



# Athletics Ireland Performance Initiative 2010

*A demanding performance  
environment creates the opportunity to  
develop a great team*

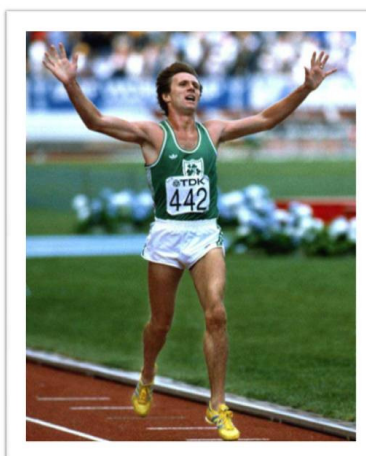


## Consultancy Role For Athletics Ireland

- ▶ Develop a world class HP unit within Athletics Ireland
- ▶ Implement a sustainable medical management system
- ▶ Improve sports science support
- ▶ Implement a national long term athlete development programme
- ▶ Establish policies and protocols relating to performance
- ▶ Identify potential performance training centres

## Athletics Ireland – Where Are We Now?

- ▶ Athletics Ireland has primarily a non-centralised performance programme
- ▶ Dependent on a volunteer coaching structure
- ▶ Little evidence of long term athlete development structure
- ▶ A history of producing championship performances despite no national performance training facility



## Athletics Ireland – Honest Questions



- ▶ Does Athletics Ireland have the structures to deliver an effective HP programme for 2012 & beyond?
- ▶ Is Athletics Ireland the primary drivers of performance and HP coach development?
- ▶ What level of influence do Athletics Ireland national event coaches have on individual performances?
- ▶ What input do current and former athletes have into the HP programme?

## Building A Sustainable Future





## Athletics Ireland – Projects 2010/11

1. High Performance Unit – May 2010
2. Athlete Medical Management System – Sept 2010
3. Sports Science Support Network – Jan 2011
4. National Long Term Athlete Development Programme – April 2012
5. National Coaching Advisory Group – January 2011
6. Identify Performance Training Centres – January 2011



## Project 1 – Athletics Ireland High Performance Unit May 2010




## Project 2 – Athlete Medical Management System – Sept 2010






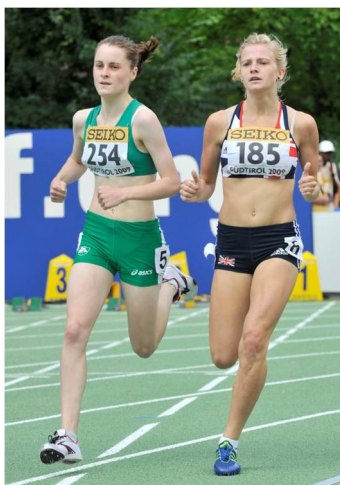
- Pro active athlete medical support system.
- Quality assured medical support for all programme athletes across Ireland
- Increased investment for all championship preparations.
- Medical performance indicators.
- Manage expectation.

## Project 3 – Sports Science Support Network – Jan 2011



- ▶ Athletics Ireland working in conjunction with Irish Institute of Sport
- ▶ Increased investment in support services impacting on individual performances
- ▶ Investment in advanced blood profiling for all performance athletes





## Athlete Long Term Development Programme

- ▶ Identify the talented domestic athletes
- ▶ Provide the necessary support systems
- ▶ Talented athletes will optimise their potential to be competitive on a senior global stage



## LTAD – What Are The Issues?

- ▶ Development athletes over-competes and under-train
- ▶ Adult training and competition programmes are imposed on developing athletes
- ▶ Goals are set for the short term outcome winning and not to the process
- ▶ Club coaches & parents are not educated in LTAD
- ▶ There is currently no talent identification system

## What Are The Consequences Of Poor LTAD?

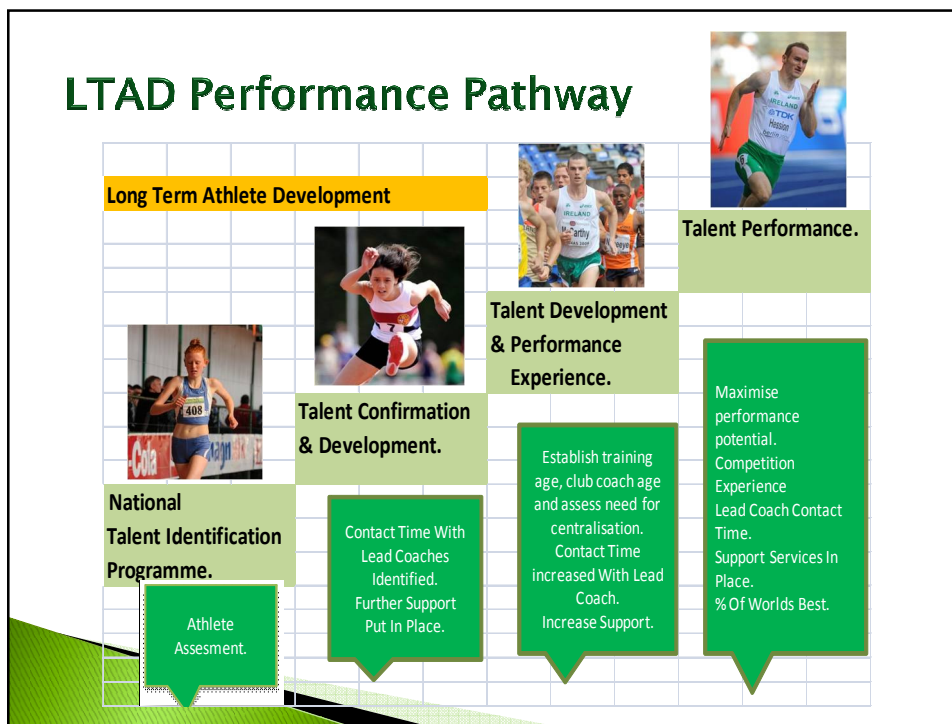
- ▶ Failure to reach optimal performance levels in international competitions
- ▶ Lack of proper condition and fitness levels.
- ▶ Poor skill development
- ▶ Bad habits developed from over competition focused on winning
- ▶ Athletes flatline in performance or drop out of sport at the critical age of 17-20 years

## Project 4 – National LTAD Programme – April 2012.

- ▶ Set the bar at world level – What is exceptional talent?
- ▶ Establish a national LTAD protocol per event group
- ▶ Education and support of coaches to implement a national Talent ID structure
- ▶ Work in partnership with the Irish Institute of Sport



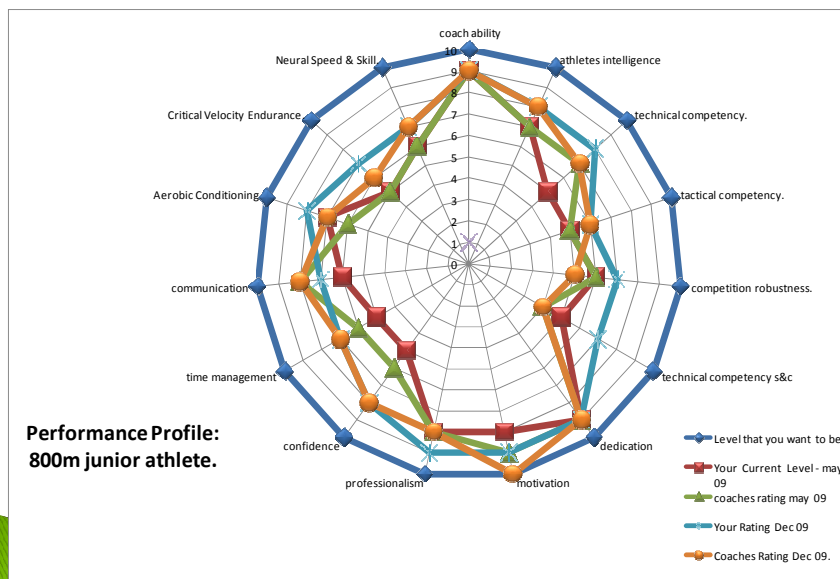
## LTAD Performance Pathway



## Example Of Athlete Long Term Development.

Athlete Long Term Development Model.						
Age	Years To Goal Performance.	Annual Improvement.	Event 800m	Annual Improvement.	Event 1500m.	Physiological Profiling.
19yrs	7	2-8secs.	2min-3secs	4-61secs.	4min-12sec-05.	Vo2 68ml/kg Lt/AT/Economy.
20yrs	6	2-4secs	2min-0secs	3-81secs	4min-7sec-44	Vo2 68ml/kg Lt/AT/Economy.
21yrs	5	2secs	year 2012. 1-58-5secs	3-07secs	4-3-63secs	Vo2 70ml/kg. Lt/AT/Economy.
22yrs	4	1-6secs	1-56-5secs	2-3secs	4-01secs.	Vo2 70-5ml/kg. Lt/AT/Economy.
23yrs	3	1-2secs	1-54-9secs	1-5secs	3-58-26	Vo2 71 ml/kg. Lt/AT/Economy.
24yrs	2	0-8secs	1-53-7secs	0-76secs	3-56-76	Vo2 72ml/kg Lt/AT/Economy.
25yrs.	1	0-4secs	Year2016. 1-53-1secs	3-56secs	3-56.	Vo2 72ml/kg
% Of Critical Velocity Or Vo2.		training performance indicators.		Functional & Biomechanical Support. Life Style and Psychological Support. Sports Science & Medicine Support. Athlete Mentoring & Sports Management Support.		Fractional Utilization.
97% 2x(600-400).						
95% 3 x 500m						
90% 10 x 400m						
85% 4x 1km						
80% 2 x 2k.						

## LTAD Evaluation Criteria.

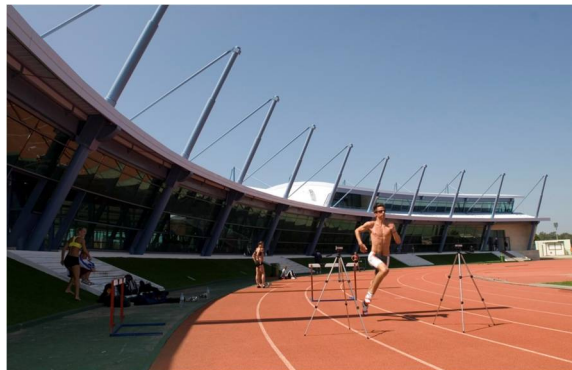


## Project 5 – National Coaching Advisory Group – January 2011



- ▶ National director of coaching
- ▶ Responsible for all coach education and national structure
- ▶ National CPD coach mentoring programme
- ▶ Responsible for research and development
- ▶ Delivery of national LTAD start programme





### National Performance Training Centres. >>

Athletics Ireland building a performance network with limited resources & investment.

## Project 6 – Performance Training Centres – January 2011

- ▶ Tendering process with 3<sup>rd</sup> level institutions
- ▶ Recruit full-time performance lead coaches
- ▶ Endurance / walks national performance centre
- ▶ National sprints & jumps centre
- ▶ National throws training centre



## Influencing Championship Performance.



- ▶ PD – request from all national lead event coaches, recommendations of the coaching staff that will have a performance impact on any athletes performance at major championships.
- ▶ PD & National team manager to appoint and engage all staff for major championship events.



*Our vision is to provide an Irish based performance environment.*



- ✘ We will ensure athletes can maximise their talents to become future champions.
- ✘ We will create a sustainable pathway for future podium success.

