



POLICIES & PROCEDURES

**JUNIOR NATIONAL SQUAD &
JUNIOR INTERNATIONAL ATHLETE**

OCT 2023

Purpose

Our ***“Junior National Squad”*** is for athletes within both the RPS and SDS programme who are amongst the best in Scotland for their respective age group. The programme will offer additional support complimenting the Regional Performance Squad (RPS) that the athlete will remain an integral part of.

This is a National programme which will provide guidance through workshops, additional training and competition exposure, helping athletes understand the demands and expectations of performance badminton.

Additional opportunities within this programme include:

- 1** Regular centralised training sessions (every athlete)
- 2** National & International training camp(s) and/or tournament(s) (Selected athletes only)
- 3** Annual goal setting (every athlete)
- 4** Various workshops (every athlete)

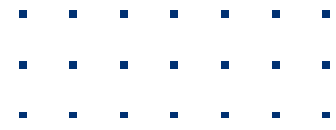
Key Focus



This programme compliments the work that takes place within the RPS and SDS programmes, depending on the developmental stage of the athlete. Athletes who are a part of our Develop RPS will see a large focus on developing their technical skillset and tactical awareness through performing skills already learned within more open, pressurised environments and learning how to use these skills and techniques effectively within practices, having to make small adjustments and decisions, enabling athletes to develop key principles of techniques whilst having the adaptability to use skills in the appropriate context.

Athletes who are members of the RPS Advance or SDS programme, will see a large focus on both technical and tactical growth through the coach placing constraints within practices which will force a reflection process upon the athlete, developing their technical and tactical perspectives. This will help athletes recognise common patterns of play which they can draw upon to make informed decisions within rallies.

Trials



1 WHO

- Athletes within the RPS and SDS programme
- Athletes participating in badminton sessions between four and seven times per week (depending on age and stage) prior to the initial trial may be invited

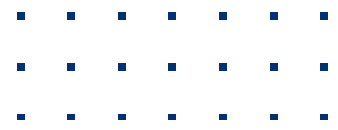
2 WHAT

- Trials will consist of 2 National sessions throughout a period of 8 weeks unless alternative arrangements have been approved by the lead national coach and National Junior Performance Network Manager (NJPNM).

3 WHEN

- Trials will take place in March and September each year. In some cases, athletes may be invited for an individual trial if deemed appropriate by both the lead national coach and the NJPNM.

Trials

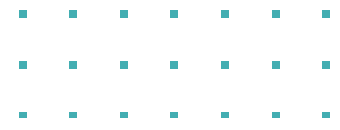


4 HOW

Taking part:

- An athlete reaches appropriate performance outcome results (detailed in the Junior National Squad Tournament Results Section on page 8), automatically resulting in a trial.
- The Lead RPS coach may recommend athletes for a trial and will advise Badminton Scotland through completing an athlete nomination form prior to any trial periods (nominations should be submitted in February and August each year).
- A formal email from rps@badmintonscotland.org.uk will be sent to the parent/guardian of the athlete identified for a trial.
- In some circumstances athletes may be invited out with the parameters stated above based on coach recommendation, the lead National coach will take the recommendation into consideration and proceed appropriately.

Post Trial



- At the end of the trial period (8 weeks/2 sessions), coaches will provide Badminton Scotland with an Athlete Review document detailing their reasons for selection/non-selection into the programme.
- Emails will then be sent out to athletes' parents with the appropriate outcome and reasoning explained.

Selection

Eligibility for our Junior National Squad requires athletes to either be:

- 1** Committed to and attending their RPS twice per week, as well as attending a Pathway Club a minimum of once per week (where pathway clubs exist).

OR

- 2** Committed to and attending the Senior Development Squad (SDS) Programme 3 times per week (minimum) and providing a training plan agreed by the SDS coaches that encompasses the required hours expected of an athlete on the SDS programme.

Five factors will be considered when selecting athletes:

- 1** Tournament Results (See Tournament Results Criteria on page 8)
- 2** Athlete's Abilities (See Athlete's Abilities Criteria on page 9)
- 3** Performance Culture & Behaviour (See Performance Culture & Behaviour Expectations on page 10)
- 4** Training and Tournament Commitment (See Tournament Commitment Expectations on page 10)
- 5** Training Performance

Factors 2, 3 and 5 will form the basis of coach's rationale to support selection or non-selection during their trial. Factor 4 will also be monitored as it is an expectation that athletes will undertake 10-14 hours of on-court training and 2-3 hours off-court training per week; as well as compete in 8 competitions including A grade competitions, Junior National Championships, English events (ideally Gold/Star) and International events each year.

Reviews



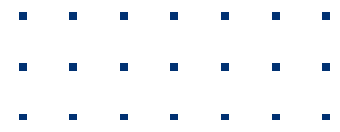
Athletes should expect to receive a basic Athlete Review Document every 6 months, this will be provided by their lead RPS or SDS coach with input from the National coaches. This will be based on consideration of the five factors above, providing a brief overview of progress. These will be provided in February and August each year.

Athletes can be members of this programme until they leave junior age groups however, athletes will be prioritised based on perceived potential to progress through the Badminton Scotland pathway if there is competition for spaces.

Naturally deselections from squads may occur. Deselections may occur due to progress, commitment or performance behaviours highlighted within the appendix section. Athletes should be provided with initial written feedback from Badminton Scotland detailing areas for further development. Badminton Scotland will offer a minimum of 12 weeks' notice (3 sessions) to athletes being deselected. Note that this does not apply to behavioural issues which may lead to a shorter notice period.

If an athlete is deselected from the squad, Badminton Scotland will aim to support the athlete by providing them with other training opportunities in an appropriate environment to allow them to continue to develop with the view to possible re-entry onto the programme within future trial periods.

Junior International



Athletes from U12 up to U19 who are achieving Internationally for their respective age group may be selected for the Junior International programme. These athletes will be offered the same provision as athletes within the Junior National Squad however, additional support and/or subsistence may be provided where appropriate.

Eligibility for our Junior National Squad requires athletes to either be:

- 1** Committed to and attending their RPS twice per week, as well as attending a Pathway Club a minimum of once per week (where pathway clubs exist).

OR

- 2** Committed to and attending the Senior Development Squad (SDS) Programme 3 times per week (minimum) and providing a training plan agreed by the SDS coaches that encompasses the required hours expected of an athlete on the SDS programme.

Athletes within this programme are expected to meet the Junior International tournament and training commitments, performance behaviours and tournament results to be selected for and maintain status within this programme. Please see Junior International Criteria's below for full details.

Junior National Squad Criteria



Junior National Squad Tournament Results

Event	U13		U15		U17		U19	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
2X U13 A Grade Singles	SF	F						
U13 Nationals Singles	SF	F						
U12 top 2 at U13 Nationals Singles	QF Min	QF Min						
2x U15 A Grade			F	F				
U15 Nationals			(S) F (D) W	(S) F (D) W				
U14 top 2 at U15 Nationals Singles			QF Min	QF Min				
2x U17 A Grade					F	F		
U17 Nationals					(S) F (D) W	(S) F (D) W		
U16 top 2 at U17 Nationals Singles					QF Min	QF Min		
U16 top pair at U17 Nationals Doubles					QF Min	QF Min		
2x U19 A Grade							F	F
U19 Nationals							(S) F (D) W	(S) F (D) W
U18 top 2 at U19 Nationals Singles							QF Min	QF Min
U18 top pair at U19 Nationals Doubles							QF Min	QF Min

Achieving Results Criteria guarantees trial into National programme, however, other performance criteria must also be met to maintain place in programme. National coaches may also identify athletes they deem to be appropriate for Junior National Team selection by filling out full athlete review document. The National Coach assessment must be agreed by all three lead national coaches and NJPNM. Performance results attained in competitions with weakened fields and/or insufficient numbers e.g. athletes 1st match automatically achieves a performance result without competing will not be considered.

Junior National Squad Athlete's Abilities



	Technical	Tactical	Physical	Mental
Core Skills/Abilities	<ul style="list-style-type: none"> -Technical proficiency in core strokes and movement skills - Stroke quality - Movement speed and efficiency - Movement Rhythm etc. 	<ul style="list-style-type: none"> -Increased perception of opponent, personal and spatial awareness - Ability to identify and implement tactical plans. - Ability to identify and implement tactical solutions. 	<ul style="list-style-type: none"> -Functional movement e.g. running, jumping, hopping, skipping, etc. - Mobility - Stability - Flexibility - Fast feet - Racket head speed - On-court speed endurance 	<ul style="list-style-type: none"> -Body Language - Self talk - Emotional regulation - Dealing with adversity - Thinking clearly under pressure (T.C.U.P.)
Potential to Champion Skills/Abilities	<p>Ability to repeat all technical skills to a world class level under pressure, e.g. fatigue, opponent pressure, different training/competition environments.</p>	<ul style="list-style-type: none"> -Develop own game plan based on personal strengths. - Ability to repeatedly identify and tactical plans and solutions under pressure. - Ability to adapt style to compete against different opponents, different training/competition environments etc. 	<ul style="list-style-type: none"> -Ability to use physical skills efficiently and effectively in a training/match situation. - Ability to repeatedly execute all physical movements to a world class level under pressure e.g. fatigue, opponent pressure, different training/competition environments etc. 	<ul style="list-style-type: none"> - Ability to use skills under pressure e.g. uncomfortable and unforeseeable situations etc.

Junior National Squad Performance Culture and Behaviours



Athlete Category	Preparation	Work Ethic	Engagement	Leadership/Team Culture
Junior National Squad	Athlete arrives prior to session start and is prepared to maximise any given session.	Athlete undertakes extra work with another team member during or pre/post session.	Athlete actively initiates and engages in critical thinking and self-analysis of their performance and development and can add value to any given session.	Athlete provides positive or constructive feedback to other teammates and upholds the values of the squad during the session.

Junior National Squad Training and Tournament Commitment

Athlete Category	On Court Training Commitment (per week)	Off Court Training Commitment (per week)	Competition Commitment (Per Season)
Junior National Squad	Between 8-14 hours, depending on age and stage	Between 2-4 hours, depending on age and stage	Minimum of 8 competitions, competing in: - Scottish A Grades - National Championships - English events (ideally Gold Star - International events

Junior International Athlete Criteria

Junior National Squad Tournament Results



Event	U13	U15	U17	U19
U13 English Gold	(S) W			
U13 English Gold Star	(S) SF			
U13 Junior International	(S) SF			
U15 English Gold Star		(S) SF (D) F		
U15 Quadrangular		(S) SF (D) F		
U15 International		(S) SF (D) SF		
U15 European Championships		(S) QF (D) SF		
U17 English Gold Star			(S) SF (D) F	
U17 International Circuit Event			(S) SF (D) SF	
U17 European Championships			(S) QF (D) SF *(D) QF*	
U19 European Int Series				(S) F (D) F *(S) SF (D) SF
U19 European Int Challenge				(S)SF (D) SF *(S) QF*
U19 European Championships/GP				(S) QF (D) QF

*Achieving Results Criteria guarantees trial into National programme, however, other performance criteria must also be met to maintain place in programme. Athletes competing in International tournaments should confirm their tournament programme with the NJPNM to ensure appropriate international standard tournaments are being entered, some international tournament results may not be considered.

Performance results attained in competitions with weakened fields and/or insufficient numbers e.g. athletes 1st match automatically achieves a performance result without competing will not be considered.*

Junior International Athlete Abilities



	Technical	Tactical	Physical	Mental
Core Skills/Abilities	<ul style="list-style-type: none"> -Technical proficiency in core strokes and movement skills - Stroke quality - Movement speed and efficiency - Movement Rhythm etc. 	<ul style="list-style-type: none"> -Increased perception of opponent, personal and spatial awareness - Ability to identify and implement tactical plans. - Ability to identify and implement tactical solutions. 	<ul style="list-style-type: none"> -Functional movement e.g. running, jumping, hopping, skipping, etc. - Mobility - Stability - Flexibility - Fast feet - Racket head speed - On-court speed endurance 	<ul style="list-style-type: none"> -Body Language - Self talk - Emotional regulation - Dealing with adversity - Thinking clearly under pressure (T.C.U.P.)
Potential to Champion Skills/Abilities	<p>Ability to repeat all technical skills to a world class level under pressure, e.g. fatigue, opponent pressure, different training/competition environments.</p>	<ul style="list-style-type: none"> -Develop own game plan based on personal strengths. - Ability to repeatedly identify and tactical plans and solutions under pressure. - Ability to adapt style to compete against different opponents, different training/competition environments etc. 	<ul style="list-style-type: none"> -Ability to use physical skills efficiently and effectively in a training/match situation. - Ability to repeatedly execute all physical movements to a world class level under pressure e.g. fatigue, opponent pressure, different training/competition environments etc. 	<ul style="list-style-type: none"> - Ability to use skills under pressure e.g. uncomfortable and unforeseeable situations etc.

Junior International Athlete Performance Culture and Behaviours

Athlete Category	Preparation	Work Ethic	Engagement	Leadership/Team Culture
Junior International Athlete	Athlete arrives prior to session start and is prepared to maximise any given session. Athlete consistently does everything in their control to maximise both their physical and mental state- R&R, nutrition etc.	Athlete leads and implements weekly scheduled sessions both on and off court in collaboration with coach and collects information/data on said work.	Athlete communicates in-depth critical thinking and self-analysis of their performance and development in general and can add value to any given session.	Athlete consistently takes initiative and communicates effectively with peers to enhance the session and upholds the values of the squad.

Junior International Athlete Training and Tournament Commitment

Athlete Category	On Court Training Commitment (per week)	Off Court Training Commitment (per week)	Competition Commitment (Per Season)
Junior International Athlete	Between 10-16 hours, depending on age and stage	Between 2-4 hours, depending on age and stage	Minimum of 8 competitions, competing in: - Scottish A Grades - National Championships - English events (ideally Gold Star - International events