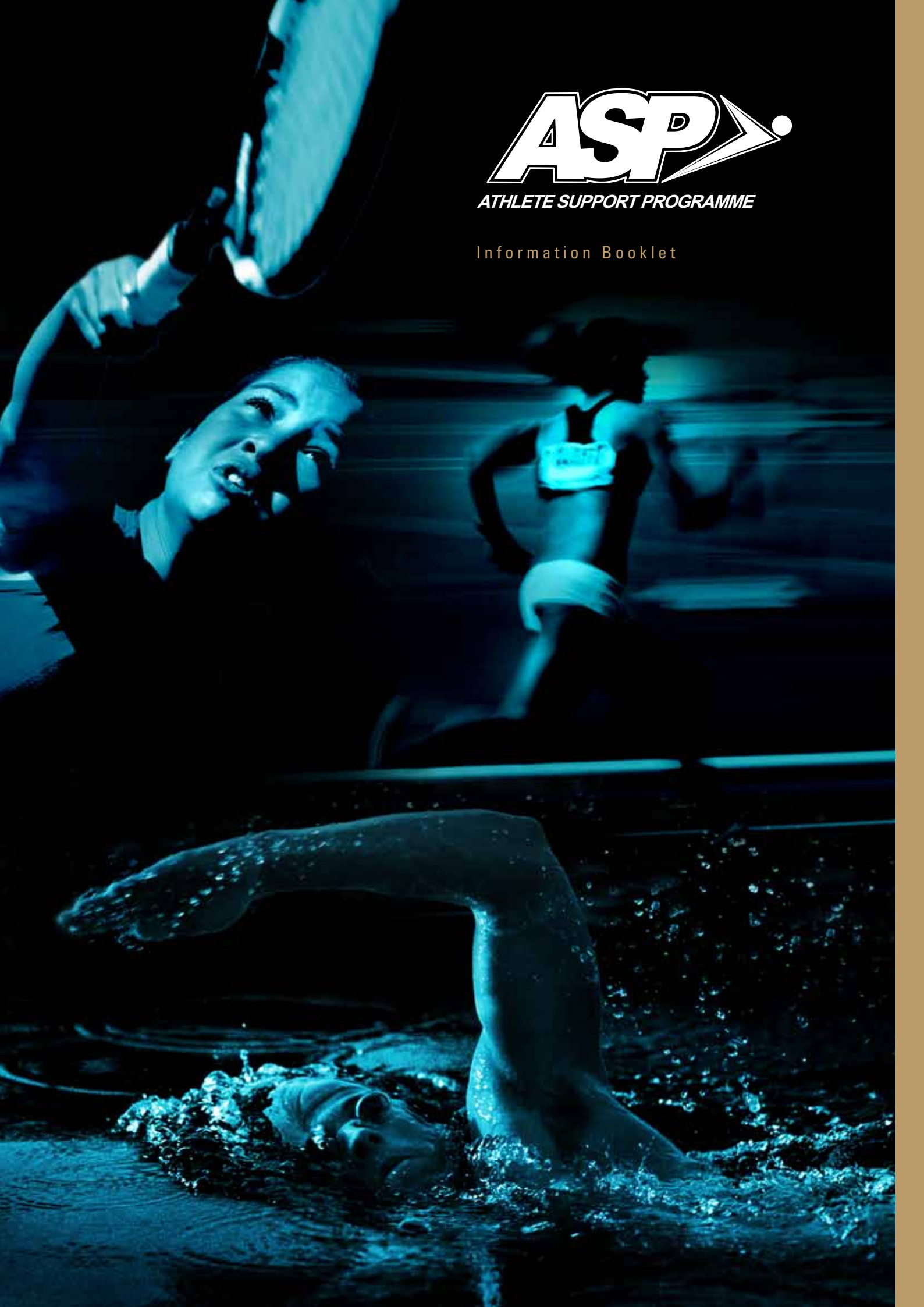




ATHLETE SUPPORT PROGRAMME

Information Booklet



WHAT IS ASP?

Scottish Borders Council has made a financial commitment of £50k for the following programme for the three financial years 2007/08; 2008/09 and 2009/10:

The Council, Scottish Institute of Sport Foundation and the East of Scotland Institute of Sport are working together to ensure that the programme maximises the potential of Borders athletes and coaches.

To establish a Scottish Borders athlete support programme and professional development programme for coaches which will assist talented athletes to reach their potential with the ultimate aim of their participation in the London Olympic Games or Paralympic Games in 2012 or the Commonwealth Games in 2014 or beyond.



THE PROGRAMME

The programme is designed to provide or enhance support services for both athletes and coaches in the Borders to ensure that they can progress as far as possible within their chosen sport.

The ASP will not dictate to athletes and coaches on the programme which support services they should be using. Any support programme will be discussed with the athlete and coach and as far as possible service provision will be sport and athlete specific.

The programme will encourage the athlete and coach partnership to be developed or enhanced.

Athletes and coaches will be selected against the criteria which are outlined below.

The following areas of support for athletes, and coaches (as appropriate) will be developed:

Enhanced access to training facilities across the Borders

Medical and physiotherapy services

Strength and conditioning programmes

Nutrition advice

Coach education programme support

Sports psychology support

Specialist coaching

Specialist equipment

Career, education and lifestyle advice

Other support mechanisms may be developed as the ASP Programme progresses, e.g employer support.



PROGRAMME ELIGIBILITY

It is recognised that athletes likely to be able to compete at major games in 2012 and 2014, including a majority of EAD athletes, will be 'in the system' at present. The Borders Athlete Support Programme will target athletes who are currently at a level below that of Area Institute of Sport.

The ASP programme will concentrate upon the following Borders target sports:

football; rugby; tennis; swimming; cricket; athletics; cycling; hockey; badminton.

Identified athletes from non target sports will be considered against the programme criteria. The ASP programme includes provision for athletes with a disability, who will also be assessed against the initial programme criteria.



The ASP programme will be prioritised towards sports or disciplines within sports, which are involved in the Commonwealth, Olympic and/or Paralympic Games.

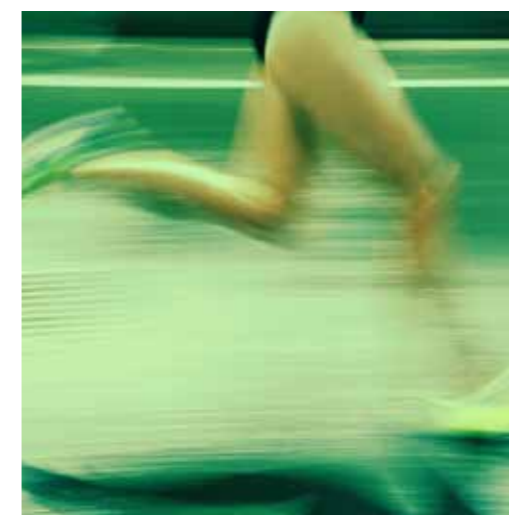
Athletes and coaches selected for the ASP programme may be required to act as an ambassador for the programme as appropriate.

Coaches will be identified against the initial criteria, mainly from the target sports. However, coaches who are working with non target sports athletes, who are identified as meeting ASP criteria, will also be considered for support or may be eligible to apply for Scholarship funding (applicants will be contacted to be made aware of full details of this scheme, if appropriate).



SELECTION CRITERIA

The general criteria for athlete and coach selection for ASP support is as follows:



Athletes who are currently competing at a level below that of Area Institute of Sport athletes considered to be capable of making Area Institute level within the next 3-4 years

Athletes who may be of potential to compete at Scottish or British senior level within the next 5-7 years

Athletes displaying standards of attitude, personal discipline and commitment, conducive to progressing to a national level

Athletes considered to best benefit from the ASP programme in which regard more detailed sport specific criteria have been agreed with the NGBs of the Borders target sports. (These are available on www.sportborders.org.uk)

Coaches currently working directly with athletes, identified against the above criteria, who may benefit from support services, including: enhanced facility access; CPD opportunities; mentoring; coach education assistance

Athletes and coaches must be endorsed by the appropriate NGB

Ideally, athletes should live, work or train within the Borders area

MONITORING & EVALUATION

A review process is applied which is athlete focused, but also reviews the level and quality of available service provision.

Coaches will be expected to work closely with their athletes to ensure that agreed targets are achieved; the use of training diaries or other IT based recording schedules is to be encouraged.

Fully integrated individual support programmes will be implemented and reviewed for coaches and athletes on a regular basis.

Failure to consistently achieve agreed targets and adhere to the ASP programme, may lead to withdrawal of support.

NOTES

HOW TO APPLY (& Further Information)

Any athlete or coach, having considered the selection criteria for their sport, may apply for ASP Programme support by completing and returning the ASP Application and sending it to:

By post
Sports Development Unit
3 St John Street
Galashiels, TD1 3JX

Tel: 01896 756274

By email (preferred)
asp@scotborders.gov.uk



Scottish Borders Council is proud to be linked to www.inthewinningzone.com, the comprehensive new website dedicated to winning in Scottish sport. Click through to catch the news on all of Scotland's favourite sports, and read features and interviews with our very top athletes in the WinningZine, the inspirational monthly magazine. You can also upload your profile to interact and debate on Sportspace, Scotland's official online community sports forum. Just one click does the trick! www.inthewinningzone.com



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