

**ENGLAND YOUTH SQUAD (EYS)
PROGRAMME GUIDE
2018-2019**



WHAT DOES IT TAKE TO BECOME A SUCCESSFUL PERFORMANCE ATHLETE IN TABLE TENNIS ?

WHAT DOES YOUR CHILD WANT ?



- **To become a National Champion?**
 - **To become an England player?**
- **To become a successful European player?**
- **To become a successful World player?**

WHAT DO WE WANT FOR THE EYS PROGRAMME



- **FOR ALL OUR ATHLETES TO DISCOVER WHAT THEY ARE CAPABLE OF, AND TO BE BETTER FOR THE EXPERIENCE OF TRYING.**
- **TO CREATE AND PROMOTE SAFE ENVIRONMENTS FOR OUR ATHLETES TO WORK WITHIN.**
- **TO SET CLEAR STANDARDS FOR OUR ATHLETES TO BECOME SUCCESSFUL EUROPEAN AND WORLD LEVEL ATHLETES IN FUTURE.**
- **TO SPEND OUR TIME FOCUSING ON THOSE ATHLETES WHO CONSISTENTLY TURN UP READY TO LEARN AND FIT FOR THE JOB.**

**WHAT IS THE OVERALL OBJECTIVE OF OUR
PERFORMANCE PATHWAY AND WHY ?**



**WE WANT OUR ATHLETES
BETWEEN THE AGES OF 16-18 TO BE
DESIRABLE FOR EUROPEAN CLUBS.**

WHY IS THE DESTINATION A EUROPEAN CLUB ?



- **WITHIN THE EUROPEAN CLUB AND LEAGUE SYSTEM, OUR ATHLETES HAVE THE OPPORTUNITY TO IMPROVE BY ACCESSING EFFECTIVE DAILY TRAINING ENVIRONMENTS AND STRONG LEAGUE SYSTEMS FOR COMPETITIVE DEVELOPMENT.**
- **THIS WILL SUPPORT OUR ATHLETES ON THEIR JOURNEY TOWARDS BECOMING STRONG, PROFESSIONAL ATHLETES AND EFFECTIVE CONTRIBUTORS TO SENIOR ENGLAND TEAMS AT MAJOR CAMPAIGNS IN THE FUTURE.**

HOW MUCH WORK WILL IT TAKE ?



AS A GUIDE, BY THE AGE OF 14 YRS, AN ATHLETE IN EUROPE WILL:

- **BE SPENDING A MINIMUM OF 20 HOURS PER WEEK IN DELIBERATE PRACTICE**
- **KNOW HOW TO TURN UP READY TO LEARN AND FIT FOR THAT JOB**
- **HAVE HAD A LOT OF TABLE TIME AND IS HUNGRY FOR A LOT MORE**
- **BE FAMILIAR WITH COMPETITION PLANNING**
- **BE CONSIDERING, AND IN SOME CASES USING, MANY OTHER ASPECTS OF PERFORMANCE DEVELOPMENT OFF THE TABLE**

HOW MUCH WORK WILL IT TAKE DAILY/WEEKLY ?



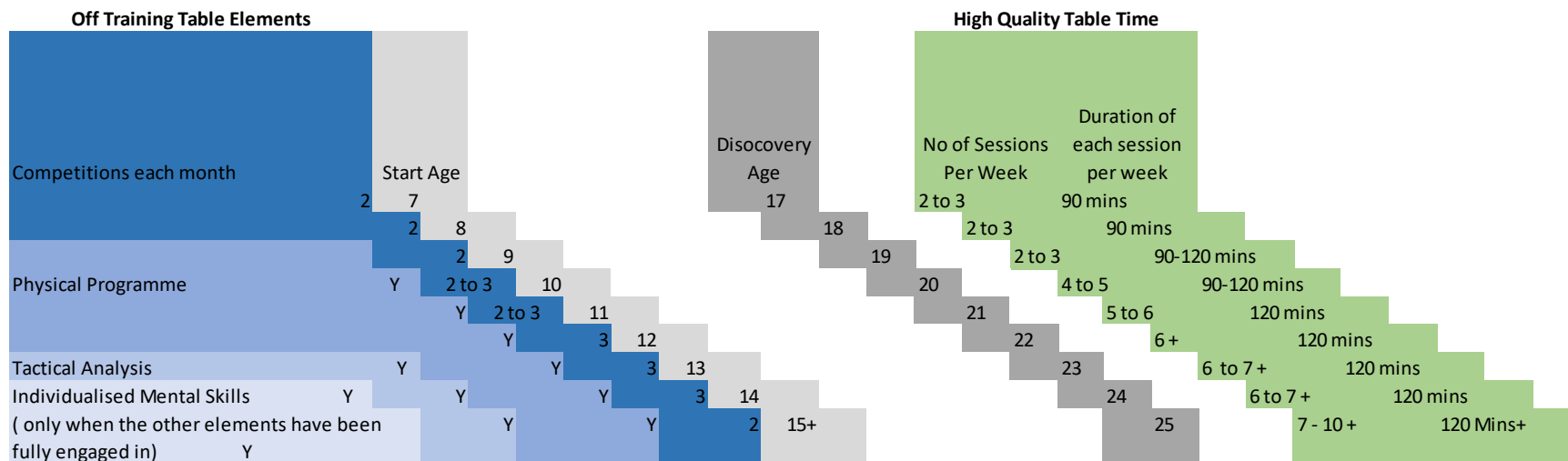
THE TIME YOUNG ATHLETES HAVE AVAILABLE FOR ACTIVITY IS *ROUGHLY*:

7AM - 10PM = 15 HRS/DAY OR 105 HRS/WEEK

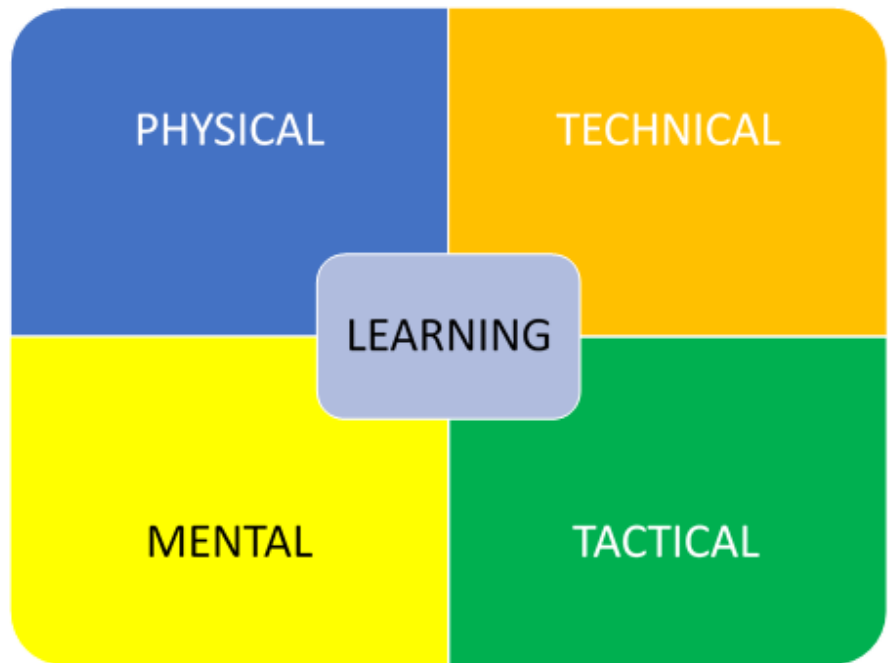
20 HRS/WEEK OF TRAINING AND COMPETITION IS ROUGHLY 20% OF THEIR TIME ON TABLE TENNIS

THIS EQUATES TO APPROXIMATELY 3HRS/DAY, ALTHOUGH MORE LIKELY TO BE A LITTLE BE LESS MIDWEEK AND MORE ON WEEKENDS

The Development Timeline Guide in Europe



WHAT WORK IS IT?



Technical Development
is necessary but not
sufficient for long term
success

QUALITY PRACTICE:



BLENDED:

TECHNICAL, TACTICAL, MENTAL AND PHYSICAL ENGAGEMENT ON MOST TASKS

PURPOSEFUL:

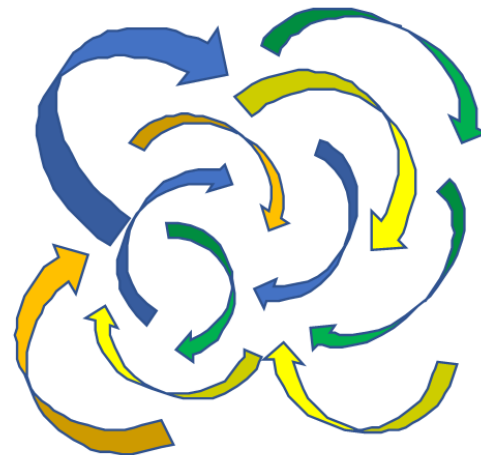
IS LINKED TO A WIDER PLAN OF/FOR DEVELOPMENT ALIGNED TO GOALS

SPECIFIC:

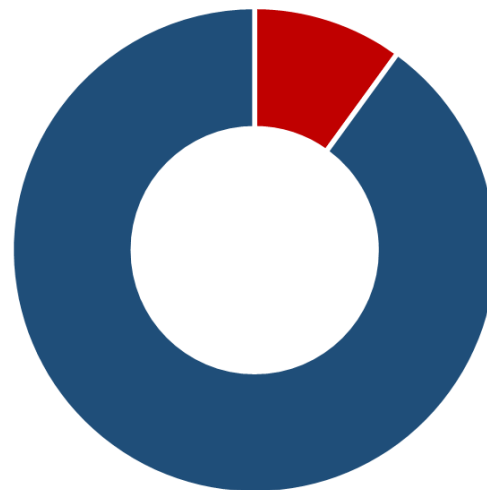
IS OBJECTIVE-DRIVEN AND THE IMPACT CAN BE MEASURED AND/OR OBSERVED

CONTEXTUALISED:

IS RELATED TO PERFORMANCE IN COMPETITION AND WILL TRANSFER FROM TRAINING ONTO THE TABLE WHEN IT MATTERS MOST



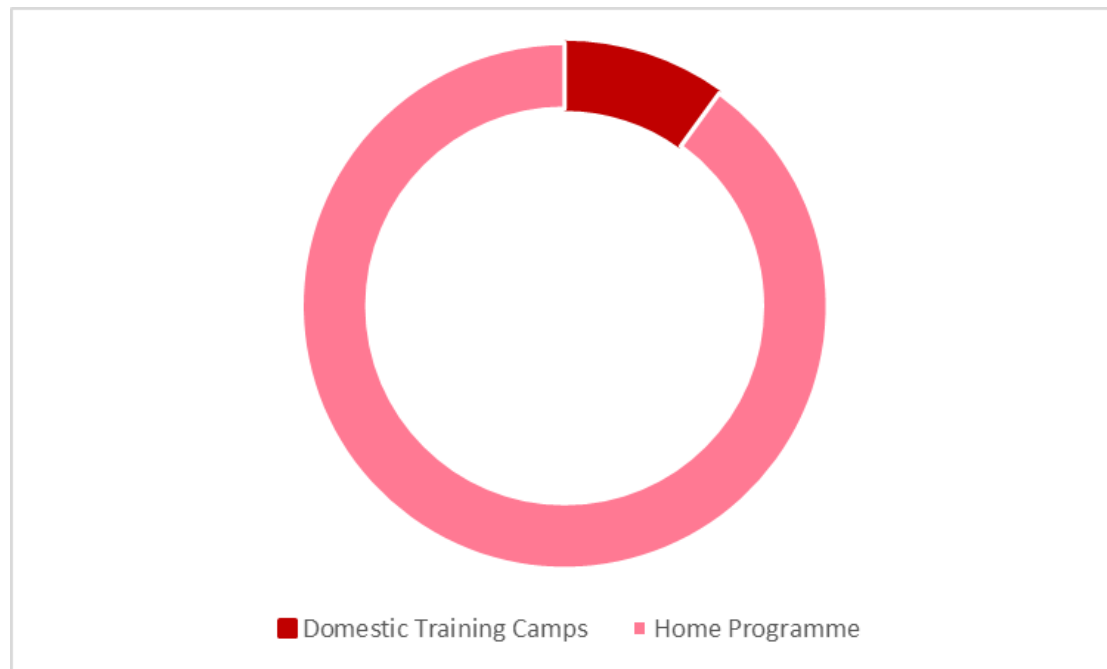
EYS PROGRAMME 2018-2019



■ DOMESTIC PROGRAMME

■ INTERNATIONAL PROGRAMME

EYS DOMESTIC PROGRAMME 2018-2019



The Six EYS domestic training and development camps will be used to set challenges for EYS athletes to meet. These will include effective individualised planning, physical benchmarks, technical competencies and project work around psychological skill development.

Athletes who are not responding to the camps will be advised to continue to work on those skills within their home programme. They will be invited to return to camps for more challenges when they have developed those skills further.

These camps are not designed to serve as the athletes' primary training, nor to substitute any daily work the athlete will engage in. Rather, they are to be used to support and guide the athletes' wider domestic training and development programme, which should happen in the 'home' training environment within, for example their school, their club or at home.

Unlocking access to the international element of the EYS programme is conditional upon athletes attending these Domestic Training & Development Camps. For 2018-2019, we are offering:

- Greater clarity on our expectations, including multiple, progressive challenges.
- Greater choice around whether to stay within or out-with the accommodation offer. Those staying outside our offer will not be within our duty of care at those times.
- More comprehensive planning and review sessions.
- A significant reduction in costs.

Summary of the core, compulsory domestic training camp element of the EYS 2018-2019



Domestic Training Camps:

- Athletes will be expected to attend at least five of the six available Domestic Training & Development Camps in the EYS Programme, three of which will be focused upon fitness. The induction will, however, be compulsory.
- Athletes who are unable to meet this minimum attendance are advised not to apply for or accept their place on, this programme. Athletes who are aged 16 or over will have more individualised programmes, which allows greater flexibility around camp attendance may be more appropriate for them.

Summary of the core, compulsory domestic training camp element of the EYS 2018-2019



Structure:

- Athletes will work with the programme coach(es) and programme manager to develop their individualised plan.
- Baseline data will be taken during the induction camp and athletes will be benchmarked and then their progress will be tracked throughout the year.
- Athletes who cannot meet the minimum levels of expectations at the Induction camp, will be given an opportunity to work within their own domestic training programme until they are ready to benchmark again.
- All athletes will have time with the programme manager on each camp to reflect upon progress and adjust their plan accordingly.

Summary of the core, compulsory domestic training camp element of the EYS 2018-2019



Costs:

- Athletes will be expected to contribute £250 upfront to access the EYS programme. This is payable in advance and non-refundable. This will be used to support some services within the programme such as strength and conditioning support.
- Should athletes wish to make use of the accommodation offered from the programme those costs will be calculated and charged in advance in the same way in addition to those charges above. Table Tennis England will cover costs associated with staff attendance at camp and facility hire. Further information on accommodation costs will be released in July 2018.

Summary of the core, compulsory domestic training camp element of the EYS 2018-2019



Camp Dates at David Ross Sports Village, Nottingham, starting at 10am on Saturday and ending at 4pm on Sunday in general, but may be subject to change.

- 8-9 September 2018 Induction Camp (compulsory)
- 6-7 October 2018
- 3-4 November 2018
- 12-13 January 2019
- 16-17 March 2019
- 8-9 June 2019



Five international training and development opportunities

A number of international events

Encouragement to self-organise international opportunities for pre-season, sparring and other events

The EYS International Training & Development element, will be accessed through engagement and responsiveness to the domestic training element of the programme.

INTERNATIONAL PROGRAMME 2018-2019



Athletes will need to demonstrate they can show up 'ready to learn and fit for the job' to benefit fully from this element of the programme. Those athletes fully-engaged in the core domestic element of the programme, will be invited to access additional opportunities to attend specific, targeted, named international events for their ongoing development.

This element will include:

- International training and development opportunities including sparring and targeted pre-competition preparation.
- Invitations to compete in specific, international events open for EYS Programme athletes. We may target specific events for specific groups within the EYS, for example girls only, boys only, cadets only, juniors only etc to meet their developmental needs.

International Training Camps



Table Tennis England will offer at least five International training and development opportunities to invite aspiring and committed EYS athletes. These shall include a mixture of squad training in a variety of countries, international sparring and preparation camps for international events.

Attendance at these camps will be optional. Staff will guide and advise athletes and parents on the appropriateness of camps and events in supporting long term development.

Structure:

Some of these camps will connect to existing international events which are also subject to invitation and will generally take place during school holidays where possible. At least 90 days' notice will be given, wherever possible, for these opportunities

International Training Camps



Costs

Athletes will be required to self-fund these International training and development opportunities on a camp by camp basis and Table Tennis England will cover costs associated with staff attendance

Costs will vary, and we cannot guarantee these prices, but in general we would advise parents to scope out £175 per return flight and up 50 euros per day for these camps. Athletes will also need to cover any additional costs related to this element of their programme such as transfers, water and snacks.

International Training Camps



Preliminary Schedule

- 22th -25th October 2018, to be confirmed but likely to be Croatia
- 19th -22nd February 2019, to be confirmed but likely to be Sweden to link in with that event as a preparation camp
- 8th -11th (dates to be confirmed) April 2019, potentially Italy
- 28th -31st (dates to be confirmed) May 2019, to be confirmed – potentially Croatia
- 29th June – 9th July European Youth Championship focused preparation period

Event Entry

EYS athletes may be invited to compete in several international events, subject to the full commitment to the Core Domestic Element of the EYS Programme. Some of these events may have places that are not fully utilised by invitation to EYS athletes.

In these cases, those places will be subject to the normal selection policy procedures. Table Tennis England may also choose to take certain groups of EYS athletes to such events such as boys only, girls only, cadets only etc. to meet specific developmental needs.

Structure

- Table Tennis England will identify five International Events which they may invite EYS Athletes to attend on a self-funded basis. We will aim to invite athletes at least 90 days in advance of each event.
- All other events are subject to the published Selection Policies for those events and open for any eligible athlete to nominate themselves to be selected.

Costs

- Athletes will be required to self-fund these International training and development opportunities on a camp by camp basis and Table Tennis England will cover costs associated with staff attendance.
- Costs will vary and we cannot guarantee these prices. In general we would advise parents to scope out £175 per return flight. The organisers will set the daily costs for accommodation, food and transportation within their package, but parents should note that this can be as high as 100 euros per night.
- We will also scope out costs outside the package on offer. This could mean costs would be lower. In this case the costs will vary but will be up to 75 euros per day.

Optional International Events Programme



Preliminary Schedule

- 12-16 September 2018 Croatia Open *
- November 2018 Hungarian Open
- 20-24th February Swedish Open
- 20-25 March 2019 Italian Open TBC
- April/May 2019 Zagiping, Zagreb, Croatia**
- 1-5th May Spanish Open

* note that only those athletes who complete the weekly training log circulated and available on request will be eligible for invitation to Croatia. Those athletes attending Ackworth will not be required to complete this training log as we will be with them seeing their training and progress.

** note this a non-ranking event and dates are yet to be confirmed by the organisers

Summary Calendar



2018

| Month | Date | Activity |
|-----------|---------------|-----------------------------|
| September | 8th-9th | Induction Camp (Compulsory) |
| September | 12th-16th | Croatian Open |
| October | 6th-7th | Domestic Camp |
| October | 22nd-25th TBC | Croatia TBC |
| November | 3rd-4th | Domestic Camp |
| November | TBC | Hungarian Open |
| January | 12th-13th | Domestic Camp |

2019

| Month | Date | Activity |
|-------------|-----------------|--|
| January | 12th-13th | Domestic Camp |
| February | 16th-20th | Sweden |
| February | 20th-24th | Swedish Open |
| March | 16th-17th | Domestic Camp |
| March | 20th-25th (TBC) | Italian Open |
| March/April | TBC | Zagiping Open, Zagreb, Croatia |
| April | 8th-11th | TBC |
| May | 1st-5th | Spanish Open |
| May | 28th-31st | TBC |
| June | 8th-9th | Domestic Camp |
| June/July | 29th-9th | European Youth Championships Preparation |

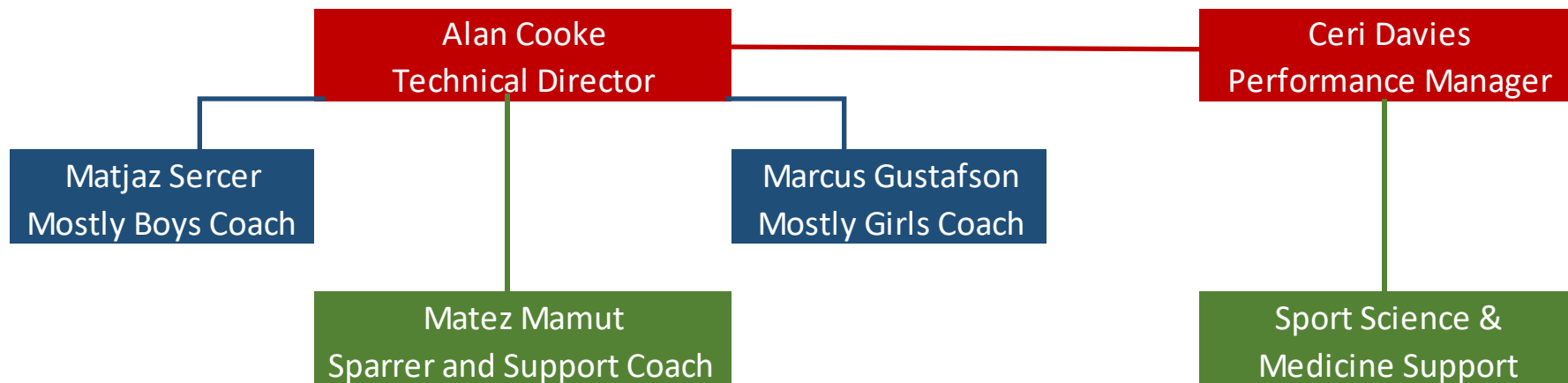
Key

Domestic Training Camp at the David Ross Sports Village, Nottingham

International Training & Development

International Event

Staffing for EYS 2018-2019



Selection



- Top 3 ITTF ranked athletes in each category will automatically be invited to demonstrate they are eligible for selection
- If there are not 3 ITTF ranked athletes, national rankings will be used for initial invitations
- Any other athletes who apply will then be considered for any additional places and applications will open Thursday 5th July 2018 and close end of play 7th August 2018
- All applicants will be informed of selections by 13th August 2018