

# Memorandum



**To:** Players and Coaches

**From:** Euan Burton, High Performance Judo Coach

**Subject:** Update - 2018 SIS "Transition" Support

## Transition Programme

JudoScotland and the sportscotland institute of sport aspire to creating medal winning athletes at every major championship. The institute of sport supports the programme in line with 3 key objectives:

1. Scots on TeamGB & ParalympicsGB
2. Scottish Olympic & Paralympic medallists
3. Scottish Commonwealth Games medals

The JudoScotland / SIS Transition Programme supports young athletes who have World Class performance aspirations and are committed to a full-time training programme at the National Training Centre, Ratho.

## Generic Selection Criteria

1. To be eligible players must meet the following criteria:
  - a. Be Born in Scotland or;
  - b. Have Scottish Grand Parentage or;
  - c. Have been continuously Resident in Scotland for a minimum of 5 years from present date or;**and;**
2. Hold a Full JudoScotland membership license;
3. Hold a current British passport;
4. Be a minimum age of 16 years and a maximum of 23 years old

## Performance Selection Criteria

5. JudoScotland athletes aged 16-23 will have the opportunity to apply for SIS "Transition" support during the month of March each year via an online application form.
6. Athletes applying should have previously engaged in National Randori activity to allow coaches to observe their ability and training behaviour.
7. Athletes will be shortlisted for assessment during the month of April.
8. Athletes will be assessed in 5 areas and RAG rated in each. These areas are:
  - Ability to engage with the centralised programme at the JS NTC
  - Performance Behaviours (Resilience, Focus & Engagement, Determination to win, Ability to learn & Develop) displayed when engaged in JS programme activity
  - Performance History
  - Judo Technical & Tactical Ability
  - Movement Efficiency & Physical Ability
9. The RAG rating will inform a selection made by performance programme coaching and support staff.
10. Athletes will be informed of their selection or otherwise in June and, should they be offered an institute place, would be expected to begin a centralised training programme at the NTC in July.

## Programme Expectation for Athletes

11. Ability to undertake an agreed full-time training programme at the National Training Centre.
12. Sign up and adhere to the levels of behaviour and conduct outlined in the NSP Athlete Agreement;
13. Be available to compete, for Scotland, in the following competitions:
  - a. National Team Championships (if selected);
  - b. The Scottish Open
  - c. British Championships (if qualified) and;
  - d. Commonwealth Games (if selected),

## **Programme Support Provision**

14. Full access to coaching and facility for national programme judo sessions delivered at the National Training Centre, Ratho.
15. Full SIS service provision support (Physio, Medical, Physiology, Physical Preparation, Performance Lifestyle, Performance Nutrition, Performance Psychology)
16. Subsidized National Squad team wear
17. 2x annual review and goal setting meetings with JudoScotland/SIS coaching staff
18. Event Support for domestic and international competitions and/or training camps

## **Event Support Guidelines: 2018**

19. Event support will be dependent on continued funding of JS and sportscotland (the national agency for sport);
20. A programme will be set for the transition programme (A programme for Transition JNR athletes & A programme for Transition SNR athletes) for the year and will be informed by athlete goals and the review process.
21. Athletes will be invited to attend events with the programme. The cost of the event will normally be covered at ~75% by the programme and ~25% by an athlete contribution.
22. Athletes will also be advised of events that the programme considers appropriate for the athlete to self-fund. In such cases, should there be an adequate volume of programme athletes attending an event the programme may cover the cost of a coach to attend the event.
23. Event support will take into consideration training consistency and training performance and will look to most appropriately support athlete development requirements.

### **Notes:**

- If an athlete has an outstanding debt JudoScotland expect that the athlete will endeavour to reduce or eliminate this debt by setting up a regular payment. Athletes will not be able to be invited to events if they have a debt which exceeds the amount outlined in the JS financial procedures (currently £400 for NSP athletes / £800 for SIS athletes)
- Any athlete not showing a commitment to reducing or clearing athlete debt will not be offered a place on the National Squad programme.

## **Programme Retention**

24. Once a player is selected, retention on the programme will be dependent on the player continuing to achieve the required training & performance standards and moving towards goals agreed at their performance reviews.
25. There are a maximum number of SIS supported places for judo athletes and as such the performance staff must decide which athletes will be supported in order to meet the programme objectives.

Any questions on the details outlined above can be directed to:  
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