**Year 2 Sport Aid Academy Overview and Participant Selection Process**

**About the Academy**

The Isle of Man Sport Aid Academy was established in 2015 and is aimed at Isle of Man athletes aged between the ages of 13 and 16.

The aim is to assist young athletes who have not yet met the criteria for the Sport Aid programme, by identifying and nurturing potential at an early age. Athletes are offered access to workshops and educational events which will allow them to gain the knowledge and skills which will help them during the sporting journey.

The Sport Aid Academy is supported by sponsors Suntera Global and Newfield, in partnership with Isle of Man Sport.

From the outset, it was an ambitious initiative aiming to build on the legacy of the Isle of Man Sporting Excellence Programme, which was led by Dame Kelly Holmes and Kelly Holmes Education from 2012 to 2014. Athletes who show the attitude and aptitude to succeed will graduate from the Academy and join the IoM Sport PDP and onward to the Sport Aid Performance Athlete Grant

The 2024-25 Year 2 Sport Aid Academy programme will include:

1. Three events in SNHS Lower School – (September 27th, January 10th, and April 25th). These will be 60-75 mins in duration and be supported by legacy athletes, Performance Athlete Grant (PAG) athletes and Performance Development Pathway (PDP) athletes whenever possible.

The aim of these events is to share athlete stories and journeys related to the themes of the school-based workshops. Coaches, parents, Governing bodies of Sport (GBS), TASS school link staff, supported athletes (current and legacy) and facilitators will all be invited to these events.

1. Five workshops will be held in each high school/local school (if home schooled) during the following weeks throughout the year:

* Week beginning 21st Oct 2024
* Week beginning 9th Dec 2024
* Week beginning 10th Feb 2025
* Week beginning 31st March 2025
* Week beginning 26th May 2025

Workshops will be held immediately after the school day and will take place in and around school’s extracurricular programmes and fixtures. IOM Sport staff with liaise with the TASS link staff at each school to organise the most suitable day for the workshop to take place.

These workshops will be attended by the PDP athletes on the TASS programme who are currently being educated at the school. In addition to that we will identify a legacy or PAG athlete to support these workshops wherever possible. TASS School link staff will also be involved in these workshops as and when they can.

1. Access to parental workshops. We aim to hold three each school year (one a term).
2. Access to weekly 1-hour physical preparation sessions in the gym which will include a short 15-minute workshop to discuss key actions across the following five themes throughout the year:

* Self-awareness
* General training and taper
* Pre performance
* Performance
* Post-performance

Two sessions will be held every Tues, Wed and Thurs during term time with the first session taking place between 1630-1730 and the second session taking place between 1700-1800. Athletes who are offered a full package of Year 2 academy support will select their top three day/time preferences via a Microsoft form sent out by email. The gym sessions are not optional unlike Year 1 of the academy. If athletes cannot or do not wish to attend the gym sessions, we would expect them to identify their plan for their physical preparation outside of training within their normal sport over the year ahead. Those unable to identify a plan will be able to access the three community events but not the Five school workshops.

**2024-25 Year 2 Application Process**

1. Each athlete who attended Year 1 will be invited to apply for Year 2. Application will be via the submission of an athlete CV, a workshop evaluation and a performance review from their previous sporting calendar year. Template documents and What A Good One Looks Like (will be provided).
2. Once the deadline has passed IOM Sport will ask the local GBS whether there is anyone from their sport who:

Was not nominated for Year 1 (regardless of reason)

And

Will be in Year 10 or 11 when school resumes in September.

And

Is making good progress within their sport and would value some additional support.

AND

Should be included in the Year 2 cohort from September.

1. GBS identified Athletes are contacted and provided the opportunity to apply by completing an athlete CV and performance review by a set deadline.
2. If, once the deadline has passed for GBS identified athletes, there are over 60 applications IOM Sport will commence a selection process using the criteria below.
3. Once selection decisions have been made applicants will be contacted to outline the Academy programme they have been accepted onto. Those able to access the gym sessions will have a period of time to identify which gym sessions they wish to attend. Should any of that number decline to attend the gym or fail to complete the task within the timeline identified places will be offered to the remaining applicants in order from 61-80 until all 60 places have been filled or all applicants have been made an offer (whichever comes first).

NB – 60 participants is the maximum number that can be accommodated in the gym sessions. Therefore 60 athletes will be selected and provided the opportunity to access the full Year 2 Academy programme (1, 2, 3 and 4)

The remaining applicants will be able to access a reduce Academy programme (1, 2, 3)

**Selection Criteria and Ranking for 2024-25 Year 2 Applications**

The applications will be reviewed by the Student Athlete Development Coordinator, and the following 4 factors will be assessed to identify who will be offered access the full Academy programme to in the first instance (60 participants max).

The factors are listed in rank order (highest to lowest) and have had weighting applied to them on that basis:

1. Quality of the Performance Review and athlete CV receives as part of their application
2. Success within main sport at the athlete’s highest level
3. Highest level of competition the athlete is aspiring toward
4. Engagement with Year 1 of the Sport Aid Academy (including attendance to sessions, attitude within sessions and if the year 1 physical preparation sessions at the gym have been attended)

**Factor 1 – Quality of the Performance Review and athlete CV receives as part of their application**

This factor receives the highest weighting because we have identified plan, do, review as key skills required for High Performers in Sport (scored out of 4 and then multiplied by 4)

We are calling these set of skills the **X factor** because we see so few who can do them well AND those, we do see who do them well are often our higher performing athletes.

The applications will be scored as followed.

**A score of 1 if** - Both CV and review, either/or, are handed in but neither are of good quality

**A score of 2 if** - Either the CV or review are of good quality. Or one is handed in and is of good quality, but the other is not handed in or is not of good quality (maximum score received if only one handed in)

**A score of 3 if** - Either the CV or review is of very good quality, and one is of a lesser quality

Or

Both are of good quality.

**A score of 4 if** - Both are handed in and both are of very good quality.

**What a (very) good one might look like**

*Very good quality* – The athlete shows progression over the season within their CV. Athlete demonstrates their high aspirations and how they plan to work towards those aspirations. The Performance review shows examples of changing behaviours and good self-awareness and evaluation. The athlete can demonstrate performance habits via their performance review and show good self-reflection while participating their main sport.

*Good quality* – as above but lacking in specific examples and/or their sporting aspirations are not particularly high and/or there is very little description of progression. The performance review isn’t answered in much detail and/or doesn’t show evidence of much self-awareness or self-reflection.

**Factor 2 – Highest performance level currently participating in**

This factor is ranked 2nd and weighted accordingly because although we know we cannot reliably predict Elite athlete status from youth results some element of performing off-Island within this age-group will likely be required to ensure opportunities to develop further can be accessed (scored out of 6 and multiplied by 3).

**A score of 1 if** – the athlete is only participating in sport at a local level (not island level). For example, an athlete who competes in local or school leagues only.

**A score of 2 points if** – the athlete is demonstrating sporadic local success such as podiums in local events or if they are involved in a local talent pathways like the Sale DPP or training with the island squad within their sport.

**A score of 3 points if** – the athletes are demonstrating consistent local success such as top 3 finishes in island events and are consistently participating in regional events in the UK or open meets within their sport.

And/or

the athlete has had a small amount of success at regional events and achieve a medal or top 3 finish.

And/or

The athlete has been selected for a regional team such as selection to play for Sale DPP or playing for a team based and competing in the Northwest.

And/or

The athlete is playing for the island squad within their sport (not just training) against off-Island opposition in regional or national events.

**A score of 4 points if** – the athlete can demonstrate they are competing at a high regional level and are regularly achieving top 3 finishes or competing against high level regional teams. Consistent Regional medals leading to selection for the region at National events and/or attaining standards to compete at National events through regional performances.

**A score of 5 points if** – the athlete can demonstrate they are competing at a national level and demonstrate progression with consistent top 15 finishes in national level events (individual sports) and/or Selection for a national talent pathway such as England Lionesses program, England U16’s Hockey or the National School of Racing

**A score of 6 points if** – the athlete is consistently delivering medal winning performances at a national or international level and/or selected by National Governing Body for International competitions.

**Factor 3 - Highest level of competition the athlete is aspiring towards**

This factor is ranked 3rd and has been weighted accordingly. Although we recognise not everyone who wants to be a High Performance Athlete at a young age will go on to be one, and conversely just because someone does not have that aspiration at a young age it does not mean they won’t go on to be one, we know it can be important for young people to have a clear aspiration towards High Performance to maintain their motivation and drive. This is especially true when the aspiration is aligned to high levels of current performance (Factor 2).

(Scored out of 4 and multiplied by 2.5)

A score of 1 if – Local only

A score of 2 if – Regional level

A score of 3 if – National level

A score of 4 if - International level

**Factor 4 – Engagement with Year 1 of the Sport Aid Academy**

Although our preference is for athletes to have high engagement with the Academy, we know for a variety of reasons it might not be possible to attend every session. We also know there are many roads towards High Performance Sport with the most important aspects being the athletes are learning about themselves and developing good performance behaviours while enjoying competing and training which all can be attained beyond the Academy. This is why this factor receives the lowest weighting (scored out of 4 with no multiplier) and the performance review document and cv receive the highest.

**A score of 1 if** – Low attendance at monthly events and/ or no attendance at the physical prep sessions.

**A score of 2 if** - Attendance at monthly events above 50% and some or no gym sessions.

**A score of 3 if** – Attendance at monthly events between 50 – 65% and good, some or no gym sessions.

**A score of 4 if** – Attendance above 65% at monthly events and good attendance at the gym sessions.

Due to the physical preparation sessions not being mandatory in Year 1 their regular attendance at these sessions has little bearing on the athletes score for this factor.

Athletes should then be ranked based on their overall score and then the first 60 offered a full package place on the IOM Sport Aid Academy Year 2.

Applications to the Academy are to be sent via email.

Acceptance decisions will be communication via email and there will be a week’s deadline within which to accept or otherwise. Any spot not taken will be offered to the next athlete on the ranked list.