
Talented Athlete Scholarship Scheme

2009-2010

Athlete, Sport and Institution Policies

‘A world class further and higher education based talent development programme for sportsmen and women.’

Headline Objective

To enhance the potential for talented young people aged 16-28, whatever their social background or personal circumstances, to progress their development as performance athletes, whilst continuing their academic development.

TASS Objectives

- To **retain** talented athletes, especially those most at risk from dropping out, in performance sport through the key transition phase of 16-28 years of age.
- To support talented young athletes to **progress** up the performance pathway in their sport.
- To enhance the extent and quality of **partnership working** between National Governing Bodies of Sport and the Further and Higher Education sectors.
- To enhance the **capability** of the Further and Higher Education sectors to flexibly support and cater for, to an agreed standard, the needs of talented young athletes.
- To enhance the level of **success** of talented young athletes at the World University Games/Championships and/or higher levels of competition.

Content	Page No.
1.0 Objectives	1
2.0 General Eligibility Criteria for Athletes	4
3.0 TASS Educational Criteria for Athletes	4
3.1 Core TASS	4
3.2 2012 Scholarships	4
3.3 TASS and AASE Awards	5
4.0 Age Criteria	5
5.0 Award Type and Levels	5
5.1 Scholarships	5
5.2 2012 Scholarships	5
5.3 Award Breakdown	5
6.0 Use of Award	6
6.1 Scholarships	6
6.2 2012 Scholarships	7
7.0 Selection of Athletes	7
7.1 Scholarship	7
7.2 2012 Scholarships	7
8.0 General Eligibility Criteria for Sports	7
8.1 Priority 1	7
8.2 Priority 2	8
9.0 NGB Operational Expectations	8
9.1 NGB Strength and Conditioning Operational Expectations	8
9.2 NGB Medical and Physiotherapy Operational Expectations	9
10.0 Operational Expectations for TASS Lead Hubs and Partners	9
10.1 Structure	9
10.2 Service Delivery and Support	10
10.3 Service Deliverers Standards	10
10.4 Finance and Database	10
10.5 Monitoring and Evaluation	10
11.0 TASS Enhancement Funds	10
11.1 Disability and Remote Access Fund	10
11.2 Service Delivery Enhancement Fund	11
12.0 Expectations for TASS Athletes	11
12.1 Athlete Removal Process	11
12.2 Exit Process	11
13.0 TASS Expectations for Medical and Physiotherapy Support	12

13.1	Doctor Requirements	12
13.2	Physiotherapist Requirements	12
13.3	Physiotherapy Delivery Support	12
13.4	Learning Outcomes	12
13.5	Key Areas	13
14.0	TASS Expectations for Athlete Lifestyle Support	13
14.1	Role of the Lifestyle Support Advisor (LSA)	13
14.2	Lifestyle Support Advisor Requirements	14
14.3	Delivery Requirements	14
14.4	Learning Outcomes	14
14.5	Key Areas	15
14.6	Optional	15
15.0	TASS Expectations for Strength and Conditioning Support	15
15.1	S&C Coach Requirements	15
15.2	Delivery Requirements	15
15.3	Learning Outcomes	16
15.4	Key Areas	16
15.5	Summary	17

2.0 General Eligibility Criteria for Athletes

Athletes must:

- Hold a British passport
- Be registered on a recognised education programme at an institution in England, a TASS 2012 athlete needs only to be undertaking an education programme at a recognised education institution.
- Be able to represent either the Great Britain or English representative team in their chosen sport.

Athletes are ineligible for TASS awards if they are:

- A named lottery athlete receiving a personal award (APA).
- An athlete receiving services from the English Institute of Sport (EIS).
- In receipt of a significant programme of support services or income from their Sport or Professional Club. Income should be no greater than twice the value of the TASS award, TASS £7000, TASS 2012 £20,000.

Athletes may receive coaching support and competition expenses from the sport if they have been selected to be part of a national representative side or squad.

3.0 TASS Educational Criteria

To be eligible for a TASS award, athletes must engage in some form of education or training. Athletes will require confirmation of enrolment from their education provider.

3.1 Core TASS

- Qualifications must be on the National Qualifications framework (NQF)
- Athletes can study any level and number of qualifications, assuming this is a logical progression for the athlete. GCSE's, BTEC, NVQ, VRQ, Apprenticeship's and other qualifications available on the NQF are acceptable. They can be completed full time, part time or via distance learning.
- Athletes that have not achieved a level 2 qualification in Math's / English or key skills will be encouraged to achieve this.
- HNC, HND, Foundation Degrees, Degree, masters, Doctorate can be undertake full time, part time or via distance learning. A minimum of 20 credits (2 modules must be completed) should be completed over the academic year.
- A coaching qualification recognised and supported by the NGB will meet the criteria for core TASS 2009/10.
- Disability athletes nominated for core TASS will also be accepted if they fulfil the TASS 2012 criteria.

3.2 TASS 2012

- Qualifications must be on the National Qualifications framework
- Qualifications can be of any level but must follow a logical progression (for example GCSE's level 2 followed by A levels level 3) Mature athletes may be exempt from this.
- Athletes can select the most appropriate study mode either full time, part time via distance learning or short courses.

- HNC, HND, Foundation Degrees, Degree, masters, Doctorate can be undertake full time, part time or via distance learning. A minimum of 20 credits (2 modules must be completed) should be completed over the academic year. This includes the courses ran by the Open University.
- Mature athletes (over 21) that have achieved a level 3 qualification (A levels, BTEC National Certificate, Diploma, Apprenticeship) could complete a level 4 qualification or alternatively two weeks of works experience in a field of interest or 80 hours of short courses.
- Athletes that are working full or part time that do not wish to study due to prior achievement must engage in a continuous professional development programme. The programme must be submitted to TASS at the start of the TASS year and agreed with the employer in writing.
- A coaching qualification endorsed by the NGB will meet the criteria for TASS 2012

3.3 TASS and AASE awards

An athlete cannot currently receive a TASS and AASE award. The exception to this is if the athlete is deemed to be the equivalent of a TASS 2012 athlete, whereby the combined level of funding of the two awards is appropriate to the position of the athlete in their sports performance pathway and that they are at the level just below UK Sport (or equivalent) funded athletes. If this occurs the use of the two awards must be complementary and there should be no double funding of service provision.

4.0 Age Criteria

TASS awards are available to athletes aged between 16 and 28 years old. To be eligible for a TASS awards an athlete must:

- Turn 16 years old during the TASS year.
- Be 28 years old on the 1st October at the start of the TASS year.

TASS 2012 awards and awards to disability athletes can be made outside these age ranges; however any awards made will be done so based on the athlete meeting the required performance standards.

5.0 Award Type and Levels

TASS make two types of awards:

5.0 Scholarships

- Scholarships are awards to the value of £3,500 per annum. (£1500 to provide access to core services, and £2000 for sport specific services)

5.1 2012 Scholarships

- 2012 Scholarships are awards to the value of £10,000 per annum. (£3000 for core services, and £7000 for sport specific services)

5.3 Award Breakdown

- Core services are delivered by TASS or TASS Hubs. Sports specific services can be delivered by sports or the TASS hub.

Core TASS

Service	Deliverer/Claimant	Amount
Physiotherapy	TASS Hub	£325
Strength and Conditioning	TASS Hub	£500
Lifestyle Support	TASS Hub	£100
Doctor	TASS	£80
Medical Scheme	TASS	£395
Athlete Information, Education Support, Additional Service Support	TASS	£100
Sports Specific (no limit per service)	NGB or TASS Hub	£2000

TASS 2012

Service	Deliverer/Claimant	Amount
Physiotherapy	TASS Hub	£1000
Strength and Conditioning	TASS Hub	£1000
Lifestyle Support	TASS Hub	£250
Doctor	TASS	£80
Medical Scheme	TASS	£570
Athlete Information, Education Support, Additional Service Support	TASS	£100
Sports Specific (a limit of £3000 per service)	NGB or TASS Hub	£7000

6.0 Use of the Award

Awards are not given directly to the individual athlete, and there are some general rules as to how the awards can be split.

6.1 Scholarships

- £1500 of the award is assigned to provide access to core TASS services - medical insurance, access to strength and conditioning, lifestyle support, sports medicine and physiotherapy. These services are made available to the athletes by regional Lead Hubs and partners.
- £2000 of the award is assigned for sports specific support and is allocated by the NGB for support such as coaching, expenses, sports science and equipment. These support services can be provided by either the TASS Hub site or the NGB.
- Awards cannot be used to cover living, academic costs, gym membership, nutritional supplements and subsistence.
- Core services are fixed and not transferable between core service areas. Athlete's compliance in this service is expected and therefore there will be no residual funding available to re-allocate to core or sports specific services.
- NGB's can allocate additional funding to provide additional core services by the TASS hubs.

6.2 2012 Scholarships

£3000 of the award is assigned to the provision of the core TASS services - medical insurance, strength and conditioning, lifestyle support, sports medicine and physiotherapy. These services are made available to the athletes by TASS or one of the hub sites. In the

case of winter sports if the hub is unable to provide these core services as appropriate, TASS will work with the NGB to approve a suitable delivery infrastructure.

- Up to £7000 of the award is assigned for sports specific support and is allocated by the NGB to support such as coaching, expenses, sports science, equipment, with the maximum amount that can be spent on anyone of these individual services being £3000. These services are provided by the NGB.
- Awards cannot be used to cover living, academic costs, gym membership, nutritional supplements and subsistence.
- NGB's can allocate additional funding to provide additional core services by the TASS hubs or approved alternative providers.

7.0 Selection of Athletes

7.1 Scholarships

TASS will only accept nominations for athlete awards from National Governing Bodies of Sport that have been endorsed as a TASS sport by the TASS management group.

- Athletes should be nominated against the selection criteria that NGB's have agreed with TASS, as part of their TASS Operational Framework.
- Nomination forms should be completed by the athlete and sent to TASS by the NGB as a complete set of nominations with all supporting documentation.
- Nominations will be assessed against TASS eligibility criteria as well as NGB performance criteria, before places are formally confirmed by TASS to the athlete and the NGB.

7.2 2012 Scholarships

Only athletes from Winter Olympic, Winter Paralympic and basic funded Summer Olympic/Paralympic sports, can be nominated for 2012 Scholarships, with each nomination being treated individually. TASS will liaise with eligible sports directly.

- Nominated athletes must be the equivalent performance level to a UK Sport (UKS) Development level athlete. This means targeting 2010 Winter Olympics as their first games and seen as a genuine medal prospect by 2014, and are not supported already by UKS
- Athletes from basic funded sports should be targeting the 2012 games.

All nominations should be accompanied with a plan showing how the athlete will develop from their current performance levels to being a medalist in 2012 or 2014, and should be referenced against current World and Olympic medalist performances this will be requested from the sport along with the completed nomination form.

8.0 General Eligibility Criteria for Sports

A sport may be considered for inclusion in TASS if it is part of one of the identified groups below:

8.1 Priority 1

- Winter Olympic & Winter Paralympic Sports
- Sport England Sports (must be in receipt of SE Excel funding) excluding Summer Olympic

- Summer Paralympic Sports
- Summer Olympic Sports – specifically the ‘basic funded sports’
- UKS Priority Non-Olympic Sports

8.2 Priority 2

- Summer Olympic Sports - athletes may be supported by exception
- Non-Olympic disciplines in Summer Olympic sports - athletes competing at World level

9.0 NGB Operational Expectations

- The NGB should complete all requested operational paperwork within the timeframes agreed with TASS, and commit to CPD and/or development activities to enhance the delivery of the Talented Athlete Scholarship Scheme within their sport.
- The NGB should ensure that all athletes nominated to TASS fulfil the TASS eligibility criteria relating to education, age and sport specific performance criteria.
- The NGB should only nominate athletes for TASS support that have potential to move up the performance pathway.
- The NGB must ensure that athletes have completed and returned their Athlete Agreement, Medical Consent & Medical Insurance Scheme Acknowledgement form to the TASS National Office no later than 28 days after their notification of their TASS place.
- It is expected that the NGB will inform the athletes when they have been awarded a place on the Talented Athlete Scholarship Scheme.
- NGB's must ensure that their athletes adhere to the TASS athlete expectations.
- The NGB should inform the TASS National Office throughout the year if any endorsed athletes no longer fulfil the TASS criteria relating to education and performance.
- The NGB where relevant should draw down funding monthly as activity occurs.
- The NGB should communicate with athletes to ensure they are aware of what their award provides them and to ensure they are accessing their full entitlement of support.
- The NGB should inform the TASS National office of notable performances by current and ex TASS athletes.
- It is expected that they NGB will inform the athletes if they are removed from the TASS programme and the implications involved.

9.1 NGB Strength and Conditioning operational expectations

- The NGB should have a clear understanding of the TASS S&C program expectations and effectively communicate this to the athletes and the athletes coaches.
- The NGB should provide or develop with the TASS S & C National Lead, resources that support TASS S&C coaches in their duty as a consultant to the athlete. These should include a philosophy document for physical development including program and athlete development expectations, communication strategy, competition schedules, testing protocols, program guidance and professional development strategy.
- The NGB should provide a lead point of contact for S&C, or agree with TASS how the role of the TASS National Lead S&C coach may serve this function.
- The NGB should engage in the TASS review process through quarterly communication with the TASS National Lead, and by engaging with the TASS Hub institute S&C forums.

9.2 NGB Medical and Physiotherapy operational expectations

- The NGB should ensure that all nominated athletes meet the *TASS Medical Insurance Scheme* criteria (Criteria are available on the NGB pages of the portal).
- The NGB should understand the TASS medical scheme and effectively communicate this to the athletes and the athletes coaches.
- The NGB is required to identify a qualified medical and/or physiotherapy lead (who understands the clinical and ethical issues involved with the care of TASS athletes) as the main point of contact for the TASS Lead Physiotherapist and the athletes.

10.0 Operational Expectations for TASS Hubs & Partners

10.1 Structure

Hubs are considered to be the main delivery arm of TASS, providing the core services (Strength & Conditioning, Physiotherapy, Medical Support & Lifestyle Support) to TASS athletes in their geographical region as well as other support services as requested by NGB's. A hub may consist of an individual institution or a network of regional partner institutions. Partner Institutions can fulfill one/all of the following roles;

- Service Partner Institution – can support a Lead Hub in service delivery for core services.
- Sports Specialist Partner Institution – provides specialist sport support usually in the form of facilities/staff.
- Academic Partner Institution – provides academic flexibility to elite athletes.

Hubs are encouraged to develop their regional network of partner institutions (HE & FE), who fit into one of the 3 partner categories with the support of the Institutions Development Officer. Where institutions express a wish to become involved in the TASS programme this will be discussed between the Lead Hub, TASS Institutions Development Officer and TASS Lead Officers. New institutions would be subject to an audit/site visit looking at;

- Type of services available
- Management and administration
- Current staff who already meet the required standard set out by TASS

Hubs will also ensure that partners are aware of and comply with operational expectations with the support of the TASS Leads and Institutions Development Officer.

10.2 Service Delivery & Support

All Athletes will be hosted with a lead hub. It is the responsibility of the lead hub (if necessary in discussion with the TASS Development Officer & Leads) to manage, locate and identify service deliverers (independent or partner based) for each athlete to ensure an effective support network for TASS athletes.

Lead Hubs & Partners must;

- Meet national and individual hub targets for service delivery as agreed with the TASS Development Officer and National Leads.
- Ensure that each TASS athlete has access to his/her services in agreement and liaison with the respective TASS Lead & Institutions Development Officer for the following core services;

S&C

Physiotherapy

Lifestyle Support

Medical Support

- Seek to provide educational flexibility for TASS athletes.
- Deliver the required SLA that an NGB provides (NB – **NGB's** must submit the relevant paperwork to TASS to request an amendment to an SLA – only in this instance will an SLA be adjusted, e.g. e-mails will not be accepted).
- Provide an individual/sport specific or group TASS Induction.
- Understand the TASS Medical Insurance Scheme - signposting athletes to the relevant personnel when required.
- Provide monthly or quarterly updates for athletes via e-mail.
- Highlight athlete successes to TASS when appropriate.

10.3 Service Deliverers Standards

TASS athletes must receive their services by appropriately qualified and experienced service deliverers. It is the role of the TASS contact or manager in each Lead Hub to ensure that all service deliverers (independent or partner based) meet the qualifying standards as set out by each TASS Lead (please refer to core service sections). Any queries should be directed to the individual TASS Lead.

10.4 Finance & Database

Each Lead hub must have access to the TASS Database and be literate in its functions. For finances relating to Core Service Delivery:

- TASS will release funding to hubs/partners in line with performance and upon the receipt and approval of quarterly reports.

Each Hub will receive £25 per athlete for the administration of their TASS award. Lead Hubs will collate an end of year review highlighting non delivered services.

10.5 Monitoring & Evaluation

Lead Hubs in conjunction with any partners/independent service providers will feedback to TASS on athlete engagement on a quarterly basis, via the TASS portal on the following dates;

Friday 11th December 2009

Friday 12th March 2010

Friday 18th June 2010

Friday 17th September 2010

11.0 TASS Enhancement Funds

TASS Hubs can apply for further funding for TASS athletes from the TASS enhancement funds, which can make awards, against certain criteria, in the following areas:

11.1 Disability & Remote Access Fund

TASS Hubs (or on behalf of regional partners and NGB partnerships) can apply for up to £500 of additional funding to specifically assist disability and/or remote athletes in accessing their awards. Only athletes who live more than 45 minutes away from their hub or partner

institution will be considered remote. All applications for funding must be discussed and approved between the Lead Hub contact and the TASS Institutions Development Officer.

11.2 Service Delivery Enhancement Fund

TASS Hubs (or on behalf of regional partners) can apply to the Service Delivery Enhancement Fund if they are seeking to enhance service delivery in either the core or sports specific service areas. Applications will only be considered where Hubs (and regional partners) are complying with the TASS Operational Expectations.

12.0 Expectations for TASS Athletes

It is compulsory for athletes to;

- Return their Athlete Agreement, Medical Consent & Medical Insurance Scheme Acknowledgement form to the TASS National Office no later than 28 days after their notification of their TASS place.
- Attend their TASS Induction.
- Actively engage with their service deliverers – communicating effectively.
- Attend Lifestyle Support Sessions throughout the TASS year.
- Attend Strength & Conditioning sessions.
- Attend physiotherapy sessions as appropriate.
- Attend a Profiling/Screening.
- Feedback on notable performance/competition results to the TASS National Office.
- Adhere to their NGB Anti Doping Policy.
- Communicate with Lifestyle Support Staff and Educational Teaching Staff on sporting (training & competition) and academic commitments.

Performance and attendance will be reported to TASS on a quarterly basis. Where athletes are not fulfilling the above expectations awards will be reviewed by TASS, NGB and Lead Hub Institution and may result in the withdrawal of the award. Athletes who appear as non engaging athletes in 2 consecutive quarters will be removed from TASS with immediate effect.

12.1 Athlete Removal Process

- Problem highlighted via quarterly report to TASS
- Institutions officer to highlight to Senior Development Officer
- NGB consulted
- NGB to converse with athlete
- Review between all parties
- Outcome – Problem rectified/Athlete Removed

On removal of an athlete from the TASS programme service deliverers will have one month to claim for any **outstanding** payments. After this period an athlete's funding profile is removed.

12.2 Exit Process

Athletes are entitled to 2 final physiotherapy treatment sessions if already engaged in a programme of treatment.

Athletes are entitled to hospital inpatient treatment if TASS has been notified of a medical claim prior to the athlete being removed from the TASS programme.

When an athlete is removed from the programme the athletes, institutions & NGB will be sent an exit letter detailing their removal from the programme. From the date stated on the letter athletes will have four remaining weeks to make any outstanding claims before their account will be locked. All parties will be informed of the exact date.

13.0 TASS expectations for Medical and Physiotherapy Support

These guidelines have been produced to support Hubs and service providers in delivering the medical and physiotherapy support services to athletes.

13.1 Doctor Requirements

Doctors treating TASS athletes should:

- Be registered with the General Medical Council (GMC)
- Have a demonstrable special interest in sports medicine
- Understand the TASS Medical Insurance Scheme

13.2 Physiotherapist Requirements

Physiotherapists treating TASS athletes should:

- Be registered with the Health Professions Council (HPC)
- Be at least 3 years qualified
- Hold the ACPSM Silver CPD award, or provide equivalent evidential experience
- Hold a valid Trauma Management 1st Aid qualification
- Have demonstrable soft-tissue massage skills and experience
- Understand the legal and ethical aspects of working with TASS athletes
- Understand the TASS Medical Insurance Scheme
- Be conversant with the use of the online medical record system, *Injury Zone*

13.3 Physiotherapy Delivery Requirements

- Physiotherapists should meet individually with athletes a minimum of twice per year (not including the screening process). This ideally should be in liaison with the athlete's NGB. (Note: Attendance at these meetings is compulsory for athletes).
- Attendance should be reported back to the NGBs via the Lead TASS Physiotherapist on a quarterly basis.
- All physiotherapists treating or assessing a TASS athlete are required to input their clinical notes and/or relevant information onto the online medical records system, *Injury Zone*, in accordance with HPC and CSP national standards.
- Monthly contact is required via telephone, text, email or meeting. The preferred method of contact is to be arranged between mentor and athlete during the first month of the programme.

13.4 Learning outcomes – Compulsory

A successful athlete from this programme will be able to;

- Understand the role that a physiotherapist and doctor can play in contributing to improving their performance.

- Understand the basic principles involved with minimising injury and Identify key support staff that are involved in programme delivery, such as strength and conditionist, mentor, physiotherapist etc and have their contact details.
- Demonstrate an appropriate attitude and behaviour towards pro-active injury prevention
- Be aware of the role a physiotherapist and strength & conditioning coach have in the rehabilitation and prevention of sports related injuries.

13.5 Key areas – Compulsory

Anti Doping

- Physiotherapists should understand and therefore be able to signpost athletes to the appropriate process for attaining a TUE (Therapeutic Use Exemption) for the athletes particular sport.
- Demonstrate a working knowledge of the method of accessing the TASS Medical Insurance Scheme.

14.0 TASS Expectations for Athlete Lifestyle Support

These guidelines have been provided to assist lead institutions to deliver and support their regional partners to ensure a high quality lifestyle support service is being delivered to all TASS athletes.

The size and academic nature of the institute, as well as the number of TASS athletes at the institute will dictate who the role of LSA would best suit. Possibilities include (but are not limited to); Other TASS service providers; Academics (preferably from a Sport / Sports Science background); PhD students (preferably from a Sport / Sports Science background); University Staff (counsellors, careers advisors, Education and Welfare officers).

14.1 Role of the Lifestyle Support Advisor (LSA)

- The LSA shall act as an advisor and / or guide for all issues athletic, academic and social which may prevent the athlete from fully engaging on the TASS programme.
- The LSA will be the primary point of contact for the other core service providers should issues concerning engagement need to be discussed.
- A network for facilitating contact between the athlete, TASS, the NGB and the institute should be created.
- Some athletes may already have a 'mentor' established with whom they have a rapport and feel comfortable with when communicating problems (be this a coach, a parent, a tutor etc). The role of the LSA is not to make this person redundant - the athlete has the right to choose with whom they wish to discuss issues in depth. However the athlete is required to communicate with the LSA and indicate if they are receiving guidance elsewhere.
- Information discussed at meeting shall be confidential at all times unless
- The athlete has allowed information to be discussed / passed on to the NGB, academic contacts, core service providers and any other persons whom may benefit from the information
- The information discussed is of a level of concern which legally obliges the LSA to contact the necessary individuals responsible for safeguarding the wellbeing and safety of the athlete.

14.2 Lifestyle Support Advisor Requirements

- LSA's should hold or be working towards the Level 3 VRQ Talented Athlete Lifestyle Support (TALS) qualification. Exceptions will be recognised. Any claim for special circumstances can be forwarded and considered by the TASS Lead Athlete Support Manager within 4 weeks of TASS year quarter end.
- A contact guide for each institute is 1 LSA per 15 athletes.
- LSA's are required to attend a LSA induction (date TBC).
- Attend regional mentor training and meetings as appropriate.
- Regularly check the TASS portal for updates, documentation and CPD opportunities.
- Hold valid Enhanced CRB check documentation.
- Hold a valid *Safeguarding Children in Sport* certificate.
- Adhere to the quarterly review requirements set out by the Lead Athlete Support Manager.
- Distribute at the earliest time possible dates and times of preferred contact (i.e. by creating a Google Docs where athletes can sign up to pre-determined time slots).

14.3 Delivery Requirements

- LSA's should meet individually with athletes a minimum 3 times a year (this can be inclusive of the induction process). Ideally this will be face-to-face contact, once per term and will be initiated by the LSA. It is advisable that these meetings be in alignment with the required TASS quarterly athlete review.
- The initial meeting and induction should take place within 4 weeks of the athlete being awarded TASS funding. The LSA should report back to the Lead ASM with a 'situational assessment' of the athlete as evidence of contact.
- Evidence of contact with other core service providers, academic / institute points of contact and necessary NGB persons should be provided to the Lead ASM within 6 weeks of the athlete being awarded TASS funding.
- Attendance of these 3 meetings is compulsory for athletes.
- Attendance should be reported back to TASS on a quarterly basis (this information is then fed back to the NGB's)
- Additional sessions are encouraged but are not compulsory for athletes or institutions
- If an athlete fails to attend a meeting this will be reported back to TASS via the quarterly review. TASS will inform the NGB and appropriate action will be taken.
- Monthly contact is required via telephone, text, or email. The preferred method of contact is to be arranged between mentor and athlete during the first month of the programme

14.4 Learning Outcomes

The TASS lifestyle support programme is athlete centred. The needs of the athlete will dictate the content of the sessions. A successful athlete from this programme will be able to:

- Identify when issues may prevent full engagement on the TASS programme.
- Identify key points of contact to assist in resolving any academic, athletic and social issues which may arise during their time on TASS.
- Identify when the athlete should take responsibility for required actions.
- Identify the importance of regular communication with support staff to the continuity of progression in their athletic performance.

14.5 Key Areas

- Demonstrate a thorough working knowledge of anti doping procedures as outlined in '100% ME' resources
- Demonstrate a working knowledge of the drugs information database (DID)

14.5 Optional

- Identify potential career paths **and / or work experience placements**
- Complete a skills diagnostic test where appropriate
- Identify transferable skills
- Create a CV / covering letter
- Budgeting / finance / sponsorship

15.0 TASS Expectations for Strength and Conditioning Support

These guidelines have been produced to support institutions and their strength and conditioning coaches in delivering the TASS Strength and Conditioning Programme to athletes.

15.1 S&C Coach Requirements

- Hold Accredited Strength and Conditioning Coach status as provided by the UKSCA.
- Evidence at least 3 years coaching experience to athletes of county, regional and national standard.
- Be under contract to provide S&C services on behalf of the institution either in an employed or self-employed capacity.
- Understand the legal and ethical aspects of working with TASS athletes
- Any claim for special circumstances can be forwarded and considered by the TASS National Lead S&C Coach within 4 weeks of TASS year quarter end.

Note: It is expected that institutes may wish to use other staff to support the lead S&C coach. Where this support is directed at the assessment, programming, coaching, supervising, or reviewing of the athlete, the tasks undertaken must be in proportion to the competencies of the assistant S&C coach. The institute must evidence that the assistant S&C coach is engaging with a pathway of development directed towards achieving the qualifying standards for TASS.

15.2 Delivery requirements

Through the most effective use of the resources available, the consultant S&C coach should facilitate the athlete's engagement and compliance with an annual strength and conditioning program. It is expected this will require athlete contact equivalent to a *minimum* of 12 1-1 sessions. The focus of delivery contact, modified from Newton's (2002) suggested process, should be on three core activities

1. Situational Assessment
2. Coaching and communication
3. Review and feedback

1. The *Situational Assessment*: S&C coaches must initially meet individually with athletes to create a relationship and structure to the program. Specific tasks may include, but not be exclusive too:

- Understanding and integration of NGB provided information
- Understanding and integration of Institute provided information
- Understanding and gathering of additional athlete information
- Provide a *situational assessment report* no longer than 6 weeks from the start of the program. It must include an overview of goals, minimum three phase delivery plan for the year, and a strength and conditioning programme for the specific training block. A preferred format for the report and phase planner has been made available.

2. *Coaching and communication:* S&C coaches must find the most suitable method of delivery to facilitate an athlete's compliance to the program. This may be delivered as:

- Scheduled 1-1 sessions.
- Scheduled small group training sessions (maximum 6 per group);
- Communication with athletes via e-mail or phone;
- Workshops or clinics e.g. weightlifting, core strength.
- At least one session integrated with the TASS physiotherapist
- Travelling to an athlete's preferred training location
- Access to facility for non-dependent training sessions

Note: University team training sessions and gym memberships cannot be allocated funds from the core TASS S&C funding.

3. *Review and feedback:* monitoring of the athletes attendance and program to provide appropriate feedback to the athlete and the NGB.

- Up to 3 reports in line with the TASS quarterly review schedule

Friday 11th December 2009

Friday 12th March 2010

Friday 18th June 2010

Friday 17th September 2010

- Reports must follow the preferred process
- Opportunity for case review can be offered to NGB's at a quarterly TASS Hub S&C forum

Attendance should be reported back to TASS on a quarterly basis (this information is fed back to NGB's). If an athlete fails to attend more than 80% of the scheduled sessions, this will be reported back to TASS via the quarterly report. TASS will inform the NGB and appropriate action will be taken.

15.3 Learning outcomes – Compulsory

A successful athlete from this programme will be able to;

- Understand their Strength and Conditioning Programme
- Explain why progression in key physical competencies will improve performance
- Understand and develop skills required for the next step in their sports performance pathway

15.4 Key areas – Compulsory

- Demonstrate a thorough working knowledge of strength and conditioning means and methods of training relevant to their program.
- Demonstrate commitment by attending at least 80% of the scheduled sessions.

-
- Works towards a non-dependent and integrated approach to their training and performance
 - Demonstrate progression in key physical competencies

15.5 Summary

- Facilitate an athlete's ability to undertake a strength and conditioning program
- Make available a situational assessment, training plan, coaching / workshop sessions, and up to 3 reviews.
- Allocate the equivalent of a minimum 12 1-1 sessions
- Meet nationally agreed KPI's
- Meet locally agreed KPI's