



SCOTTISH
WRESTLING

25 McCallum Road,
Larkhall, ML9 2QR

www.wrestling.scot
mail@wrestling.scot

Company Nr. SC548142
Scottish Wrestling

SW Talent Development & Performance Pathway Structure

Description

The SW Talent Development & Performance Programme aims to accelerate the development of talented wrestlers who show the potential to succeed at International level. The programme's support will focus on the development of technical and tactical competence, physical development, and performance mindset, knowledge and skills essential for elite level performance. SW operates a centralised squad system consisting of 4 squads: Talent Development U14/ Talent Development U18/ Performance Development 18+ and Performance squad. The squad system is in place to enable the best wrestlers from across Scotland to come together regularly to train and benefit from the best coaching available in Scotland.

The SW Talent Development & Performance Programme is managed by SW Talent Development & Performance Team. Athletes can move in and out of appropriate squads at the discretion of the management team at any time. Each squad operates from 01 January through to 31 December. However to give a flexible and robust access to the programme for every athlete the application process is open during the whole year.

Note! Please note that no funding is available for the 2020-2021 season but support will be provided where possible.

Talent Development U14 Squad

Talent Development U14 Squad consists of athletes U14 age groups who have demonstrated a level of talent and commitment to wrestling that puts them on a pathway to senior Scotland and GB representation. The athletes will be selected at the Regional and National events. The club coach can also nominate an athlete to the squad and the management team will review each nomination individually.

Athletes will be expected to attend the national training venue at the SW Academy a minimum of 2 sessions per week or complete 2 sessions at their affiliated club and provide evidence, and the quarterly Talent Development squad sessions. The squad members will meet regularly and will have access to:

- Weekly centralised elite performance training;
- Quarterly well structured squad sessions;
- Progress and guidance through SW pathway;
- World class performance coaching;
- Performance education resources and workshops;
- Selection for international competition and training camp events;
- Potential part-funding support for International events.

Talent Development U18 Squad

Talent Development U18 Squad consists of athletes U18 age groups who have demonstrated a level of talent and commitment to wrestling that puts them on a pathway to senior Scotland and GB representation. The athletes will be selected at the Regional and National events. The club coach can also nominate an athlete to the squad and the management team will review each nomination individually. The U18 squad members will have access to a series of camps and UWW competitions focused on developing the skills and experience of young wrestlers preparing them to compete for Scotland and GB at European and World Age Group Championships.

Athletes will be expected to attend the national training venue at the SW Academy a minimum of 2 sessions per week or complete 2 sessions at their affiliated club and provide evidence, and the quarterly Talent Development squad sessions. The squad members will meet regularly and will have access to:

- Weekly centralised elite performance training;
- Quarterly well structured squad sessions;
- Progress and guidance through SW pathway;
- World class performance coaching;
- Performance education resources and workshops;
- Selection for international competition and training camp events;
- Potential part-funding support for International events.

Performance Development 18+ Squad

Performance Development 18+ Squad consists of athletes 18+ age groups who have demonstrated a level of talent and commitment to wrestling that puts them on a pathway to senior Performance Scotland and GB representation. The athletes will be selected at the Regional and National events. The club coach can also nominate an athlete to the squad or an athlete can apply individually and the management team will review each nomination or application form.

Athletes will be expected to attend the national training venue at the SW Academy a minimum of 4 sessions per week or complete 4 sessions at their affiliated club and provide evidence, and the quarterly Performance Development squad sessions. The squad members will meet regularly and will have access to:

- Weekly centralised elite performance training;
- Quarterly well structured squad sessions;
- Progress and guidance through SW pathway;
- Introduction to Performance Programme;
- World class performance coaching;
- Performance education resources and workshops;
- Selection for international competition and training camp events;
- Potential part-funding support for International events.

Performance Squad

The Performance Squad consist of the athletes that have demonstrated a high level of performance and commitment to wrestling that puts them on the Performance Scotland and GB representation. The athletes will be selected through a well established selection process. The initial selection will be at the National Championships or progression from Development squads. The club coach can also nominate an athlete to

the squad or an athlete can apply individually and the selection panel will review each nomination or application form. The Performance squad members will have access to a series of camps and UWW competitions focused on developing the skills and experience to highly perform for Scotland and GB at Commonwealth Games, European and World Championships.

Athletes will be expected to attend the national training venue at the SW Academy a minimum of 6 sessions per week or if agreed with the National Coach to complete 6 sessions at their affiliated club and provide evidence, and the quarterly Performance squad sessions. The squad members will meet regularly and will have access to:

- Weekly centralised elite performance training;
- Quarterly well structured squad sessions;
- Progress and guidance through SW Performance pathway;
- World class performance coaching;
- Individual performance plans;
- Technical, Tactical and S&C individual support;
- Performance education and workshops;
- Selection for international competition and training camp events;
- Potential part-funding support for International events.