

WELSH BOWLS PERFORMANCE PLAN AND PLAYER PATHWAY

WBA/WWBA/Disability Bowls

Introduction:

The performance plan shows what's expected at each level and the range of support that we have now or intend to develop further. The support available is an illustration rather than a full list. As we progress our work, we will be able to update or change. Some activity will depend on availability of funding etc. so will be subject to change.

The performance plan is a fluid system we recognise that some players will not want to move through the levels. Also, for those that take part in the journey, it may not be straight forward and at some points players will move up, down or even step away from the pathway for a time.

Priorities and Objectives:



WELSH BOWLS PERFORMANCE PLAN AND PLAYER PATHWAY

	Performance Data & Analysis	Health & Wellbeing	Psychology & Personal Management	Coaching & Management	Communication & Support	Competition/Event Category
	Podium/Expected Podium					
Elite 2	Analysis via: Video , Electronic, Skills performance indicators Compatibility, Event achievement, Info on national database	Designated sessions, Individualised S&C, Nutrition, Psychology, Managing under achievement/ Success during and post event. Sport /life balance, Life on tour, Personal Finance	Adopt team competition strategies, Self management, Professionalism (code of conduct), Act as a leader /guidance, Ownership of standard of play . Individual Athlete plan.	Tailored maintenance plan. Individual discipline and squad meetings/ training sessions by Team Manager and support staff, Self directed training.	Social media team Communication Provide mentorship for less experienced team members. Mentorship / support and education led by Team Manager/ support staff\Media training	Commonwealth. Games, World Bowls, IBD Championships, VI World Championships, Atlantic and European Championships Hong Kong Pairs, High performance test events.
	Elite Squad					
Elite 1	Analysis via: Video , Electronic, Skills performance indicators Compatibility, Event achievement, Info on national database	Designated sessions, Individualised S&C, Nutrition, Psychology, Sport / life balance, Life on tour, Personal Finance.	Willingness to listen/learn - adopt team competition strategies, Self management, Professionalism (code of conduct). Development of leadership and communication skills. Ownership of standard of play, Individual Athlete Plan	Tailored Development plan. Individual discipline and squad meetings/ training sessions by Team Manager and support staff, Self directed training.	Social media team communication Mentorship/support and education led by Team Manager/support staff. Monitoring and feedback Media training	Commonwealth Games, World Bowls, IBD Championships, VI World Championships Atlantic and European Champs, Hong Kong Pairs, High performance test events. Progression - Achieve Performance KPI's, Meet/ Exceed Individual Athlete Plan. Podium European/ Hong Kong.
	International Squad					
Tier 4	Data collection – skills performance indicators Event achievement Info on national database	Fulfil requirements for fitness/nutrition/ Hydration. Delivered through designated sessions on group S&C, Nutrition, psychology Sport/life balance	Willingness to adopt team competition strategies, Self management, Professionalism (code of conduct). Development of leadership and communication skills. Ownership of standard of play.	Formalised coaching to include: Individual discipline and squad meetings/training sessions Carry out Individualised /self directed training	Social media team communication Mentorship / support and education led by Team Manager/ Captain Support staff. Monitoring and feedback. For Juniors – Parent/ personal support forum	BIBC International Series and BIBC Champs. PD Home Nations event, VI UK Champs, VI Open Champs. European Champs, UK Test Series. Progression – Achieve Performance KPI's, Meet/Exceed Individual Athlete Plan. Podium European/Test. Win BIBC comps

WELSH BOWLS PERFORMANCE PLAN AND PLAYER PATHWAY

	Performance Data & Analysis	Health & Wellbeing	Psychology & Personal Management	Coaching & Management	Communication & Support	Competition/Event Category
Junior and Development Academies						
Tier 3	Data collection – paper or electronic and sent to Selectors (county and national). Event achievement. Info on national database	Adopt principles of fitness/ nutrition/hydration Delivered at Development days	Willingness to listen/learn. Self management. Professionalism. Development of leadership and communication skills. Ownership of standard of play.	Formalised coaching Advice regards individualised /self directed training	Mentorship/ support and education commences led by Academy lead Juniors Monitoring and feedback. Parent/ personal support forum	Academies Development Test Series, UK Test Series Progression - Achieve Performance KPI's, Nomination by Coach/Mentor/County
County Level						
Tier 2	Data collection at county /national trials Event achievement Talent identification by County Sec and selectors (observation).	Understand importance of maintaining general fitness/ nutrition/ hydration Delivered at County performance /trial days.	Keen to progress Attend/ request coaching sessions Evidence of entry into county/welsh /open events.	Club coaching County performance days.	County Secretary County Captain.	County Championship Carruthers Shield, Super 10/ Savegar, Welsh National comps. Progression – Nomination County/ Mentor/ Coach/Club, County Titles, BIBC Qualification/Open Competitions.
Club Level						
Tier 1	Event achievement Talent identification by County Secretary	Maintain general fitness – leaflet/posters	Keen to progress Attend/ request coaching sessions	Club Coaching	Club Coach.	Club/county /welsh/open competitions. Progression – Nomination Coach/Club, County Titles, Club Titles, BIBC Qualification, Open Comps

WELSH BOWLS PERFORMANCE PLAN AND PLAYER PATHWAY (WBA/WWBA/Disability Bowls)



