



Supporting National Athletes to Reach Their Potential

Leisure & Culture Dundee, in partnership with sportscotland and Institute of Sport & Exercise, University of Dundee, is launching an expanded athlete support programme for Dundee athletes in 2022. Dundee Athlete Performance Programme aims to offer strength & conditioning training and lifestyle management input to selected National Athletes from Dundee with the aim of complementing their sport specific training and helping them progress through their sport's performance pathway towards selection for senior national teams and Scottish Institute of Sport support. Further development opportunities for selected athletes will be explored on an on-going basis.

PROGRAMME DETAILS

- **2 x weekly strength & conditioning sessions led by UKSCA Accredited coaches**
- **Lifestyle management support and advice through workshops and e-Learning modules**
- **Programme delivered at Regional Performance Centre, Dundee and Institute of Sport & Exercise, University of Dundee**
- **Sessions subsidised for selected athletes**
- **Links with club & NGB coaches to ensure a coordinated approach to athletes' development**
- **Further opportunities being explored**

SELECTION CRITERIA

Sport Selection Criteria

1. Any sport with an NGB recognised by sportscotland.
2. Sports with Olympic, Paralympic, Special Olympic or Commonwealth Games pathways prioritised if programme is oversubscribed.

Athlete Selection Criteria

1. Athlete must be eligible to represent Scotland or another home nation.
2. A current member of a NGB national squad.
3. Athlete must be a Dundee resident.
4. The NGB must confirm that they believe the athlete has the potential to reach SIS support standard within the next 3 years or are capable of making big strides in their sport during that period.
5. Athlete must commit (in conjunction with their club/NGB coach) to attend 2 x S&C sessions per week & 2 review/personal development meetings per year.
6. Athlete must agree to participate in promotional activity for the programme & partners.
7. The athlete must agree to pay for the subsidised sessions in block payments (or have an agreement with their club/NGB for payment to be made on their behalf). Total subsidised cost for the year is £240.
8. To remain in the programme, athletes must remain within their NGB performance pathway & attend a minimum of 80% of S&C sessions per month (unless they are ill or injured). If there are regular unexplained absences, the place will be offered to another athlete.
9. The athlete must agree to complete initial application form and inform T&F Performance Coordinator of any sport specific milestones/successes during their time in the programme.
10. The athlete must agree to DAPP using their progress & success through social media and other avenues to promote the programme.
11. Athletes must sign up to and follow the DAPP Code of Conduct. Athletes will be selected against the principles of the DAPP Code of Conduct.
12. Athletes can only be in the programme for a max. of 3 years unless there are exceptional circumstances and agreement is reached with DAPP and the NGB.

APPLICATION PROCESS

1. T&F Performance Coordinator contacts all relevant clubs & NGBs with details of programme and application form in May 2022.
2. Athletes/coaches/NGB to discuss the athlete's eligibility for the programme and the commitment required.
3. Athlete to complete application form and pass to NGB for endorsement.
4. NGB to send completed application form to T&F Performance Coordinator by 16 June 2022.
5. DAPP Selection Panel to meet to consider applications and allocate places by 8 July 2022. The panel may request an interview with the applicant.
6. T&F Performance Coordinator to contact all applicants with the outcome of their application by 10 July 2022.
7. T&F Performance Coordinator to send an Athlete's Code of Conduct to successful applicants for signing - signed Codes of Conduct to be returned by 25 July 2022.
8. Group induction meeting to be held by 12 August 2022 for athletes, parents and club/NGB coaches.
9. Sessions start w/b 15 August 2022.

FURTHER INFORMATION

For further information on the Dundee Athlete Performance Programme, please contact:

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