

## Welsh Athletics National Development Programme Overview

Induction	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5	Workshop 6	Workshop 7	Workshop 8
<p>To cover: Overview of NDP and the year ahead</p> <p>Expectations of athletes, coaches and WA staff</p> <p>Intro to WA S&amp;C academy</p>	<p>Performance Profiling Including starting play books</p>	<p>Elite athlete life – what to expect including managing the media</p>	<p>Taking the next steps – Uni/work transition – what are your choices?</p>	<p>Nutrition Mix of theory and practical</p> <p>Cooking skills including planning and budgeting</p>	<p>Anti-doping</p>	<p>Athlete Health</p>	<p>Sports Psychology - Confidence</p>	<p>Training load management and recovery strategies</p>
<p>Yearly – pre 1<sup>st</sup> camp</p>	<p>Yearly</p>	<p>Alternate years</p>	<p>Yearly Virtual</p>	<p>Yearly Virtual</p>	<p>Yearly Virtual</p>	<p>Alternate years</p>	<p>Alternate years – Virtual</p>	<p>Alternate years</p>

**Lifestyle and behaviours workshops (L&B) – 2 Year Modular Programme**

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### Athlete Behaviours and Athlete Lifestyle Workshops and Learning Outcomes

Workshop number	Workshop Number	Learning Outcomes	Link to competency
1	Performance Profiling	<ul style="list-style-type: none"> <li>• For athletes to understand what it takes to develop into an elite performer</li> <li>• To take part in a performance profiling tool to identify strengths and weaknesses</li> <li>• To create an action plan to build on strengths (super strengths) and address areas of weakness</li> </ul>	Athlete Behaviours Athlete Lifestyle
2	Elite Athlete Life	<ul style="list-style-type: none"> <li>• To experience and manage a short media interview</li> <li>• To build an awareness of elite athlete life including media pressure, sponsorship, balancing life and athletics</li> </ul>	Athlete Behaviours Athlete Lifestyle
3	Taking the next steps – University choices	<ul style="list-style-type: none"> <li>• To understand the university options both in the UK and the USA</li> <li>• To be able to appreciate the pros and cons of university life in the UK and US</li> <li>• To highlight athlete experiences of university both in the UK and USA</li> </ul>	Athlete Behaviour Athlete Lifestyle
4	Performance Nutrition (session 1 and 2) Budgeting and practical session	<ul style="list-style-type: none"> <li>• To be able to appropriately plan and budget for a weekly meal plan</li> <li>• To be able to make a basic snack/meal to support training and recovery</li> <li>• To have a range of cookery skills and ideas to support training</li> </ul>	Athlete Lifestyle Athlete Behaviours

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Workshop number	Workshop Number	Learning Outcomes	Link to competency
5	Anti-doping	<ul style="list-style-type: none"> <li>• For athletes to adopt a “food first” approach to nutrition</li> <li>• For athletes to understand safety around supplement use including informed sport</li> <li>• For athletes to have an awareness of the consequences of anti-doping violations</li> </ul>	Athlete Lifestyle
6	Athlete Health	<ul style="list-style-type: none"> <li>• To be able to monitor vital signs of health and wellbeing and understand how these impact on training and recovery</li> <li>• To recognise the signs of when both mental and/or physical health are becoming compromised</li> <li>• To understand the impact of the menstrual cycle on health and performance</li> </ul>	Athlete Behaviours Athlete Lifestyle
7	Sports Psychology – Confidence	<ul style="list-style-type: none"> <li>• For athletes and coaches to increase self-awareness/awareness of confidence levels</li> <li>• To have strategies to maintain confidence in high pressure environments</li> <li>• To build race confidence by having a clear race day routine e.g. pre-race (call room), during race</li> </ul>	Athlete Lifestyle Athlete Behaviours
8	Training load management and recovery strategies	<ul style="list-style-type: none"> <li>• To understand the importance of training balance including intensity control, chronic workload</li> <li>• To understand how recovery is a key part of training</li> <li>• To explore different recovery modalities – theory</li> <li>• To have practical strategies to support recovery</li> </ul>	Athlete Behaviour Athlete Lifestyle

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### 2 Year Overview

#### 2021-2022

October 2021	Induction Session – Virtual
	<b>NDP Camp</b>
	Physical Prep, Technical, and L&B - Performance profiling and Elite athlete life
November 2021	L&B Workshop – Taking the next steps
December 2021	S&C reviews – Virtual (non-Cardiff based)
January 2022	L&B Workshop - Nutrition 1
February 2022	L&B Workshop – Athlete Health
March 2022	NDP Day
	L&B workshop Physical prep, Technical and L&B – Anti-doping

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### 2022-2023

October 2021	Induction Session – Virtual
	<b>NDP Camp</b>
	Physical Prep, Technical and L&B - Performance profiling and confidence
November 2021	L&B Workshop – Taking the next steps
December 2021	S&C reviews – Virtual
January 2023	L&B Workshop – Nutrition part 2
February 2023	L&B Workshop – Anti-Doping
March 2023	<b>NDP Day</b>
	Physical prep, Technical – Training load management and recovery strategies