

2010

The ASA England Talent Strategy 2010 and Beyond



Katherine Hazelton
&
Rebecca Burrows
ASA


the **asa**
the essential element



ENGLAND TALENT PATHWAY 2010-2013

LEVEL 3

Weeklong camps-Dartfish Reviews
International Camp/Competition

LEVEL 2 NORTH

Max No. 20
2 weekend camps-
Physio/S&C
Screening/Review/Ballet

LEVEL 2 SOUTH

Max No. 20
2 weekend camps-
Physio/S&C
Screening/Review/Ballet

LEVEL 1

E/LND/MID

Max No 20

3x Day
Camp

LEVEL 1

SE

Max No 20

3x Day
Camp

LEVEL 1

SW

Max No 20

3x Day
Camp

LEVEL 1

NE/NW

Max No 20

3x Day
Camp

TID Games

All TID Divers to attend

Clubs Delivering TID

TALENT IDENTIFICATION CENTRES



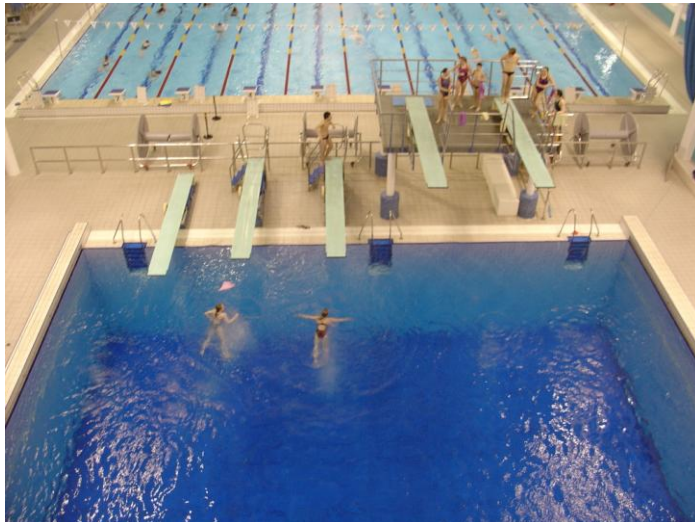
What are Talent Identification Centres?

These talent hubs will provide a network with our high performance centers and be a working model for other clubs to access support and follow. They will be highlighted and selected because they have excellent facilities and enthusiastic and developing coaching staff appropriate for producing talent. Furthermore they will be committed to an active coach mentoring system and full support of the England Talent Program and structure.

Clubs wishing to become 'Talent Identification Centres' must meet the following requirements:

Excellent Facilities:

- 5-8 plus wet hours of training a week
- 3-5 plus hours of dry land a week
- Wet training facilities:
 - 2 x 1m
 - 3m
 - 5m
 - Video replay system
 - Bubble machine
 - Poolside suitable for s/s



- **Dry land facilities:**
 - Trampoline & or Dryboard
 - Rig over trampoline & or dryboard
 - s/s blocks
 - Mats for s/s
 - Wall bars
 - Conditioning area



N.B//Clubs wishing to be considered as Talent Identification Centres without the above facilities may still apply for Talent Identification funding. If the above is not available TDO's will offer advice and support in the application for funding for facility access and improvement. TDO's will mediate and arrange links between local clubs and/or High Performance centres to agree access to missing facilities or time.

New Centres will be encouraged to apply for Talent Identification status and TDO's will support with accessing correct training hours.

How do Clubs apply?

In September all clubs will be emailed an application form in which they will be able to apply to become a TID Centre.

What is an Active Coach Mentoring System?

- Willing to take part within a mentoring programme
- Head coach working with TID divers and has an active role of mentoring and support for coaches throughout the whole club
- Coaches with competent or developing rig skills
- Attendance at National Interclub competitions a year, plus National events
- Willingness to attend Level 1 & 2 Workshops/camps and Masterclass and workshops

Talent Identification funding will be used in the following way

All Clubs will be expected to form a 'TID squad' consisting of at least 20 'hand picked' gifted divers. Talent Identification will be expected to be carried out using ASA England Talent protocol:

- Primary school Talent Search, consisting of a class exercise in which diving is promoted, selecting potentially talent athletes to be called to phase 2.

ALL TID CENTERS MUST FULLY SUPPORT AND PARTICIPATE IN THE TID GAMES.

Funding will be allocated using the following priorities:

Priority 1

Clubs who have been TID funded previously with athletes competing internationally and at The Senior British Championships.

Priority 2

New ASA Performance programmes.

Priority 3

Clubs with athletes placed on ASA National Talent squad.



TID GAMES

A Competition to recognise a clubs achievement in nurturing and developing young Talented Divers.

Vision

A consistent delivery of TID testing and an introduction to diving for talented young athletes across all diving clubs in England. This will be developed through sharing of good practises at TID Games.

Objectives

- Monitor all TID athletes through emailed Club competitions
- Encourage interclub TID delivery competition between coaches and clubs
- Encourage sharing of best practise at TID coach forums and at Games
- Share TID coaches and ideas through having their experienced input as to what the TID Games test should consist of.

All divers entering TID Games will have been selected in testing within schools using England Talents TID funding within the last 18 months (They must have not have started diving prior to the 31st of March 2009).

The competition will be divided into the following sections:

- Pool Skills (Basic jumps & Dives)
- Flexibility & strength (Pikes, headstands, jumping ability, pike ups)
- Trampolining/Dryboard (Basic Jumps & Control)
- Dryland Run Through Skills (Runthrough of diving skills-form & quality)

Divers will be scored on skills in each section and all scores of the team will be added up.



LEVEL 1 – GROUPS E AND D

Vision

Prepare, develop and monitor fundamental technical and physical skills to enable the diver to progress to Level 2 and beyond.

Objectives

- To introduce athletes to Ballet, correct posture and control.
- Increase the development of coaches through workshops and master classes.
- Ensure monitoring of warm ups and cool downs in club and competition situations to uphold a high standard of performance.

Ballet & Educational Workshops

Three Educational Camps. Each day will incorporate diver, coach and parent development and education. Times for the camps will be subject to change depending on the venue and Level 1 teams.

Level 1 Teams

- North East, North West (maximum 20 athletes)
- London, East, Midlands (maximum 20 athletes)
- South East (maximum 20 athletes)
- South West (maximum 20 athletes)

January 15th or 16th 2011 – TBC

Event	Those Involved
Ballet Workshop	Divers and coaches
Lunch	Divers and Coaches
England Talent Pathway	Divers
Master Class Theory	Coaches
Master Class Pool	Divers & Coaches
England Talent Pathway	Parents & Volunteers
Thanks you & depart	ALL



March 12th or 13th 2011 TBC

Event	Those Involved
Ballet Workshop	Divers and coaches
Lunch	Divers and Coaches
Nutrition	Divers
S&C Theory	Coaches
S&C Workshop	Divers & Coaches
Master Class Pool	Divers & Coaches
Nutrition	Parents & Volunteers
Thank you and depart	ALL

May 14th or 15th 2011 TBC

Event	Those Involved
Ballet Workshop	Divers and coaches
Lunch	Divers and Coaches
Flexibility & Cool Downs	Divers
Flexibility Theory	Coaches
Flexibility & Core workshop	Divers & Coaches
Master Class Pool	Divers & coaches
Team manager Training	Parents & Volunteers
Thank you & depart	ALL



LEVEL 2

Vision

Prepare, develop and monitor skill chains and physical capability of the diver to progress to Level 3 and beyond.

Objectives

- Introduce athletes to Ballet and Intensive but quality training at Camps
- Increase the development of coaches
- Reduce injury through physiotherapy screening
- Increase Physical ability through S&C screening
- Ensure monitoring occurs of goals, technical skills and skill chains to uphold a high standard of performance and a wide use of group coverage

Monitoring of Program

- Club visits to review Skill Chains
- Monitoring of training hours, including dryland/rigging breakdown etc
- Monitoring of Goals through video/photograph emailed to Head Coach & reviews on camp
- Monitoring of quality of Warm Ups, Cool Downs and competition routine at the following events:
 - Junior Elites
 - British Champs (if applicable)

2 weekend camps at North and South Venues, divers will receive

- full physio screening & review
- S&C screening & review
- Competition/Camp feedback

North (maximum 20 athletes)

Weekend 1 **September 24th-26th TBC 2010**

Weekend 2 **March 25th-27th TBC 2011**

South (maximum 20 athletes)

Weekend 1 **September 24th-26th TBC 2010**

Weekend 2 **March 25th-27th TBC 201**



LEVEL 3

Vision

Prepare, develop and monitor skill chains and physical capability to progress from Level 3 to Junior Development and create medal opportunities at Junior Europeans as and when applicable.

Objectives

- Introduce athletes to Ballet and Intensive but quality training at Camps
- Increase the development of coaches
- Ensure monitoring occurs of goals, technical skills and skill chains to uphold a high standard of performance and a wide use of group coverage
- Develop technical Skills of Athletes through Dartfish Analysis

Monitoring of Program

- Club visits to review Skill Chains
- Monthly monitoring of training hours, including dryland/rigging breakdown etc
- Monitoring of Goals through video/photograph emailed to Head Coach & reviews on camp
- Competition feedback from Level 3 Head Coach
- Monitoring of quality of Warm Ups, Cool Downs and competition routine at the following events:
 - Junior Elites
 - British Champs (if applicable)

Maximum of 8 athletes

International training & competition: Penza

Maximum 8 athletes from Group C & B from selection rankings

Julia Pakhalina Competition in Penza and attend pre competition camp.

Travel dates 20th -31st October 2010

Competition Dates 25th-29th October 2010

During this camp/competition the divers will receive

- Full Dartfish analysis
- Intense training developing emphasis on form and development of senior list
- Full Physiotherapy screening
- S&C screening



Intense training week

5th – 10th April 2011 TBC

Additional divers may be selected to attend this camp as guests at the discretion of TDO's and Head Coach. On this camp they will receive:

- Psychological one to ones
- Linked training with JD and International divers
- Full Dartfish analysis
- Intense training developing emphasis on form and development of senior list
- Full Physiotherapy review
- S&C review