To facilitate the smooth transfer of talented junior athletes to the senior ranks
- To provide a structured programme that addresses the physical skills, performance behaviours and mental attributes of Welsh athletes
- To support coaches of talented athletes to create excellence in the daily training environments
- To increase the number of Welsh Athletics athletes at the England Athletics Championships and on U20 Great Britain teams



What are the benefits to the athlete/coach pair of being on the National Development Programme (NDP)?

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

- An invitation for both Athlete and Coach to attend a 2-day camp and a NDP day
- Physical and performance behaviour profiling with practitioners and Welsh Athletics Staff
- Individual Action Plans to work on with personal coaches
- Access to online virtual sessions focusing on Technical, performance behaviours, lifestyle and mental skills
- Meetings with the National Talent Development Coordinator to discuss individual athlete progress.
- A NDP group competition opportunity at a high standard domestic competition

What are the expectations of athletes and coaches who are part of the National Development Programme?

- Athletes and coaches on the programme must uphold fair and professional behaviour at all times
- Attendance at the online induction session, the NDP Camp and NDP day are mandatory (please discuss with your National Talent Development Coordinator - NTDC if you are unable to attend)
- Athletes and coaches must be prepared to keep action plans up to date and feedback to the NTDC and practitioners on their progress
- Athletes to aspire to compete at the Welsh Junior Championships and the England Athletics age group championships

Key Dates National Development Programme 2022-2023

August 2022	Activity
Monday 29th	NDP applications open
October 2022	Activity
Monday 3rd	NDP applications close
Wednesday 5th	Selection for NDP takes place and athletes informed
Wednesday 19th - 6:30pm -7:30pm	Virtual Induction session – All athletes
Saturday 29th and Sunday 30th	NDP 2-day camp Cardiff
November 2022	Activity
Exact date TBC	Virtual session - University Choices and taking the next steps
December 2022	Activity
Exact date TBC	Event group specific session
January 2023	Activity
Exact date TBC	Virtual Session - Performance Nutrition
March 2023	Activity
Saturday 18th	NDP Day – Swansea

National Development Programme Staff 2022-2023

Fyn Corcoran	National Talent Development Coordinator (Jumps and Combined Events)
Steve Mitchell	National Talent Development Coordinator (endurance)
Ryan Spencer Jones	National Talent Development Coordinator (Throws)
Rhys Williams	National Talent Development Coordinator (Speed)
Neil Taylor	Para Athletics Pathway Officer
Dan Nash	Physiologist
Ollie Wilding	Physiotherapist
Lucy Marland	Performance Nutrition
Zoe Brown	Coach Development Coordinator

How do I gain entry onto the National Development Programme?

Athletes must be in the upper U17 and U20 age groups (or school years 11-14) to be eligible for selection on to the National Development Programme.

You must have achieved the performance standard for your group in the 2022/2023 season to be accepted onto the National Development Programme.

If you have achieved a performance standard, then please fill out the **application form** outlining why you want to be part of the National Development Programme and how the programme will support you as an athlete and coach. A link to the application form can be found on page 9.



Credit GlennSports Photography

2022-2023 Performance Standards

Event	Minimum standard Female		Minimum standard Male	
	U17	U20	U17	U20
100	12.30	12.10	11.10	10.95
200	25.20	24.80	22.60	21.90
400	41.10 (300m)	57.60	51.00	49.40
800	2.16	2:15	1.58	1:54
1500	4:43	4:39	4:06	3:57
3000	10.30	10:24	9:05	8:42
5000	-	18.00*	-	15.15*
1500 S/C	5:14	5.10	4:40	-
2000 S/C	-	-	-	6:11
3K walk	15.15	-	13.30	-
5K walk	-	25.30	-	21.40
100/110mH	-	14.50	-	14.80
3ft3/2ft6	11.75 (80mH)		13.75	
400mH		64.50	57.50	56.00
300mH	45.50			
Long jump	5.40	5.60	6.50	6.80
Triple Jump	11.1	11.30	13.2	14.0
High Jump	1.60	1.67	1.85	1.95
Pole Vault	3.30	3.45	4.20	4.40
Shot Putt	-	12.50	-	-
6kg/3kg	12.50	-	-	13.75
5kg	-	-	13.00	-
Discus	33.00	36.00	-	-
1.75kg	-	-		43.00
1.5kg	-	-	41.00	-
Hammer	-	45.00	-	-
6kg/3kg	47.00	-	-	47.50
5kg	-	-	45.00	-
Javelin	-	42.00		42.00
700g/500g	39.00	-	39.00	-
Combined Events	4200	4500	4500 (Ocathalon)	5800 (Decathalon)
Para Athletics	Disabled Athletes will need their application to be endorsed by the Para Athletics Pathway Officer and the DSW Performance Pathway Team			

*Road times will be considered but only in licensed road competitions (Parkrun times will not be accepted). Athletes will also be considered for the programme if they have achieved a top 25 finish at the Liverpool Cross Challenge and/or the British Inter-counties cross country race or a top 3 placing at the British Mountain Running Championships. **NB. Performance standards are reviewed on an annual basis**

Applications

Applications for the National Development Programme close at... **5pm on Monday October 3rd 2022.**

To apply for the NDP please check your performances against the standards above and fill out the NDP application form.

Download the NDP form

If you have any questions about the National Development Programme content or you require support with your application please contact your individual event leads:

Steve Mitchell (Endurance)	steve.mitchell@welshathletics.org
Fyn Corcoran (Jumps and Combined Events)	fyn.corcoran@welshathletics.org
Ryan Spencer-Jones (Throws)	ryan.spencer-jones@welshathletics.org
Rhys Williams (Speed)	rhys.williams@welshathletics.org

Welsh Athletics

National Development Programme Athlete Application Pack





WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics Ltd

Cardiff International Sports Campus
Leckwith Road, Cardiff CF11 7AZ

029 2064 4870

www.welshathletics.org

office@welshathletics.org

Athletau Cymru Cyf

Campws Chwaraeon Rhyngwladol Caerdydd
Ffordd Leckwith, Caerdydd CF11 7AZ

© Copyright Welsh Athletics

Reproduction of any part of this document or works herein are forbidden without the express permission.