

Strategies

World class programme

- World class podium programme
 - Supports athletes with the potential to win a medal at the next olympics (4 years)
- World class podium potential programme
 - Supports athletes with the potential to win a medal at the subsequent olympics (8 years)
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National Institute

- England institution of sport
 - Sheffield - boxing and basketball
 - Loughborough - Swimming
- World class facilities and high quality coaches
- Physiological and psychological sports science support
- Medical support for injury and illness
- Talent ID process
- Research into new sporting technology

Drop out rate

- PE means all students participate, as age increases participation increases
- Participation drop-out: people participating recreationally
- Elite drop-out: people who could have been elite but dropped out before
 - Funding issues
 - Demands of training
 - Can't access elite programme geographically
 - Injury
 - Media pressure
 - Family commitment
 - Stress and lack of enjoyment
 - Not quite good enough
- Identify problem - appropriate intervention to take stress away
- Lifestyle advice - advice on integration of sporting personal life
- Media strategies - teach coping methods and dealing strategies
- Medical strategies - medical intervention like physiotherapy
- Psychological support - stress management and mental health support
- Training programme - suggest training adaptations to keep motivation

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