



Badminton Wales Performance Programme (BWPP)

Great Britain Performance Pathway Alignment Content

The BW Performance Programme (BWPP) has been established in consultation with GB Badminton, the purpose of this is to ensure alignment and consistency of approach to give players from Wales the best possible opportunity to progress to representing Wales at Commonwealth Games and GB at any future European, Olympic or Paralympic Games.

The following slides show:

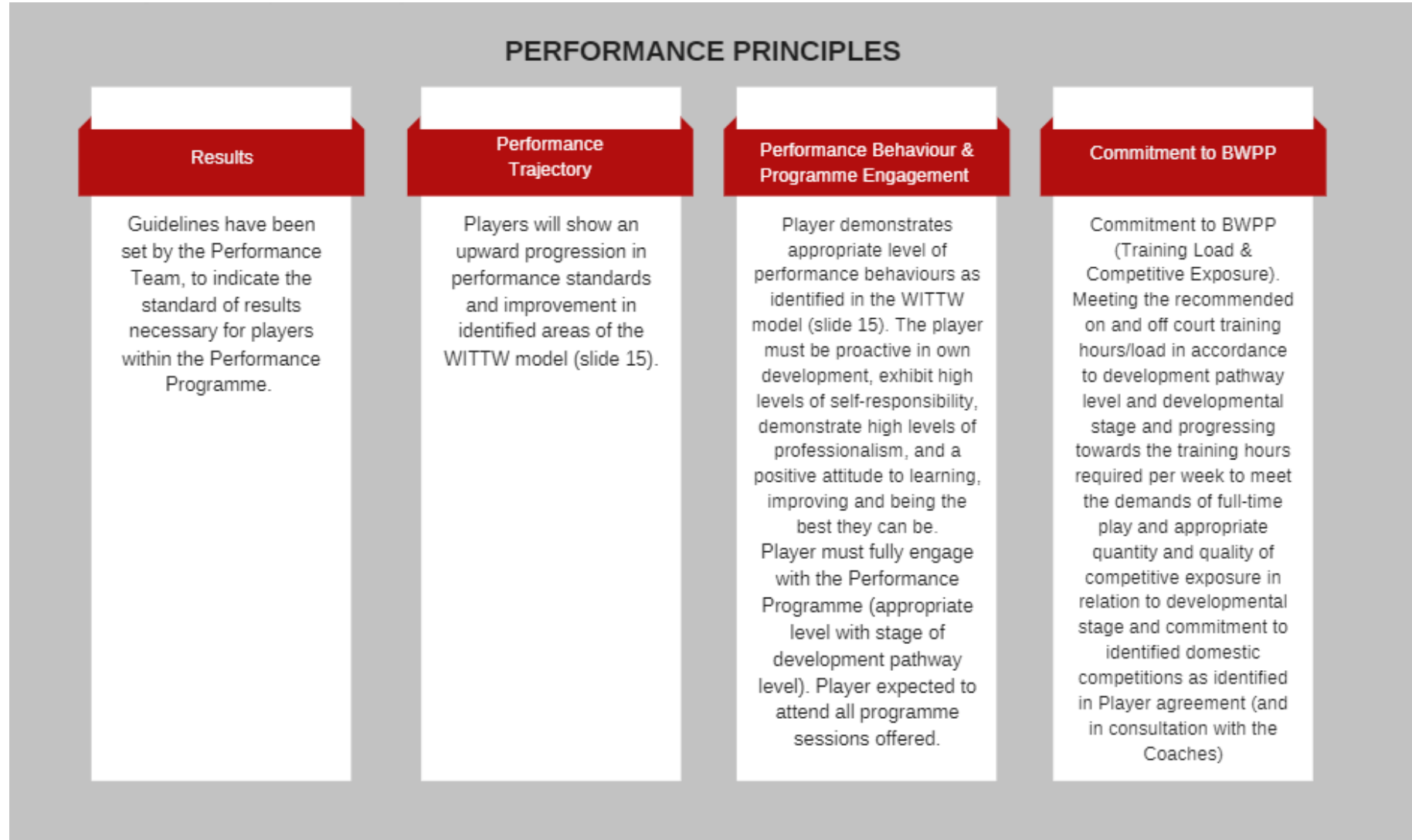
1. **Slide 3** = Core Values and conduct of BWPP players
2. **Slide 4** = Performance Principles of the BWPP
3. **Slide 6** = The structure of each home nations Performance Pathway, based on their individual aspirations and goals. The slide also illustrates how a player who meets GB Standards (**Slides 11-12**) can either move across or progress onto the GB Performance Programme.
4. **Slide 7** = Shows the stages within the BWPP and the connection/integration of the System Player opportunity
5. **Slides 8** = Show the performance criteria/standards required to be considered for the BWPP
6. **Slide 9** = The potential support a player selected to the BWPP can receive
7. **Slide 11,12** = Provide the detailed requirements and standards necessary to be considered to access support from GB or to be a selected onto the GB Performance Programme
8. **Slide 13** = Shows the content of the Badminton Wales 'What It Takes To Win Model' (WITTW) referenced in **Slide 4**

Badminton Wales Player Core Values - #TIMETORISE



Introduction

The below provides an overview of the Performance Principles required for BWPP selection. BWPP selection is not based on results in isolation; the 4 principles that make up the criteria are of equal importance and each player will be assessed against the 4 to determine selection and an invitation of a place on the performance programme.



Applying the 4 Performance Principles

When considering and applying the "Performance Principles", the Review Panel will, at their sole discretion, consider a number of additional factors. This list is not exhaustive, but provides examples that will be taken into account:

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 Performance Principles apply for the previous 12 months, unless the panel choose to take into consideration any reasonable extenuating circumstances.

Review Panel

Badminton Wales Review Panel will be chaired by CEO and consist of:

- BW Coach
- Consultants
- Independent observer may be invited (SW representative)

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

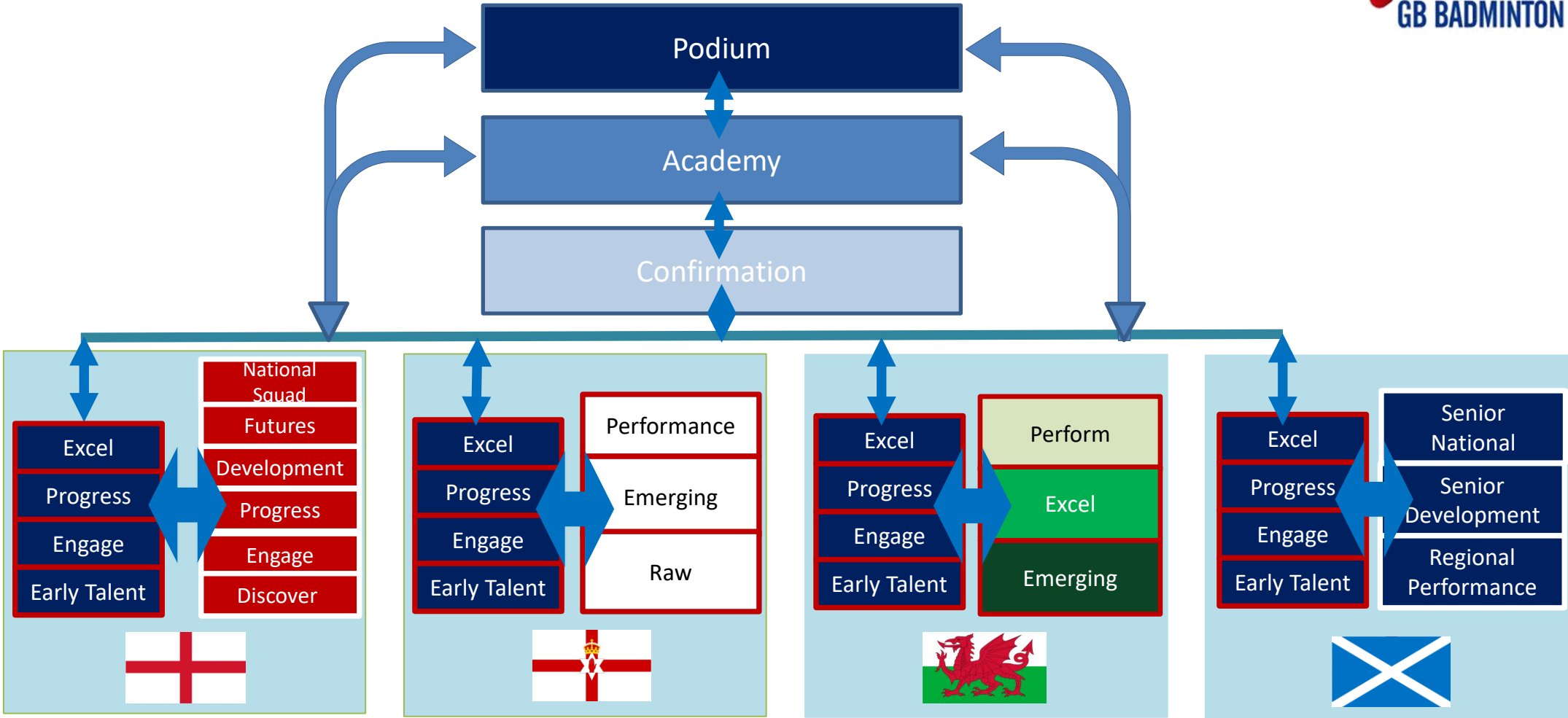
Once included in the BWPP, all players will be continuously assessed against all 4 Performance Principles. A player meeting the results principle is a trigger for a player to be considered, at the next Review meeting, against all 4 Performance Principles.

Great Britain Performance Pathway Alignment

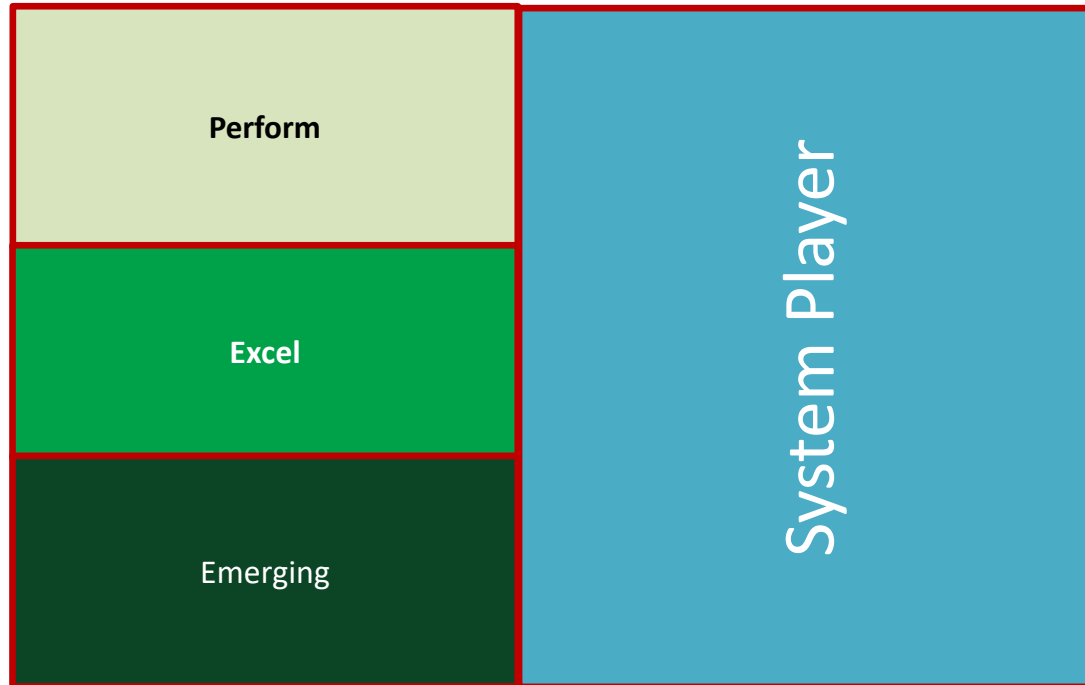


GB Performance

HN/GB Pathway



Badminton Wales Performance Programme (BWPP)



	Emerging		Excel		Perform	
Under 19s hitting criteria in senior international tournaments across multi-disciplines may be taken into consideration	To embed the knowledge and principles of the BWPP for performance players. Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once. Doubles results will be considered for established partnerships, not stand-alone results.		Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once. Doubles results will be considered for established partnerships, not stand-alone results.		Minimum of two Performance measures must be achieved or achieve where possible one criteria more than once. To prepare players for Major Events and potential transition to GB Pathway.	
Championships	Para		Para		Para	
World Championships						Quarter Final
European Championships		Last 16	Quarter Finalist (S) Semi Finalist (D)	Quarter Final	Last 16	Medal
European Junior Championships	Last 16		Quater Finalist (S) Semi-Finalist (D)		Medal	
U17 European Juniors	Last 16		Quater Finalist (S) Semi-Finalist (D)		Final	
U15 European Juniors	Last 16		Semi Finalist		Final	
International Events						
International Challenge		Entry into Level 2 Internationals	Quarter Final	Level 2 Quarter final	Semi Final (S) Semi-Final (D)	Level 2 – Final
International Series	Last 16		Quarter Finalist (S) Semi Finalist (D)		Semi Final (S) Final (D)	Level 1 – Semi Final
Future Series	Quarter Finalist		Semi Finalist (S) Finalist (D)		Finals (S) Win (D)	
U19 Internationals	Quarter Finalist		Semi-Finals		Win	
U17 Internationals	Quarter Finalist		Final		Win	
U15 Internationals	Semi Finalist		Final		Win	
Domestic Events						
	Results for U19 Players only		Results for U19 Players only			
BW National Championships	Finals	UK– Semi Final		UK Final		UK Winner
BE Senior Gold		top 5 in Para Class	Medalist			
BE Senior Silver	Medalist					
BE U19 Gold	Medalist		Win			
BE U17 Gold*	Medalist		Win			
BE U15 Gold *	Medalist		Win			
World Ranking						
	Anyone achieving Gold* for U17 and below status a year early in age group	World ranking-top 50		World ranking-top 25		World Ranking - top 15
		Wins over WR top 30		Wins over WR top 20		Wins over WR top 10

BWPP – Proposed Programme Support

EMERGING, EXCEL & PERFORM:

- A centralised part-time programme, based at SWNC
- Mon-Thurs (2 nights) accommodation (B&B) provided for players who are aged 18+, who live 30+ miles away from SWNC
- 10-12 hrs per week of on-court sessions, delivered by BW Coaches, and supported by Consultant Coaches
- Weekly Prehab/Rehab
- S&C Support
- Fitness Testing – 2x per year
- Sport Psychology Support
- Additional Workshops may be scheduled during National Squad weekends
- Individual Funding:

EMERGING

Badminton Wales to
release funding to
support up to
3 tournaments.

Tournament plan agreed
by player & Coach.

EXCEL

Badminton Wales to
release funding to
support up to 4
tournaments.

Tournament plan agreed
by player & Coach.

PERFORM

Badminton Wales to
release funding to
support up to 5
tournaments.

Tournament plan agreed
by player & Coach.

Level: System 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.

<u>Guidelines of standard required for SYSTEM PLAYERS:</u>	<u>Support</u>
<ul style="list-style-type: none">• Currently performing at a level similar to or above (in the case of supporting juniors) Performance Programme players• Committed to their badminton with a positive professional attitude• Willingness to work and support other players whilst also developing themselves• Demonstrates by their actions and sacrifices, personal ambition to do everything possible to be the best player they can be	<p>Individualised support which can include at the discretion of the Performance Coach the following:</p> <ul style="list-style-type: none">• Access to BWPP training activity• Access to coaching support at BWPP training and/or at international competition• Support to attend identified domestic and/or international competitions• Access sports science and sports medicine expertise periodically <p><i>Note: Any support offered will be based on need informed by available resources</i></p>

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 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 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.

Level: GB Performance Pathway

Performance Level	Timescales	Performance Measures	
Excel	Aim - To prepare players for potential transition to England Performance Programme (Perform/Develop)	International 1. Identified Senior International FS Win Singles* 2. Identified Senior International Challenge Finalist (Doubles) or Medal (Singles)* 3. Identified Senior International Series Finalist (Singles) or Win (Doubles)* 4. World Junior Championship Individual Top 8 5. U19 European Championship Individual Medal 6. U17 European Championships Individual Gold Medal (Doubles) or Finalist (Singles) 7. U19 Dutch/German Grand Prix Medal	
Progress	Aim – To accelerate player development and performances towards Excel Age Range: 14 to 19 years	International 1. Identified Senior International Series Medal (Doubles) or Quarter Final (Singles)* 2. Identified Senior International FS Win (Doubles) or Final (Singles)* 3. U19 Dutch/German Grand Prix Quarter Final 4. U15/17 European Championships Individual Medal 5. Identified U15/U17/U19 Junior International Win*	
Engage	Aim – To embed the knowledge and principles of the performance pathway whilst moving towards Progress Age Range: 14 to 19 years	International 1. Identified U15/U17/U19 Junior International Final*	Domestic 1. 2 x Senior Gold Wins (Same discipline) 2. 2 x Junior Gold Star Wins (Singles) 3. 2 x Junior Gold (Doubles) Tournament Wins (Same event) 4. N.B The Review Panel will consider a Gold medal in the Individual Event at the U15 Quadrangular as a Junior Gold Star Singles win / Doubles win, within the last two bullet points above
Early Talent	Aim- Introduce young players to the early stages of the performance pathway Age Range: Up to 13 years	International 1. U13 Badminton Europe sanctioned International Tournament Win	Domestic 1. 2 x U13 Gold Star Tournament Top 4 Finish in Singles 2. 2 x U11 Gold Final placing in Singles

(WITTW) What It Takes To Win Model

<u>Lifestyle</u>	<u>Physical</u>	<u>Psychological</u>	<u>Technical and Tactical</u>	<u>Competitions</u>	<u>Outcomes</u>
Sleep	Aerobic and anaerobic endurance	Adaptability	Consistency in strokes	Pre/during/post routine	World top 25
Diet/Nutrition	Explosive strength	Competition routine pre/during/post	Turning defence into attack	Food and drink intake pre/during/post	Commonwealth selection
Load management	Court coverage	Coping under pressure	Variety of attacking options	Sticking to game plan	GB WCPP
Support services	Muscular endurance	Strong mindset/focus to go deep into competitions	Speed changes within rally	Pre-analysis of opponent	International tournament final/wins
Prioritisation	Mobility and flexibility	Visualisation	Dominating the net exchange	Post analysis	Domestic tournament wins in age bracket at Gold* level
Training tournament schedule	Balance	To go for winners at the correct time	Set plays/following up shots	To be able to play consistently throughout a week	European junior medal
Socialising	Hand eye coordination	Resilience	Perceptual skills	Adapting to the hall and shuttles	
	Robustness		Tactically astute *		

* Playing the correct tactics for the opponent they are playing and adapting game style to suit this. Changing tactics during the match depending on situations arising in the game.