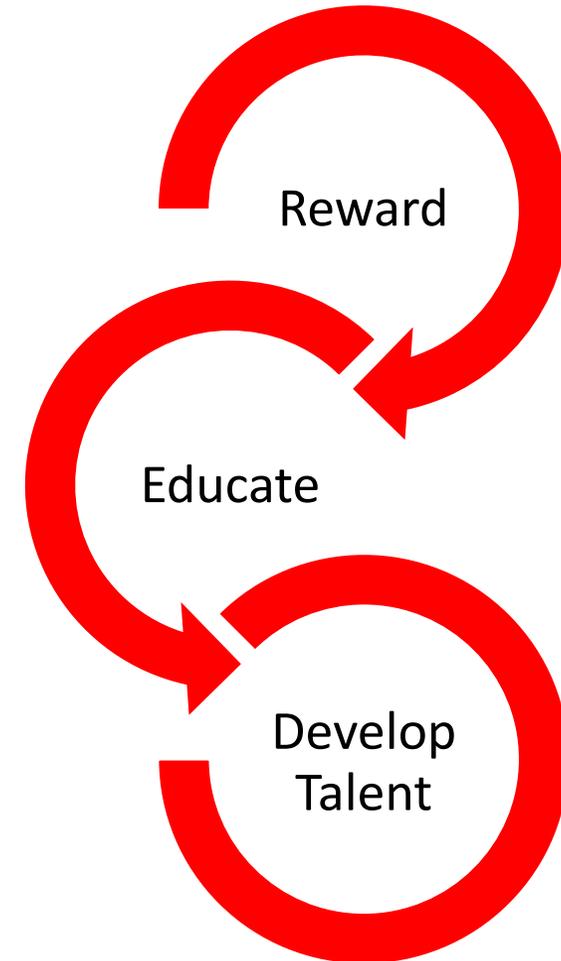
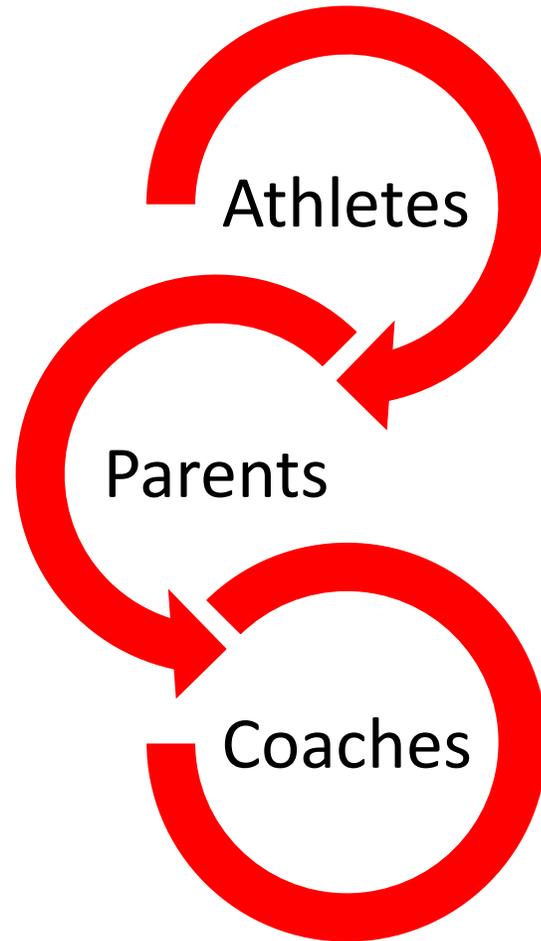




**England Athletics Youth Talent
Programme
2025 to 2027**

Welcome and Congratulations



The YTP Team



Alan Richardson
EA Talent Pathway
Manager



Phoebe White
Talent Pathways
Administrator



Tom Boardman
Loughborough
College, DiSE
Programme Manager



Steph Tirrell
Loughborough
College, Elite Sport
Manager

Talent Hub Key Staff



Andi Drake
Leeds Beckett



Femi Akinsanya
Loughborough



Andy Paul
Birmingham



Craig Winrow
St Marys



WHAT DO WE STAND FOR?

In delivering the strategy the following values will be adopted:

FUN

We want people to get excited about our sport, in a safe environment and enjoy it.

INSPIRATION

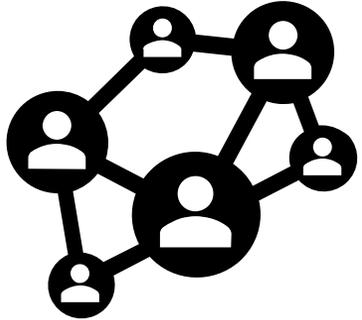
We want people in our sport to be inspired and have the ambition to succeed at whatever level.

INTEGRITY

We want people to be respected and treated fairly in our sport that prides itself on transparency.

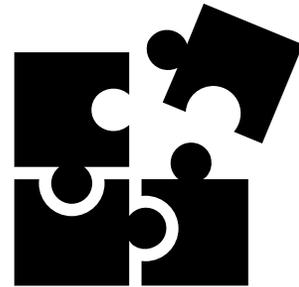
INCLUSIVITY

We want people to feel welcome and valued in our sport.



SUPPORT

To add value to the athlete and coach plan and help develop a broad range of skills, abilities and behaviours needed for senior success.



EMPOWER

Athlete understand the holistic development principles to help transition into a successful senior athlete and also for a career outside of athletics



TRANSITION

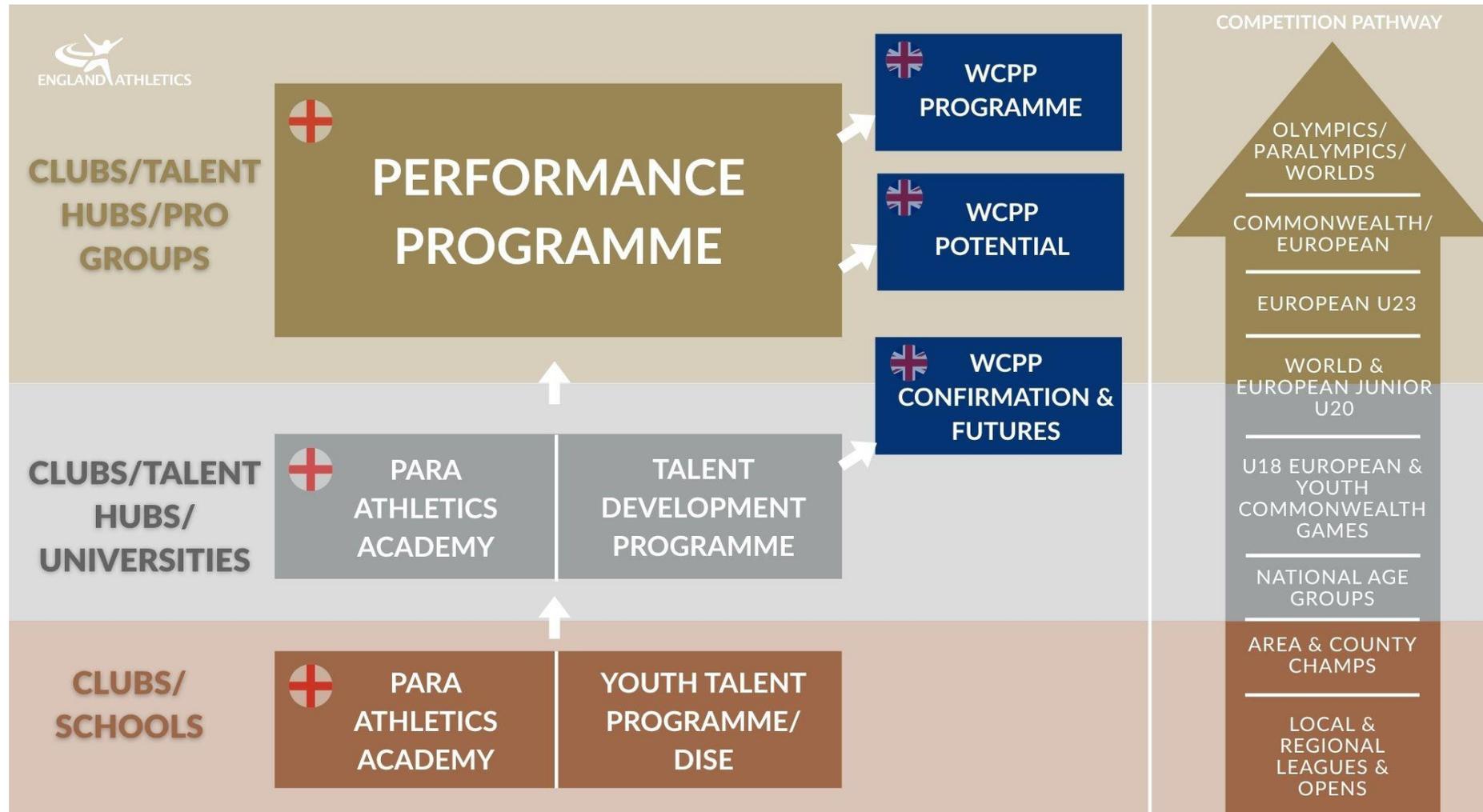
On to the next stage in the Olympic, Commonwealth, club pathway and/or transitioning through university or into work



RETENTION

Reach maximum potential for all, retention in the sport with enjoyment and experience of Athlete and coaches at the core.

England Talent Pathway



Talent Hubs



ENGLAND ATHLETICS

TALENT HUB LOCATIONS

- Leeds Beckett University
- Loughborough University
- University of Birmingham
- St Mary's University, Twickenham

In partnership with:

 **LME** LONDON MARATHON EVENTS

 **SPORT ENGLAND**

 **tass**



Progression Through the Pathway?



Q - As you transition through the pathway (in either direction) what challenges could you face?

Considerations for Pathway progression??

- Engagement in and completion of the YTP
- Performance Standard reached
- Environment





Year 1

Sep 25

YTP Online

- Microsoft Teams meeting

Assignment

- Enrolment & induction

Catch-up

- Enrolment
- Ice breakers

Phase 1 - Oct/Dec 25

Catch up 1 (Nov 25)

- Individual athlete plan
- Professional discussions:
 - Health & Safety 1

Mar 25

YTP Camp 3

Sunday 22nd March 2026

- Eating for success
- Athlete mindset
- Health & Safety 2

Phase 2 - Jan/Mar 26

Catch up 2 (Mar 26)

- Professional discussions:
 - Clean sport
 - Injuries
 - The talent pathway
 - Safeguarding

Phase 3 - Mar/May 26

Catch-up 3

- Individual athlete plan
- Professional discussions:
 - Dual career
 - Managing money
 - Being organised 1

Jun 26

RESUBMISSIONS & CATCH UP TO BE COMPLETED BEFORE SUMMER

Thursday 13th Nov 25 (7pm)
S&C online session - what is S&C and how this supports training.

Thursday 15th Jan 26 (7pm)
Structuring training sessions with S&C.

Tuesday 21st April 26 (7pm)
Effective communication within S&C and how this can transfer to the technical sessions.

Year 2

Sep 26

YTP Online

- Microsoft Teams meeting

Catch up 4 (Sep 26)

- Professional discussions:
 - Health & Safety 2
 - Being organised 2

Phase 4 - Oct/Dec 26

Catch up 5

- Dealing with the media
- Mental health

Jan/Mar 27

Catch up 5

March 2027

- Individual athlete plan
- Professional discussion:
 - Communications

Mar 27

YTP Camp 6

March 2027

- Eating for success
- Athlete mindset

Mar/May 27

Catch up 6

May 2027

- Professional discussions
- Resubmissions

EXIT INTERVIEWS

Congratulations

CONGRATULATIONS

You have completed your DiSE programme

Technical, tactical & physical

YTP Coaches

Physical prep curriculum

Work based assessment

DiSE modules delivered

7 days across 18 months

National Days

What do these days include?

Non-contact Days

What do these days include?

Physical prep curriculum

Work based assessment

DiSE modules delivered

7 days across 18 months

Diploma in Sporting Excellence



- Pearson Level 3 Diploma in Sporting Excellence (DiSE).
- Two-year programme (Oct 25 – May 27 est.)
- Front loaded
- Assessment via coursework, practical assessment and professional discussions.
- Experience assessors throughout elite sport.
- 64 UCAS points.
- Assessments/work submitted via. Microsoft Teams.
- Units focusing on developing a dual-career pathways for athletes.

Units include:

Safeguarding

Injuries

Clean sport

The talent pathway

Social media

Health & safety

Managing money

Developing my dual-career

Eating for success

Athlete mindset

Being organised

Dealing with the media

Mental health

Diploma in Sporting Excellence

- Specialist 1-2-1 reviews with industry experts.
 - Sam Barrows – Nutrition
 - Tom Evans – Psychology
- A fantastic opportunity to work with qualified, industry recognised specialists in their field.
- Required to complete two units – Eating for Success and Athlete Mindset.
- Scheduled in around your own timetables.
- Failure to attend your review without a justifiable reason – you risk forfeiting your review.
- You'll meet Sam and Tom this camp.



SPECIALIST REVIEWS



You will have access to two specialist reviews throughout your first year on DiSE. These will help broaden your understanding of both nutrition and psychology, how they can influence/impact your athlete journey and help you to complete your units.

Meet the specialists



About me...
6 years of working in elite sport, supporting a number of athletes across a wide range of different sports.

Career highlight?
Promotion to the Championship with Derby



Fun fact
I'm running the London Marathon in 2026



Expectations when we have our call:
Bring the best version of yourself, come with questions and engage in the process!

Sam Barrows - Nutritionist
sam.barrows@loughcoll.ac.uk



About me...
I'm a Chartered Sport and Exercise Scientist specialising in Sport Psychology, with over a decade of working in a variety of Sports supporting athletes navigate the ups and downs that come with being in Elite Sports.

Career highlight?
Completing my MSc in Sport Psychology, and then obtaining BASES Accreditation alongside working full time.

Fun fact
I have a border collie that chases aeroplanes



Expectations when we have our call:
Be open and honest in the details you provide, these are 1-1s to help support you and providing the most accurate information gives me the best opportunity to do this.

Thomas Evans - Psychologist
thomas.evans@loughcoll.ac.uk

Specialist review process

You will be put into waves by Tom & Sam where you will need to book a review with them at a time selected by yourself.

You will complete your eating for success and athlete mindset units, utilising the expertise of the specialists who will help you apply skills into your practice

If you are going to miss your review please let them know so you aren't wasting their time, there will be an opportunity for you to re-book your review **once**.

 **Loughborough**
COLLEGE

If you miss your review without communicating with the specialists **you will lose your review**. You are still required to complete the assignments even without a review



1. Conduct yourself in a manner that always portrays you, your fellow athletes, coaches, England Athletics, and the sport of Athletics in a positive light, and never act in any way that could bring you or the sport into disrepute.
2. Refrain from inappropriate behaviour which would reflect badly on the sport and/or could prevent you from maintaining the highest levels of performance
3. Act as an ambassador for the 'the Programme'
4. Commit to developing a positive relationship with your Programme Point of Contact and communicate in a timely and effective manner
5. Share and continually review your Individual Athlete Plan ("IAP") with your Programme Point of Contact
6. Complete any surveys and feedback requested by your point of contact or programme administrators
7. The individual shall be deemed to have made him/herself familiar with, and hereby agrees to be bound by the Anti-doping Rules of UK Athletics and to submit to the authority of UK Anti-Doping and any other appropriate body in the application and enforcement of those Rules.
8. The individual agrees to cooperate fully with any World Anti-Doping Code compliant anti-doping investigations or proceedings, whether conducted by UK Anti-Doping or any other competent body.

Behaviors and Expectations



The YTP is designed to build and develop understanding of next stage of pathway

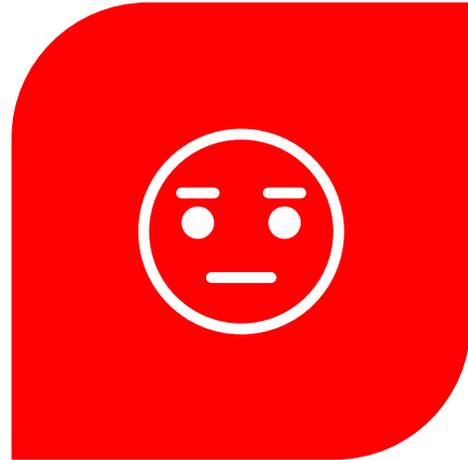
- International Teams – England and Great Britain
- Training Camps with both England Athletics and British Athletics

This Camp

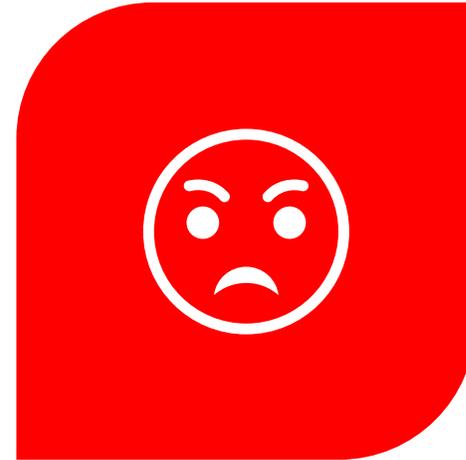
- YTP Top's in the hotel
- Not leaving the hotel
- Curfew – 10.30- rooms and lights out
- Own rooms only or communal areas
 - No Alcohol
 - Nut Free camp
- Remember the Clocks go back overnight!



What behaviours show these values
in your day-to-day training?



CAN YOU THINK OF 2
POSITIVE BEHAVIOURS?

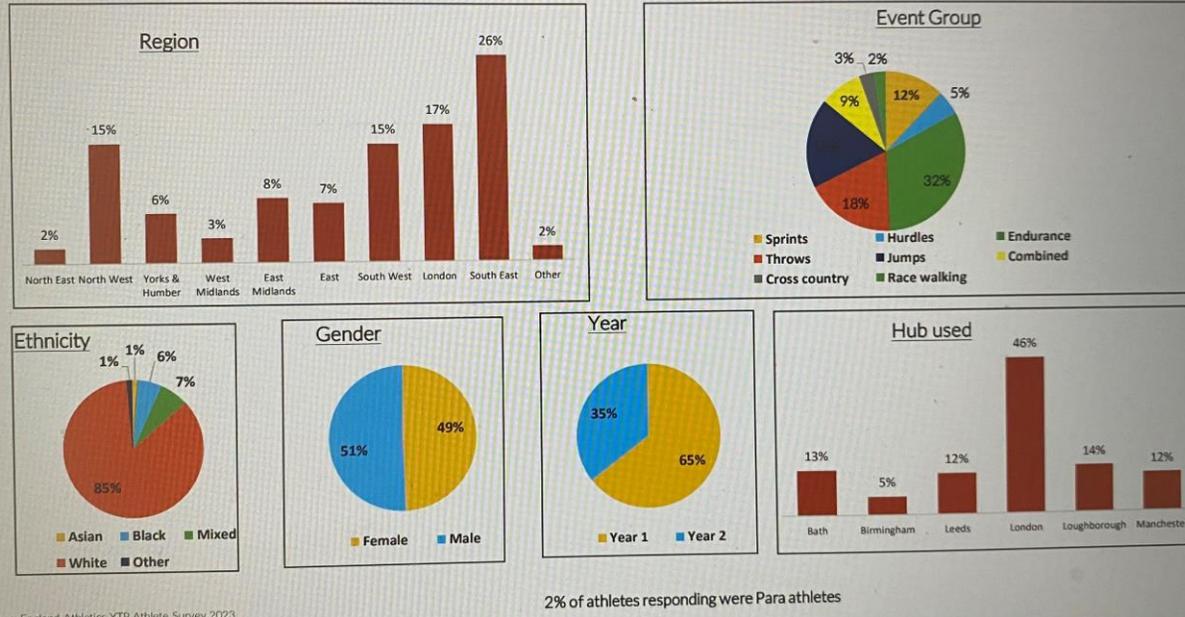


CAN YOU THINK OF 2
NEGATIVE BEHAVIOURS?

How can I feedback on the programme?



Profile of those completing survey: athletes



We want to hear from you!

- Surveys
- Speak to the team
- Take part in the Exeter University Study

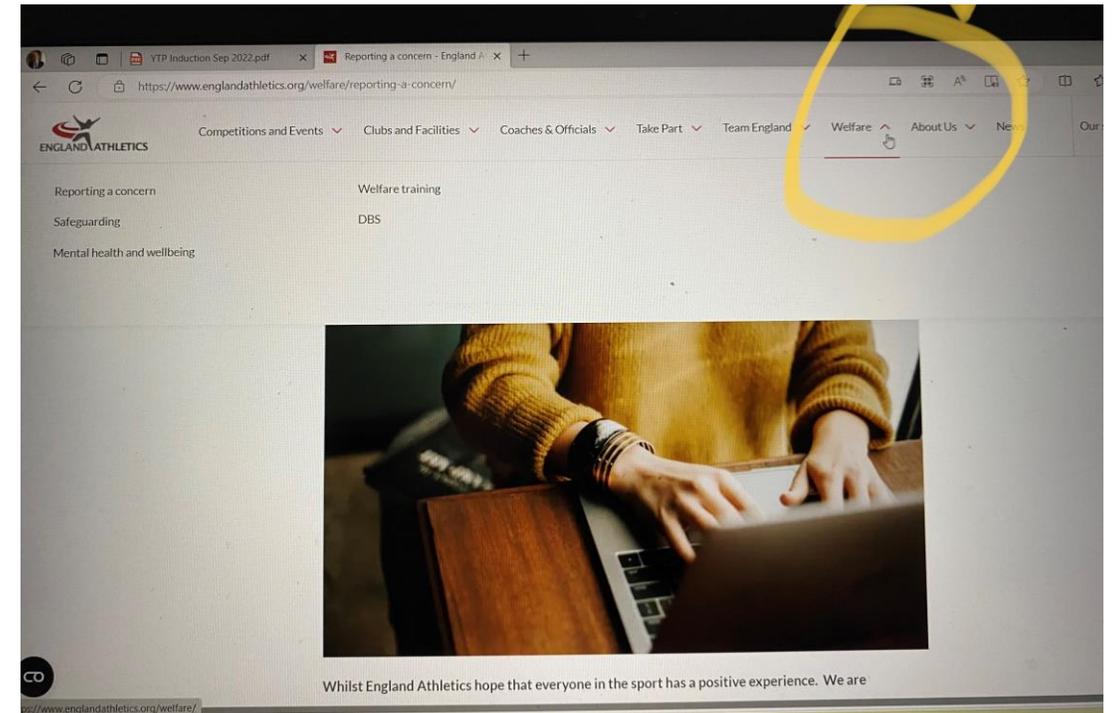
Experience, expectations and advocacy: athlete summary





YTP – Safeguarding within the YTP

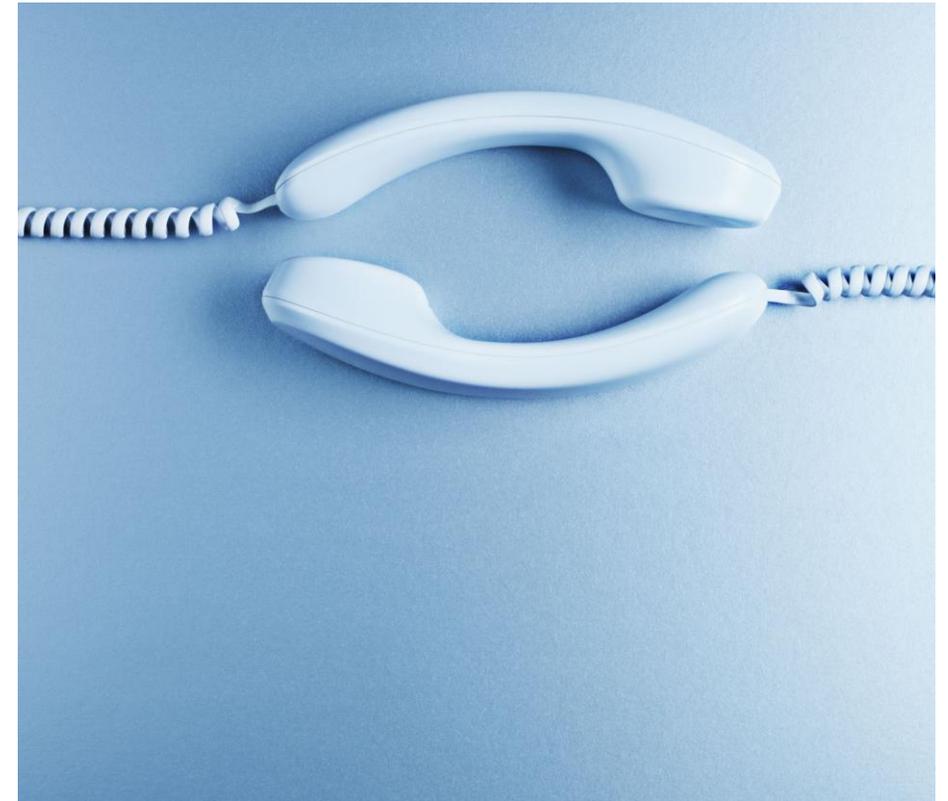
- What to do if I have a concern?
- [Www.englandathletics.org](http://www.englandathletics.org)
- [Reporting a concern - England Athletics](#)



Safeguarding



- Loughborough College has a dedicated Safeguarding Phone which provides support and advice to both learners and staff.
- If you have any safeguarding or mental health concerns, please contact us on; **07979737474**
- The safeguarding phone is in operation and will be answered Monday – Friday: 08.30 – 17:00 (up to 9pm on Tuesday/ Wednesday/Thursday).
- We have a Mental First Aid team who are available to call or text for mental health support between 8:30am – 4:30pm every day. The MHFA team can be contacted on **07483 956434**.
- Students can self-refer via the student dashboard/their tutors for a confidential 1:1 support.
- The college works with two counsellors who offer confidential meetings.



The Athlete and the IAP

- Take ownership of between athlete and personal coach
 - Should have started now
 - Completed IAP 1 by December date and submit with your assessor
 - Use the YTP coach as a resource, ask questions, bounce ideas and develop off your feedback
 - It will be re-visited for discussion every camp
 - Complete agreed actions from the IAP
-
- **Its your route map for your journey from YTP to senior international that will build in depth at each stage of the pathway**



www.shutterstock.com · 163129529

Individual Athlete Plan



Reflective score: <x>/5

Reflective score in relation to athlete's performance targets.

Individual Athlete Plan

Technical/Tactical

Relating to technical model/framework and competency to use appropriate competition tactics.

Strength(s):

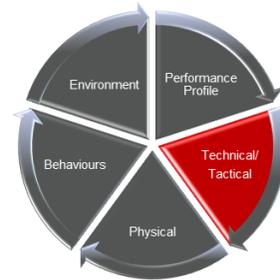
- *Insert text here*
- *Insert text here*

Specific Target(s)/areas of improvement:

- *Insert text here*
- *Insert text here*

Key action(s):

- *Insert text here*
- *Insert text here*



Reflective score: <x>/5

Reflective score in relation to athlete's performance targets.

Individual Athlete Plan

Behaviours Psychology

Relating to the athlete's attitude, application and ownership of their individual development and performance.

Strength(s):

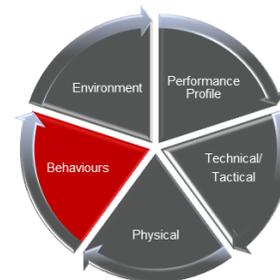
- *Insert text here*
- *Insert text here*

Specific Target(s)/areas of improvement:

- *Insert text here*
- *Insert text here*

Key action(s):

- *Insert text here*
- *Insert text here*



	PCDEs	PCDEs	PCDEs	PCDEs	PCDEs
Oct 2023					

Table 4– PCDE Questionnaire

Reflective score: <x>/5

Reflective score in relation to athlete's performance targets.

Individual Athlete Plan

Environment – Self and Support

Relating to the athlete's commitment to the execution of, an appropriate lifestyle and diet, and the athlete's support network and training and coaching environment:

Strength(s):

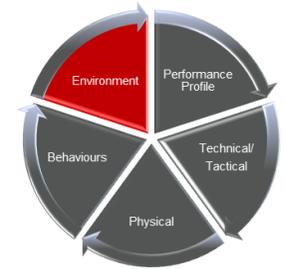
- *Insert text here*
- *Insert text here*

Specific Target(s)/areas of improvement:

- *Insert text here*
- *Insert text here*

Key action(s):

- *Insert text here*
- *Insert text here*



	Financial support	Emotional/Social support	Coaching support	Facilities & Equipment	Training environment/partners	Performance support
Oct 2023						

Table 5 – RAG based on athletes' commitment to appropriate lifestyle and nutrition

Individual Athlete Plan

Summary

KEY PRIORITIES:

Athlete:

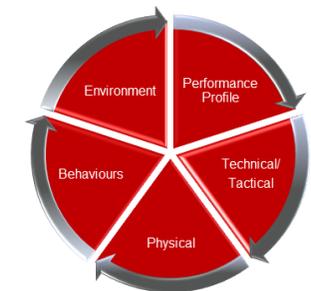
- 1.
- 2.

Coach:

- 1.
- 2.

Performance Support Services:

- 1.
- 2.





University
of Exeter

YTP Athlete Health and Wellbeing – Monitoring System



Natalie Bunce

PhD Researcher

Children's Health and Exercise Research Centre

University of Exeter

Supervisory Team – Prof. Alan Barker, Dr. Jo Day and Dr. Rob Mann



Why do we want to understand your health and wellbeing?

Help athletes reflect and learn about their health and wellbeing.

How?

Receive **feedback** every 6-8 weeks with your **Mentor**

Use feedback to help you make **decisions on your training and recovery needs**

Reduce health problems and time out of sport.

Increase performance and athlete **enjoyment** on the YTP.

Enhance England Athletics understanding for **better athletic support**.



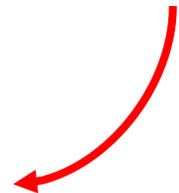
Next Steps

Join the Project

- Currently have ~150 (70%!) athletes signed up to the project
- If you would like to participate scan QR Code to complete the consent form



Consent Form

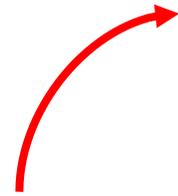


Already signed up

- Complete the baseline questionnaire
- Sent to you by email from Phoebe
- Or scan QR Code below to access baseline questionnaire



Baseline
Questionnaire



Personal Coach Offer



Be part of a coaching community that shares best practice in your event area and beyond.

- Mentoring by Youth Talent Programme coaches as appropriate.
- S and C Practical experience in December and March sessions
- Technical support and engagement via national event-specific training days.
- Support to access to online coaching modules and qualifications: contact Phoebe White as required (pwhite@englandathletics.org)
- Access to a webinar series designed for those working with athletes on the talent pathway.
- Access to purchase Kukri Support Team kit at a discounted rate.
- Support to access personal coach accreditation at championships (where appropriate)



Kukri Sports

 KUKRI

 ENGLAND ATHLETICS

Our offer:

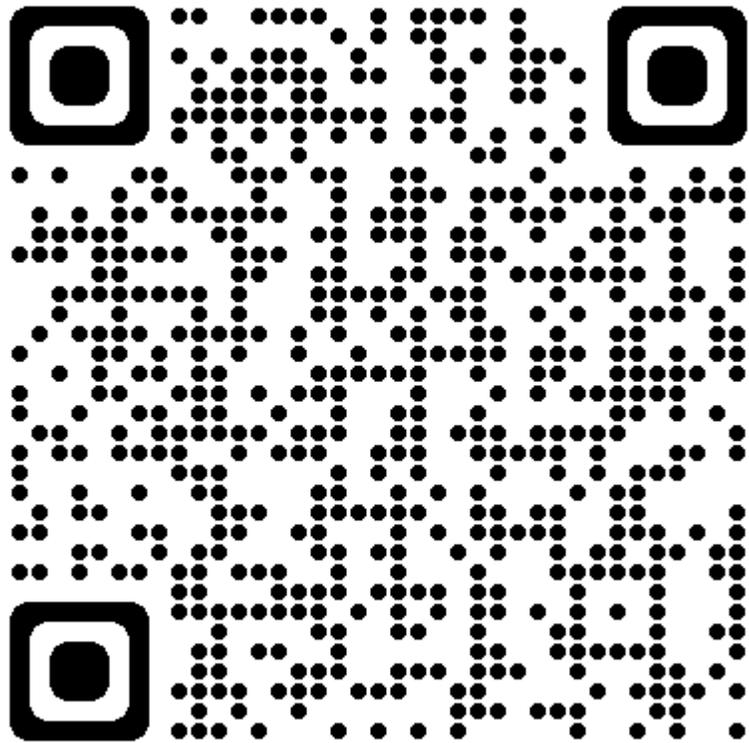
- Kukri will provide kit across the Youth Talent Programme, for both athletes and coaches, whilst helping provide premium sportswear for the whole programme
- Every Athlete receives a Kukri YTP T Shirt
- Reduced cost Kit for Athletes, coaches and parents on the YTP



Kukri Sports

 KUKRI

 ENGLAND ATHLETICS



<https://www.kukrisports.co.uk/teamshop/englandathletics-ytp/productNavListNg.action>

[Shop Password](#)

[EAYTP22](#)

Password - YTP10.



Timetable: Saturday 25th October - Athletes



Time	Athletes Timetable	Location
09:45 – 10:15	Arrival & Registration	EHB
10:30 – 12:00	Introduction session	EHB 104
12:00 – 13:00	Lunch	
13:00 – 16:00	Event Specific Training	HIPAC
16:00 – 16:30	Break	HIPAC
16:30 – 17:30	Clean Athletics Workshop - All endurance, Speed & WCR	EHB 110B
	Nutrition Workshop – Jumps, multi events & throws	EHB 110A
17:30 – 18:30	Clean Athletics Workshop - Jumps, multi events & throws	EHB 110A
	Nutrition Workshop – All endurance, Speed & WCR	EHB 110B
18:30 – 19:30	Dinner	EHB
19:30 – 20:00	Transport to hotel	Link hotel & E.A.C
20:00 – 22:30	Hotel & Free time	Link hotel & E.A.C
22:30	Lights out	



Timetable - Sunday 26th October - Athletes



Time	Athletes Timetable	Location
07:30 – 08:30	Breakfast	Link & E.AC
08:30 – 09:00	Transport to HIPAC	Hotels – HIPAC
09:00 – 12:00	Event Specific Training	HIPAC
12:00 – 13:00	Lunch	EHB
13:00 – 14:00	Physical prep - Throws Assessor session – Endurance Assessor session – Speed, WCR, multi events, jumps	Powerbase EHB 110A EHB 110B
14:10 – 15:10	Physical prep - Endurance Psychology – Speed, WCR, multi events, jumps & Throws,	Powerbase EHB 001
15:20 – 16:20	Physical prep – Speed, WCR, multi events, jumps Assessor session – Throws Psychology - Endurance	Powerbase EHB 110A EHB 001
16:20	Depart	

Timetable - Saturday 25th October – Personal Coaches



Time	Personal Coaches Timetable	Location
09:45 – 10:15	Arrival & Registration	EHB
10:30 – 12:00	Introduction session	EHB 104
12:00 – 13:00	Lunch	
13:00 – 16:00	Event Specific Training	HIPAC
13:00 – 16:00	Option to attend Nutrition session	EHB 104
15:30 – 16:15	Option to attend Clean Athletics workshop	EHB 104
17:30 – 18:30	Option to attend Clean Athletics workshop	EHB 110A

Timetable Sunday 26th October – Personal Coaches



Time	Athletes Timetable	Location
09:00 – 12:00	Event Specific Training	HIPAC
12:00 – 13:00	Lunch	
13:00 – 14:00	Physical prep – Throws	Powerbase
13:00 – 14:00	Psychology Workshop – option to attend	EHB 104
14:10 – 15:10	Physical prep – Endurance	Powerbase
14:00 – 15:00	DiSE Workshop – option to attend	EHB 104
15:20 – 16:20	Physical prep – Speed, WCR, multi events, jumps	Powerbase
15:00 – 16:00	Athlete Development Workshop – option to attend	EHB 104
16:20	Depart	

Timetable - Saturday 25th October - Parents



Time	Parents Timetable	Location
09:45 – 10:15	Arrival & Registration	EHB
10:30 – 12:00	Introduction session	EHB 104
12:00 – 13:00	Lunch	
13:00 – 14:00	Nutrition Workshop	EHB 104
14:00 – 15:15	Option to view Event Specific training	HIPAC
15:30 – 16:15	Clean Athletics workshop	EHB 104

Timetable - Sunday 26th October - Parents



Time	Parents Timetable	Location
13:00 – 14:00	Psychology Workshop	EHB 104
14:00 – 15:00	DiSE specific session	EHB 104
15:00 – 16:00	Athlete Development Workshop	EHB 104



**LEEDS
BECKETT
UNIVERSITY**



**St Mary's
University
Twickenham
London**