



SCOTTISH  
**WRESTLING**

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Company Nr. SC548142  
Scottish Wrestling

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## SW Talent Development & Performance Programme

### 1. 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/ Development 18+ and High 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 the funding (subject that there is funding received for the financial year) for each season will be agreed and allocated respectively and support will be provided where possible.***

### 2. 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 Athlete 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.

### 3. 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 Athlete 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.

### 4. Development 18+ Squad

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 High 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 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 Athlete pathway;
- Introduction to High 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.

## 5. High Performance Squad

The High Performance Squad consist of the athletes that have demonstrated a high level of performance and commitment to wrestling that puts them on the High 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 High 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 and Olympic Games.

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 performance management team to complete 6 sessions at their affiliated club and provide evidence, and the quarterly High 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 High Performance pathway;
- World class performance coaching;
- Individual high performance plans;
- Technical, Tactical and S&C individual support;
- High Performance education and workshops;
- Selection for international competition and training camp events;
- Potential part-funding support for International events.

## 6. Application Process

Complete the online form at [link](#).

## 7. Deselection Criteria and Process

Selected athletes may be deselected from the programme if:

1. If the athlete results do not meet the selection criteria requirements unless under exceptional circumstances agreed with the Performance Team.
2. If the athlete does not adhere to the agreed commitments.
3. If the athlete fails to treat fellow athletes and Performance staff with respect.

## 8. Appeals Process & Immediate Dismissal from the Performance Programme

- For the Appeals Process refer to the Appeals Policy at [link](#).
- Where an athlete is deemed to bring the sport of Wrestling into disrepute, this will result in the immediate dismissal of the athlete from the programme. In certain circumstances this may be preempted with a temporary suspension whilst investigations are carried out.