



UNLEASH YOUR POTENTIAL

Guidance Document

This guidance document is intended to provide the following:

- An overview of the Talent Inspiration Programme.
- An insight into what the young athletes will be participating in on over the course of the programme.
- Nomination criteria, timeline and key dates.

What is the Talent Inspiration Programme?

Running in parallel to the Level 4 School Games, the Talent Inspiration Programme (TIP) brings together 300 young aspiring athletes from across the country to participate in a residential learning experience.

This year's Talent Inspiration Programme (TIP) is to be held 31st August-3rd September at **Loughborough University**. This year also see's the exciting new introduction of a 1-day experience for 11-14 year olds from the Leicestershire and Rutland region taking place alongside the traditional 3-day residential experience for 14-18 year olds from across the country.

Throughout the programme experienced Athlete Mentors bring to life the world of an elite athlete and the journey it takes to reach the top, young people have the opportunity to get involved in theoretical workshops, practical sessions and an opportunity to experience what it is like at a multi-sport event. [Find out more about last year's event here.](#)

All are designed to engage and inspire young aspiring athletes and to encourage them to start thinking about they can reach their potential and the impact that will have on their development as a young person. TIP is a dynamic learning opportunity which will help to highlight the pathways available and support required for young aspiring athletes at a local level.

The Talent Inspiration programme aims to:

- Enable young people to gain clear understanding of their talent and specifically how they can harness this when they return to their school.
 - Provide young people with an insight into what it is like to compete at a major multi-sport event.
 - Introduce the young people to new experiences through the opportunity to work with other like minded young people from across the country.
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Athlete Involvement in the Programme

Led by experienced Athlete Mentors, who will showcase the world of an elite athlete and the journey it takes to reach the top, TIP athletes will:

- Be pushed to understand what it truly takes to be the best
- Be challenged by athlete mentors on their commitment and hunger to achieve
- Understand how to take the next step in their sporting journey
- Experience what it is like to be an athlete at the Sainsbury's School Games Level 4 event.
- Action plan to reach fulfil their potential

The workshops within TIP are specifically designed to challenge and inspire young aspiring athletes to encourage them to understand how they can maximise their sporting potential, challenge their attitude to performance and training, and highlight the impact that will have on their development as a young person.

Through the programme athletes will explore:

6 Keys to Success – through exploring 6 components of success, attendees will be challenged to analyse themselves as athletes and question whether they have what it takes to make the next step on their sporting journey.

Performance Improvement – will challenge common perceptions on what it takes to be the best and encourage athletes to understand the concept of Performance Improvement within their sport. Athletes will be challenged to question their ability and the commitment required to break through into the next level of their sport.

Goal Setting – encouraging individual development, athletes will be encouraged to consider their dream goal and be supported to identify realistic personal steps to help them get there. TIP athletes will define the key elements of productive goal setting and be confident in their ability to overcome barriers to reach their goals.

Team YOU – a positive support network surrounding a young athlete is integral to their ongoing development and through TIP, athletes will be supported to identify those key people and recognise how their 'Team You' fit together and can be utilized to help them achieve success

Practical Challenge – athletes will be tasked to question their determination and their ability to develop the key competencies it takes to be a high performing young athlete. Through direct work sessions with NGBs, athletes will be made aware of the level of sport physical performance required when part of a talent pathway, testing how far they will go to achieve success.



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Spectatorship – athletes will go behind the scenes at the Level 4 event and see firsthand the different challenges of competing in a multi sport environment, and how their peers cope with it. Preparation, protocols of competition, and performance will all be observed and analysed, to identify the demands of elite performance.

Performance Parent

Behind every successful talented child achieving their dream there is a Performance Parent in the background playing in their part - therefore at TIP it's not just the athletes who get the support. During the event parents of the TIP athletes will be invited to participate in a Performance Parent workshop, specifically designed to highlight the learning from across the 3 days and showcase the role the parents can play in supporting their child to develop as to develop as an athlete.

Logistics Information

Transport- young people will be expected to make their own way to Loughborough to attend either the residential experience or one-day experience.

Accommodation, catering and local transport- when young people arrive at the event all costs will be covered and we don't expect young people to bring any spending money or cover any costs. There will be no accommodation provided for parents/ teachers, neither are parents/ teachers expected to stay in Loughborough.

Safeguarding and Inclusion- A safeguarding and inclusion team will be present throughout the residential camp. The inclusion team will also make contact with all parents before the camp who have a child attending with a disability or medical condition.

All staff involved in the event will hold an Enhanced DBS or CRB check

Further information on the Youth Sport Trust's Safeguarding Policies and Procedures can be found <http://www.youthsporttrust.org/about-us/safeguarding.aspx>

Kit and resources- All young people attending will be provided with kit and resources to support their learning. We expect young people to bring additional sports trousers and trainers. No specialist sports equipment is required as young people will **not** be competing in their sport throughout the event.

A detailed information pack on the camp will be sent to all young people with confirmed places.



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Nomination Criteria, Timeline and Key Dates

Those athletes selected for nomination will meet the following criteria:

- Nominated athletes must have competed at Level 1, 2 or 3 of the School Games but this does not have to be in the sport they have exceptional talent.
- Currently participating at county or regional level but not currently part of a National Governing Body (NGB) Talent Pathway or playing at a national standard.
- Attend a school registered to the School Games.
- Demonstrate outstanding sporting potential in one or more sports.

With the ability to show these skills or potential:

- Positive leadership qualities and a positive attitude to improving themselves and their sporting performance.
- Confidence in communicating with peers and adults and able to share their experiences of the programme when returning to school.
- Pro-active and motivated. Keen to develop, learn from others and try new activities.
- Ability to work well in a team; respecting the contributions of others and able to share their own ideas and opinions.

3-Day Residential Experience	1-Day Experience
31 st August-2 nd September 2016	3 rd September 2016
Aged 14-18: Year 9-12 (Year 10-13 when attending in September)	Aged 11-14: Year 6-8 (Year 7-9 when attending in September)

Who can nominate young athletes to attend?

3-day residential experience

Young People attending the 3-day residential experience can be nominated for selection by Local Organising Committees, National Governing Bodies of Sport, School Games Organisers and School. To complete a nomination form for one of your Young People, please click here: <https://www.snapsurveys.com/wh/s.asp?k=145330640693>.

1-day experience

Young People attending the 1-day experience will be recruited and selected by Leicestershire and Rutland Sport from the Leicestershire region, for more information please contact; Geoff Maltby (g.maltby@LRSport.org).



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Timeline

Date	3-Day Camp
25/01/16	Nomination period opens
13/04/16	Nomination period closes
14/04/16- 25/04/16	YST selection panel determines selection of athletes
2/05/16	Communication to young athletes confirming selection
2/05/16	Registration period opens for athletes to confirm attendance
8/06/16	Registration period closes

What happens after an athlete has been nominated?

Each LOC and NGB will this year receive 2 'Future Star Passes', these passes guarantee a place at TIP for the nominated athlete, following the completion of all other nominations on 13th April 2016, a select panel from the Youth Sport Trust will meet to select for the remaining places available.

All athletes will receive communication stating if they have been successful during the week beginning 2nd May 2016, they will then have until 8th June 2016 to confirm and finalise their place at TIP.

More Information

For more information please contact stuart.bird@youthsporttrust.org