



Badminton Wales Performance Pathway

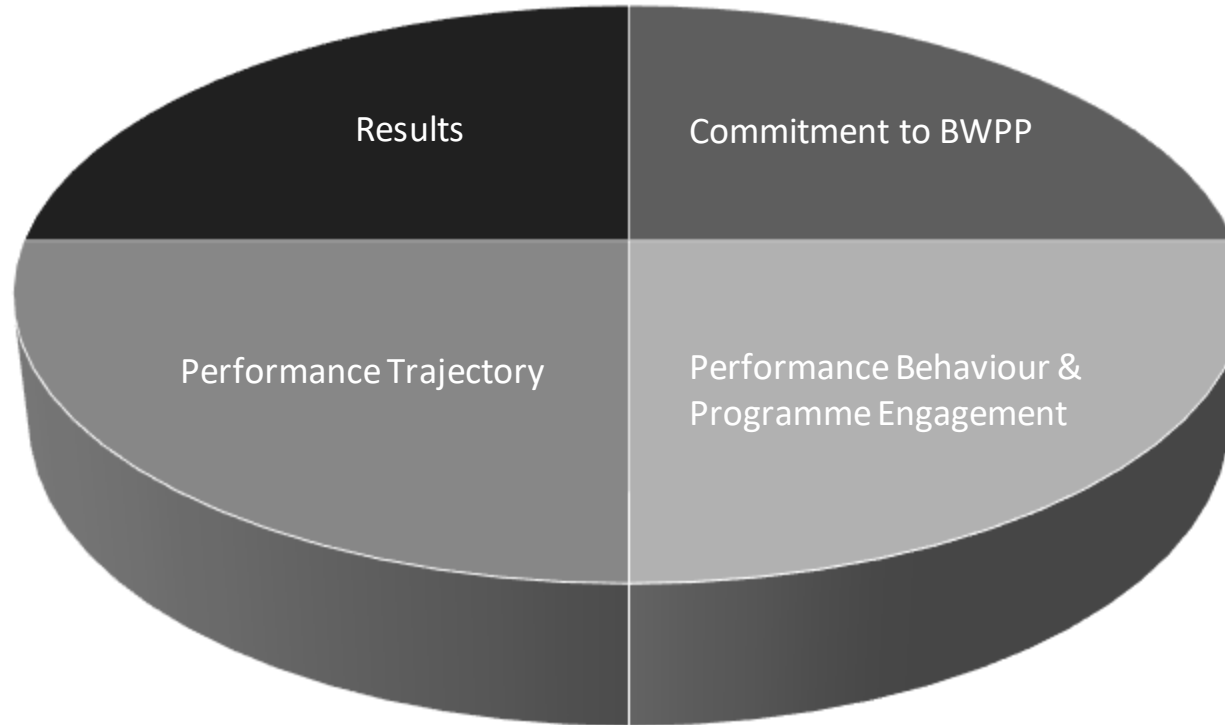
Badminton Wales Player Core Values - #TIMETORISE



Introduction

The below provides an overview of the performance standards and player progression expectations required for Badminton Wales Performance Programme inclusion. BWPP inclusion is not based on results in isolation; the 4 areas make up the criteria, which each player will be assessed against, to determine an invitation of a place on the performance programme.

The 4 performance pathway assessment criteria, identified below, are of equal importance: -



Results	Performance Trajectory	Performance Behaviour & Programme Engagement	Commitment to BWPP
<p>Guidelines have been set by the Performance Team, to indicate the standard of results necessary for players within the Performance Pathway.</p>	<p>Players will show an upward progression in performance standards and improvement in identified areas of the WITTW model.</p>	<p>Player demonstrates appropriate level of performance behaviours as identified in the WITTW model. The player must be proactive in own development, exhibit high levels of self-responsibility, demonstrate high levels of professionalism, and a positive attitude to learning, improving and being the best they can be.</p> <p>Player must fully engage with the Performance Programme (appropriate level with stage of development and pathway level). Player expected to attend all pathway sessions offered (e.g. hub sessions, performance sessions, camps, competitions and training opportunities).</p>	<p>Commitment to BWPP (Training Load & Competitive Exposure). Meeting the recommended on and off court training hours/load in accordance to Pathway level and developmental stage and progressing towards the training hours required per week to meet the demands of full-time play and appropriate quantity and quality of competitive exposure in relation to developmental stage and commitment to identified domestic competitions as identified in Player agreement (and in consultation with the Performance Coaches)</p>

Applying the 4 Assessment Criteria Areas

When considering and applying the assessment criteria, the Review Panel will, at their sole discretion, consider a number of additional factors. This list is not exhaustive, but provides examples of some additional factors the Review Panel will consider:

1. Talent ID through Panel Review
2. Injury or illness
3. Strength and depth of opposition in any stated competition
4. Any unforeseen circumstance that adversely affects or over promotes a player's performance level

The assessment criteria applies for the previous 12 months, unless the panel choose to take into consideration any reasonable extenuating circumstances.

Review Panel

Badminton Wales' Review Panel will consist of:

- Performance Coordinator
- Performance Coaches
- Consultants

Assessment criteria will be reviewed on a bi-annual basis and any changes will be communicated to players and published in advance of implementation.

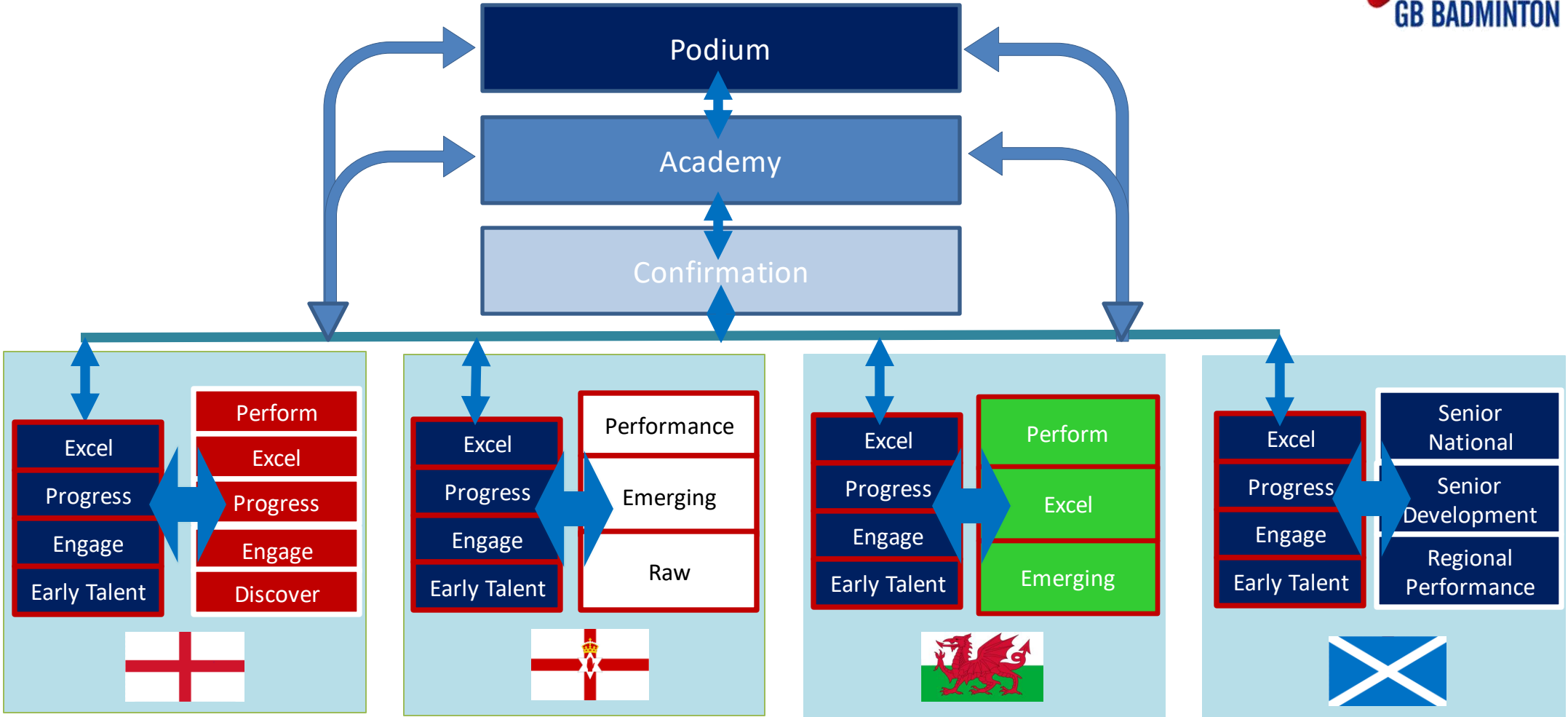
Once on the BWPP, all players will be continuously assessed against all 4 Performance Criteria area.

Great Britain Performance Pathway Alignment



GB Performance

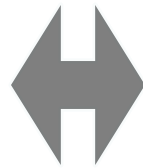
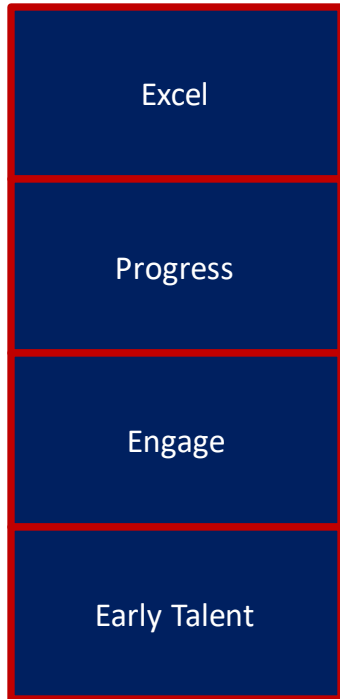
HN/GB Pathway



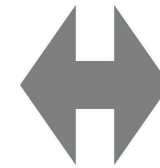
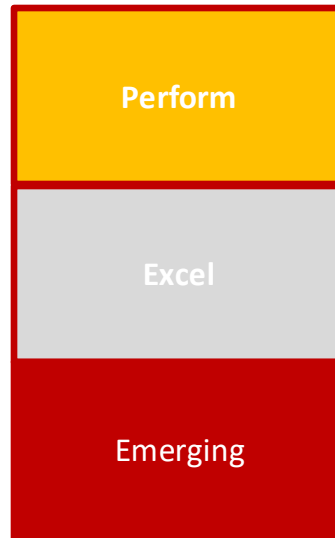
Badminton Wales Performance Pathway



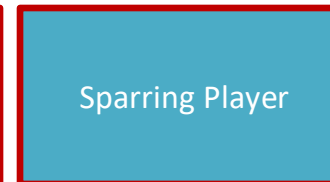
GB Pathway



BW Performance Pathway



National Squads



C L U B / C O U N T Y

NATIONAL SQUADS

Senior National Squad

U17/19 National Squad

U15 National Squad

U13 National Squad

- National Squad Trials will be held every year – Nov/Dec
- Selection and Invitation into National Squad – 10 months (e.g. January – October)
- National Squad Player Agreement in place
- National Squad Camps – 1st weekend of the month (periodically)
- Information for National Squad Players will be included within the Player Handbook

Level: Progress (Talent HUB)

To embed the knowledge and principles of the Talent HUB, and National Squad Sessions, whilst moving towards the introductory, 'Emerging', level of the Performance Programme.

Age Guide: 11 – 18 years

<u>Guidelines of Results for PROGRESS:</u>	<u>Training & Competition Exposure</u>	<u>Support:</u>
<p><u>Domestic</u></p> <ul style="list-style-type: none"> • U17 Badminton England Gold - Semi-Finalist (singles, doubles, mixed) • U13 (singles) / U15 / U17 Junior Nationals - Finalist (singles, doubles, mixed) • 2x U15 Badminton England Silver - Semi-Finalist (singles) • 2x Badminton Wales Junior Gold - Wins (U13 singles, U15 singles / doubles) • 2x Badminton England U13 Bronze - Finalist (singles) 	<ul style="list-style-type: none"> • 7-10 hours on-court pw* (4 hours provided by BW) • 2-4 off-court hrs pw* • 10-12 tournaments per year • On-court includes - training technical, tactical, physical elements and matchplay. • Off-court includes - CV (eg run,bike, circuits), weights, agility, functional stability exercises 	<ul style="list-style-type: none"> • Pre-Season Goal Setting with Junior Performance Coach • Tournament Programme Guidance (Self-Funded) • Athlete development meetings with Junior Performance Coach (minimum of 2 per season) • National Age Group Training Camps prior to major events (contribution from players) • 1-2 coached sessions provided per week at Performance Hub • Fitness Testing 2 x per year • Strength and Conditioning Guidance • International Team Event (contribution from players)

Level: Sparring Player

To provide more players with access to on-court training, in a performance environment. And/or, provide an opportunity for players to transition to a Performance Programme player.

Age Guide: 18+ years

Guidelines of standard required for SPARRING PLAYERS:

- Invitation by Head Coach
- To be of a standard that benefits the performance players.
- Turn up to training with a good positive attitude.
- To be able to hand and racket feed.
- Full commitment to the training is essential.
- Must turn up on time and be ready to go for when the coach is ready to start the session.

Support

- Access to training sessions at a heavily reduced cost.
- Coaching from the performance coach.
- To be part of a structured training week.
- Help with improvement of their own game.
- Opportunities for match play which would help their tournament preparation.

Level: Emerging

To embed the knowledge and principles of the performance pathway for elite players. To progress elite player development & performances towards the 'Excel' level of the Performance Programme

<u>Guidelines of Results for EMERGING:</u>	<u>Training & Competition Exposure</u>
<u>International</u> <ul style="list-style-type: none">• U17/U19 European Championships Individual - Last 16• U17 International Sanctioned BEC – Quarter Finalist	<ul style="list-style-type: none">• 14 hours on-court training (provided by BW)<ul style="list-style-type: none">• On-court includes – warm-up, cool-down, physical preparation, technical, tactical, physical elements and match-play.• 6 hours of off-court training (provided by BW)<ul style="list-style-type: none">• Off-court includes – S&C, fitness, mobility, pre-hab/re-hab, speed & agility, video/performance analysis.• 14-16 tournaments per year• 2-4 hours of additional on-court training• 1-2 hours of additional off-court training
<u>Domestic</u> <ul style="list-style-type: none">• Players U19 and younger, who reach the finals of Badminton Wales Senior Nationals• U17 Badminton England Gold* Event - Semi Finalist• U19 Badminton England Gold Event - Finalist	

Level: Excel

To accelerate elite player development & performances towards the 'Perform' level of the Performance Programme.

<u>Guidelines of Results for EXCEL:</u>	<u>Training & Competition Exposure</u>
<p><u>International</u></p> <ul style="list-style-type: none">• U17 / U19 European Championships Individual – Quarter Finals• Junior International Sanctioned BEC – Semi-Final• U17 International Sanctioned BEC - Win <p><u>Domestic</u></p> <ul style="list-style-type: none">• Players U19 (and below), who are Senior National Champions• Badminton England U19 Gold – Win	<ul style="list-style-type: none">• 14 hours on-court training (provided by BW)<ul style="list-style-type: none">• On-court includes – warm-up, cool-down, physical preparation, technical, tactical, physical elements and match-play.• 6 hours of off-court training (provided by BW)<ul style="list-style-type: none">• Off-court includes – S&C, fitness, mobility, pre-hab/re-hab, speed & agility, video/performance analysis.• 14-16 tournaments per year• 2-4 hours of additional on-court training• 1-2 hours of additional off-court training

Level: Perform

To prepare players for International Tournaments, Major Events and potential transition to GB Pathway.

<u>Guidelines of Results for PERFORM:</u>	<u>Training & Competition Exposure</u>
<p><u>International</u></p> <ul style="list-style-type: none">• U17/19 European Championships Individual Medal• Senior International Series – Singles Semi final, Doubles final• Senior International Future Series – Singles Final, Doubles win• Junior International Sanctioned BEC - Win	<ul style="list-style-type: none">• 14 hours on-court training (provided by BW)<ul style="list-style-type: none">• On-court includes – warm-up, cool-down, physical preparation, technical, tactical, physical elements and match-play.• 6 hours of off-court training (provided by BW)<ul style="list-style-type: none">• Off-court includes – S&C, fitness, mobility, pre-hab/re-hab, speed & agility, video/performance analysis.• 14-16 tournaments per year• 2-4 hours of additional on-court training• 1-2 hours of additional off-court training

Performance Pathway – Programme Overview

EMERGING, EXCEL & PERFORM:

- A centralised part-time programme, based at SWNC
- Mon-Thur (2 nights) accommodation (B&B) provided for players who are aged 18+, who live 30+ miles away from SWNC
- 14hrs per week of on-court sessions, delivered by Senior Performance Coach, and supported by Consultant Coaches
- Weekly Prehab/Rehab – Body Solve
- Individualised S&C Support – Jack Sanders & USW
- Fitness Testing – 3-4 per year
- Sport Psychology Support – Iwan Rowlands
- Weekly Video/Performance Analysis, with Senior Performance Coach
- Additional Workshops to be scheduled (e.g. Nutrition, Career / Further Education Advice etc.)
- Funding:

EMERGING

Badminton Wales to support up to 3 tournaments.
Tournaments identified by the Coach.

EXCEL

Badminton Wales to support up to 4 tournaments.
Tournaments identified by the Coach.

PERFORM

Badminton Wales to support up to 5 tournaments.
Tournaments identified by the Coach.

Level: GB Performance Pathway

Performance Level	Timescales	Performance Measures	Performance characteristics	Comments
Future medal winning standards	Remain at this level whilst delivering against the performance measures	<ol style="list-style-type: none"> 1. Previous success Medal at Olympic Games 2. Medal at World Championships 3. Medal at World Tour 500/750/1000 Events 4. Top 4 in World Rankings 5. Gold Medal at European Individual and/or European Individual and/or Commonwealth Games (Individual) 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting
Podium	4 years to achieve medal winning standards	<ol style="list-style-type: none"> 1. QF at Olympic Games 2. QF at World Championships 3. QF at World Tour 500/750/1000 4. Top 8 in WR 5. Medal at European Individual and/or European Individual and/or Commonwealth Games (Individual) 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting 5. Required to achieve medal winning standards within 4 years
Academy	4-6 Years	<ol style="list-style-type: none"> 1. Last 16 at World Championships 2. QF at Commonwealth Games (Individual) 3. QF at European Individual Championships 4. QF at European Games 5. Last 16 at World Tour 750/1000 6. QF at World Tour 300/500 7. Medal at World Tour 100 8. Gold medal at European Circuit IC Event 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting 5. Required to achieve Podium criteria within 4 to 6 years.
Confirmation	Up to 2 years to achieve Academy criteria	<ol style="list-style-type: none"> 1. Medal at World Junior Championships 2. Last 16 at World Tour 300/500 3. Final at International Challenge (Doubles) 4. Medal at International Challenge (Singles) 5. Gold medal at International Series (Doubles) 6. Final at International Series (Singles) 	<ol style="list-style-type: none"> 1. Person/Character 2. Technical skills/abilities 3. Tactical capability 4. Physical capability 5. Mental aptitude 6. Performance/Results 	<ol style="list-style-type: none"> 1. Only one criteria required but achievement does not guarantee inclusion 2. Criteria to be applied across the 5 events 3. Criteria to be applied to individual athletes 4. Each criteria has equal weighting 5. Required to achieve Podium criteria within 4 to 6 years.