

## Athletics Ireland/NI Athletics Junior Endurance Performance Squads

### Vision

More Irish endurance athletes & teams winning medals & making finals on the European & World Stage at Junior Level



### Mission

Creating a European-leading, sustainable high performance academy that focuses on the needs of our athletes/coaches with emphasis on executing the fundamentals to the highest level



### Philosophy

Performance-driven, Science-based, Athlete-focused, Coach-led

### Values

#### Excellence

- Maximise potential
- Challenge and be challenged
- Achieve highest international standard
- Seek continuous improvement

#### Integrity

- Build trust
- Earn mutual respect
- Deliver on expectations
- Be open and honest
- Clear communication

#### Empowerment

- Athlete centered approach
- Athletes take ownership
- Growth mindsets
- Establish a positive culture
- Build confidence

## Camp Dates 2015/2016



## Criteria for Selection on Regional Endurance Performance Squads

### Munster Ages u16-u20 in 2015:

- 1) Have represented Ireland in International competition in 2014/2015 (European XC Championships 2014, Celtic International XC 2015, Schools International XC 2015, Schools International T&F 2015, EYOF 2015, World Youth T&F 2015, European Junior T&F 2015)
- 2) Have finished in the top 3 places at an outdoor All Ireland T&F Schools or Clubs
- 3) Have finished in the top 20 at an All Ireland Schools XC or All Ireland Clubs XC Championship (Inter Club XC discounted here due to low numbers)
- 4) Have finished in the top 5 places at an outdoor All Ireland T&F Schools or Clubs OR the top 5 places in an Indoor All Ireland T&F
- 5) Where an athlete is new to the sport and has shown tremendous talent & potential OR where an athlete has been injured for a long period of time and missed a whole season. Under these circumstances the selectors may select an athlete on a trial basis for the squad to prove form.

### Leinster Ages u16-u20 in 2015:

- 1) Have represented Ireland in International competition in 2014/2015 (European XC Championships 2014, Celtic International XC 2015, Schools International XC 2015, Schools International T&F 2015, EYOF 2015, World Youth T&F 2015, European Junior T&F 2015)
- 2) Have finished in the top 3 places at an outdoor All Ireland T&F Schools or Clubs
- 3) Have finished in the top 15 places at an All Ireland Schools XC or All Ireland Clubs XC Championship (Inter Club XC discounted here due to low numbers)
- 4) Have finished top in the top 3 places in an Indoor All Ireland T&F
- 5) Where an athlete is new to the sport and has shown tremendous talent & potential OR where an athlete has been injured for a long period of time and missed a whole season. Under these circumstances the selectors may select an athlete on a trial basis for the squad to prove form.

### Ulster/NI Ages u16-u20 in 2015:

- 1) Have represented Ireland in International competition in 2014/2015 (European XC Championships 2014, Celtic International XC 2015, Schools International XC 2015, Schools International T&F 2015, EYOF 2015, World Youth T&F 2015, European Junior T&F 2015)
- 2) Have finished in the top 5 places at an outdoor All Ireland T&F Schools or Clubs
- 3) Have finished in the top 20 places at an All Ireland Schools XC or All Ireland Clubs XC Championship (Inter Club XC discounted here due to low numbers)
- 4) Have finished top in the top 5 places in an Indoor All Ireland T&F
- 5) Where an athlete is new to the sport and has shown tremendous talent & potential OR where an athlete has been injured for a long period of time and missed a whole season. Under these circumstances the selectors may select an athlete on a trial basis for the squad to prove form.

### Connaught Ages u15-u20 in 2015:

- 1) Have represented Ireland in International competition in 2014/2015 (European XC Championships 2014, Celtic International XC 2015, Schools International XC 2015, Schools International T&F 2015, EYOF 2015, World Youth T&F 2015, European Junior T&F 2015)
- 2) Have finished in the top 6 places at an outdoor All Ireland T&F Schools or Clubs
- 3) Have finished in the top 30 places at an All Ireland Schools XC or All Ireland Clubs XC Championship (Inter Club XC discounted here due to low numbers)
- 4) Have finished top in the top 6 places in an Indoor All Ireland T&F
- 5) Where an athlete is new to the sport and has shown tremendous talent & potential OR where an athlete has been injured for a long period of time and missed a whole season. Under these circumstances the selectors may select an athlete on a trial basis for the squad to prove form.

# Focus

