



Futures

# Futures Overview 2023 - 2024



ATHLETE CASE STUDY

**Keely Hodgkinson**

- 2023 - WORLD INDOOR CHAMPIONSHIP GOLD
- 2023 - WORLD CHAMPIONSHIPS SILVER
- 2022 - COMMONWEALTH GAMES SILVER
- 2022 - EUROPEAN CHAMPIONSHIPS GOLD
- 2022 - WORLD CHAMPIONSHIP SILVER
- 2021 - OLYMPIC SILVER
- 2021 - DIAMOND LEAGUE CHAMPION
- 2021 - EUROPEAN INDOOR GOLD
- 2021 - BRITISH CHAMPION
- 2020 - BRITISH 800M INDOOR AND OUTDOOR CHAMPION
- 2019 - EUROPEAN U20 800M BRONZE
- 2018 - EUROPEAN U18 800M CHAMPION
- COACH - TREVOR PAINTER

Futures has helped me in so many ways, with a variety of different aspects to gain support from, from recovering from injuries and helping with rehab costs and what to do, to speaking to psychologists and nutritionists on how I can improve my mentality and my performances and also recovery within training. - KH

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Congratulations on your selection on the British Athletics Futures Programme. You have been selected onto the programme, as you've highlighted the potential to transition onto the World Class Programme (WCP) in the next cycle, and ultimately become a successful senior international athlete.

The programme supported by Nike, is focused on supporting both athletes and coaches Individual Athlete Plan (IAP) and through a series of camps and experiences, provide the opportunities to develop the skills and abilities required for senior international success.

You will be assigned a Point of Contact whose role alongside the BA Performance Support Team and/or your current support team, to understand where the programme can support and add value to the IAP progression and identify conditions necessary to make progress throughout the year.

We hope this provides a productive opportunity for both athlete and coach and look forward to working with you.



**Dan Wagner**  
Performance Pathway Manager



# Welcome

In accepting a place on the Futures Programme, athletes and coaches signs up to operate in line with the programme values which underpin both WHAT WE do – and importantly, HOW WE do it. These values are inter-related and inter-dependent.

# Our Values

Aspire to  
excellence  
in how  
we do  
everything

We operate with integrity

COMMUNICATION is timely & relevant to the specific person or team

We deliver **QUALITY PERFORMANCE** through innovation & continual improvement

RESPECT is shown to everyone we deal with

We all have **ACCOUNTABILITY**

# British Athletics & Home Country Talent Pathway

The British Athletics and Home Country Pathway is a progressive series of athlete, coach and parent support and development programmes designed to enhance athlete progression and support the athletic learning needs of selected individuals at each stage of development.

The pinnacle of the British Athletics Olympic Pathway is the World Class Programme which supports and funds Olympic medal contenders to train and compete at the highest level in sport.

Each Home Nation organisation within the UK also delivers selective development programmes supporting athletes and coaches as they transition into British Athletics programmes as well progress towards representation at the Commonwealth Games programmes.

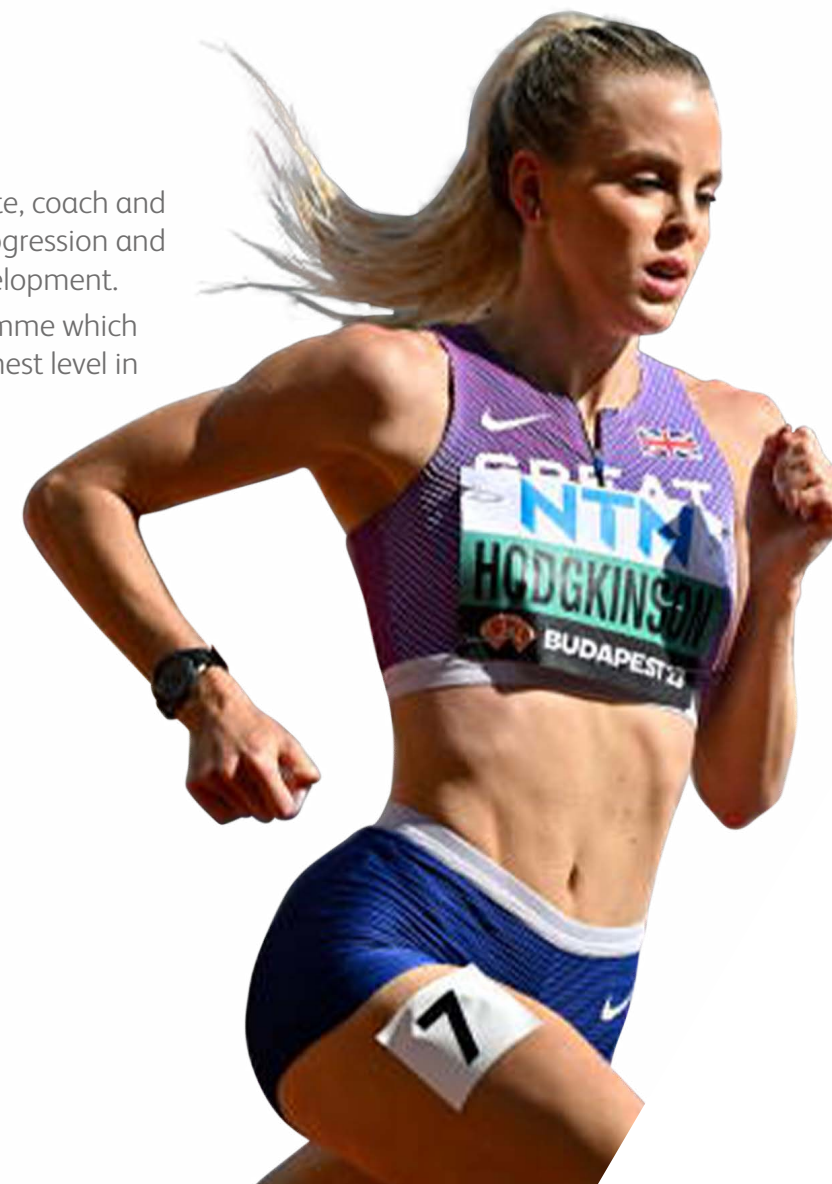
**You can find out more about the home national federations pathways here:**

England Athletics - [www.Englandathletics.org](http://www.Englandathletics.org)

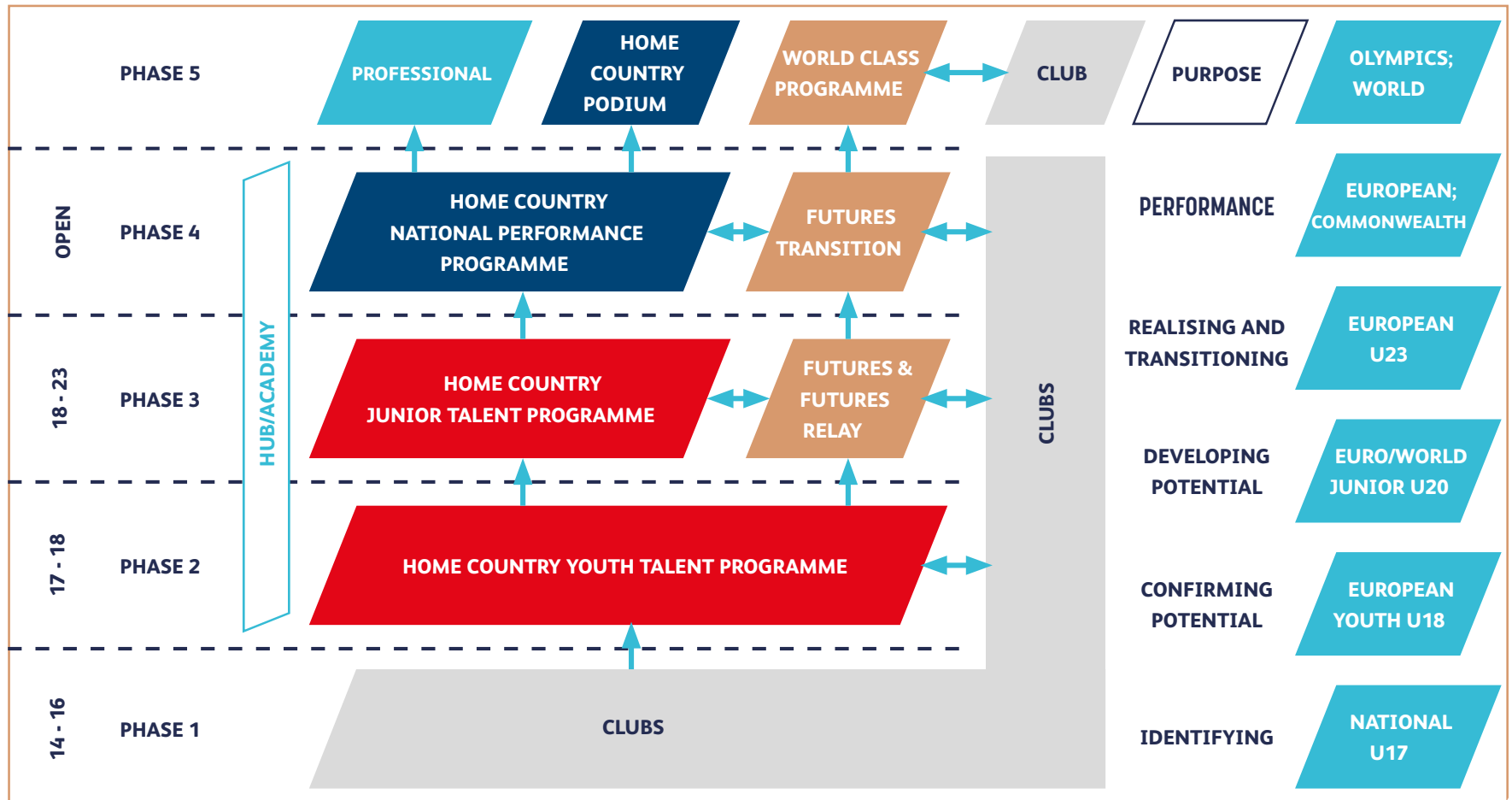
Scottish Athletics - [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

Welsh Athletics - [www.welshathletics.org](http://www.welshathletics.org)

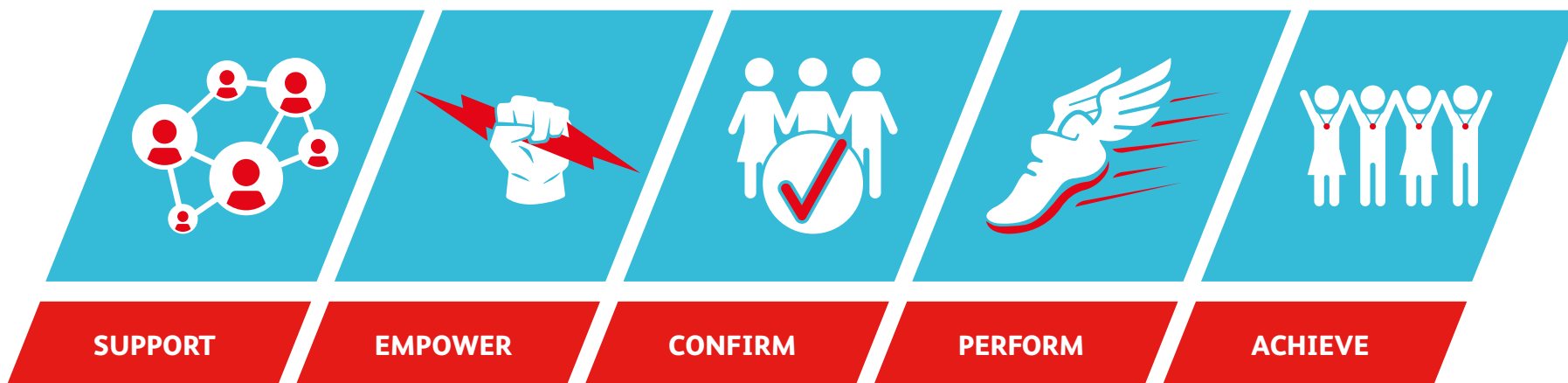
Athletics Northern Ireland - [www.athleticsni.org](http://www.athleticsni.org)



# British Athletics & Home Country Talent Pathway



# What is the Futures Programme?



To add value to the athlete and coach plan and the development of skills, abilities and behaviours aligned to What it Takes to Win on the senior international stage.

Athletes as independent learners, to understand the key determinants needed, to develop into a successful senior athlete and also for a career outside of athletics.

To transition those athletes with the necessary skills, behaviours and attributes on to the World Class Programme in the next cycle.

Providing environment to support the preparation and performance at key events across the competitive season.

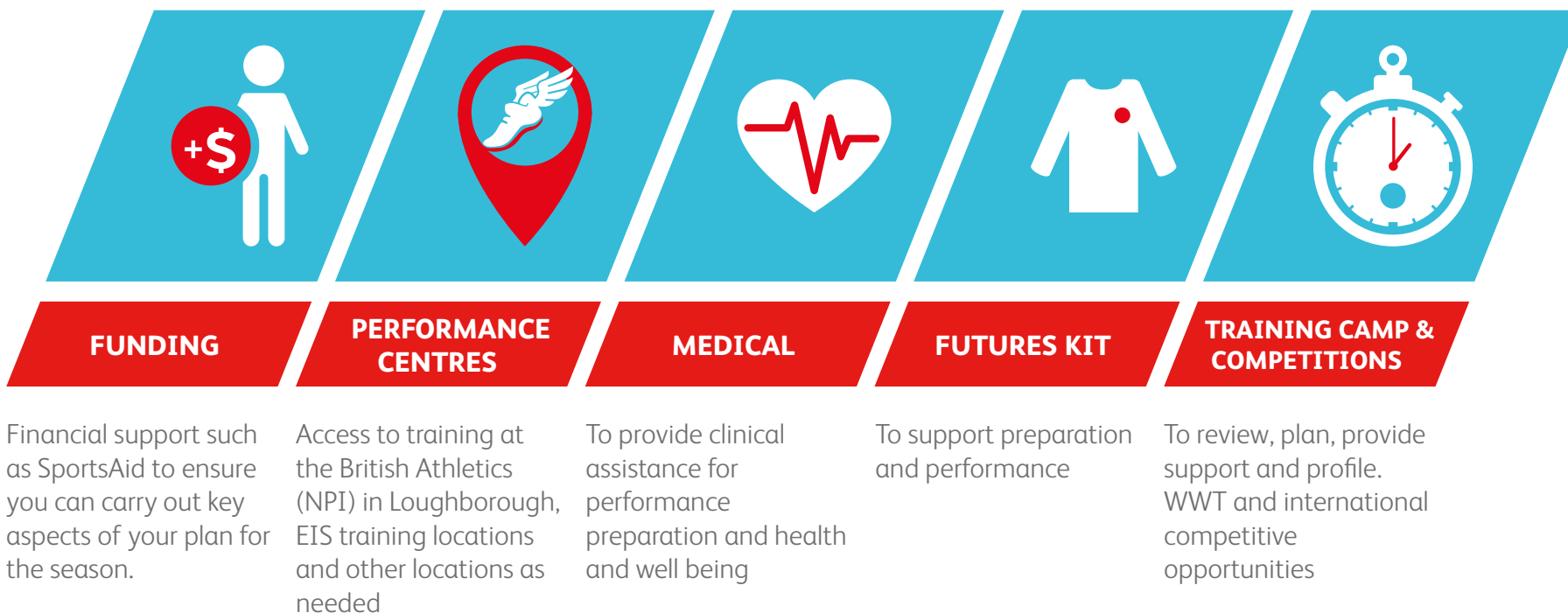
Support those who have highlighted the potential to become successful senior internationals at future Olympic games

# Programme Benefits





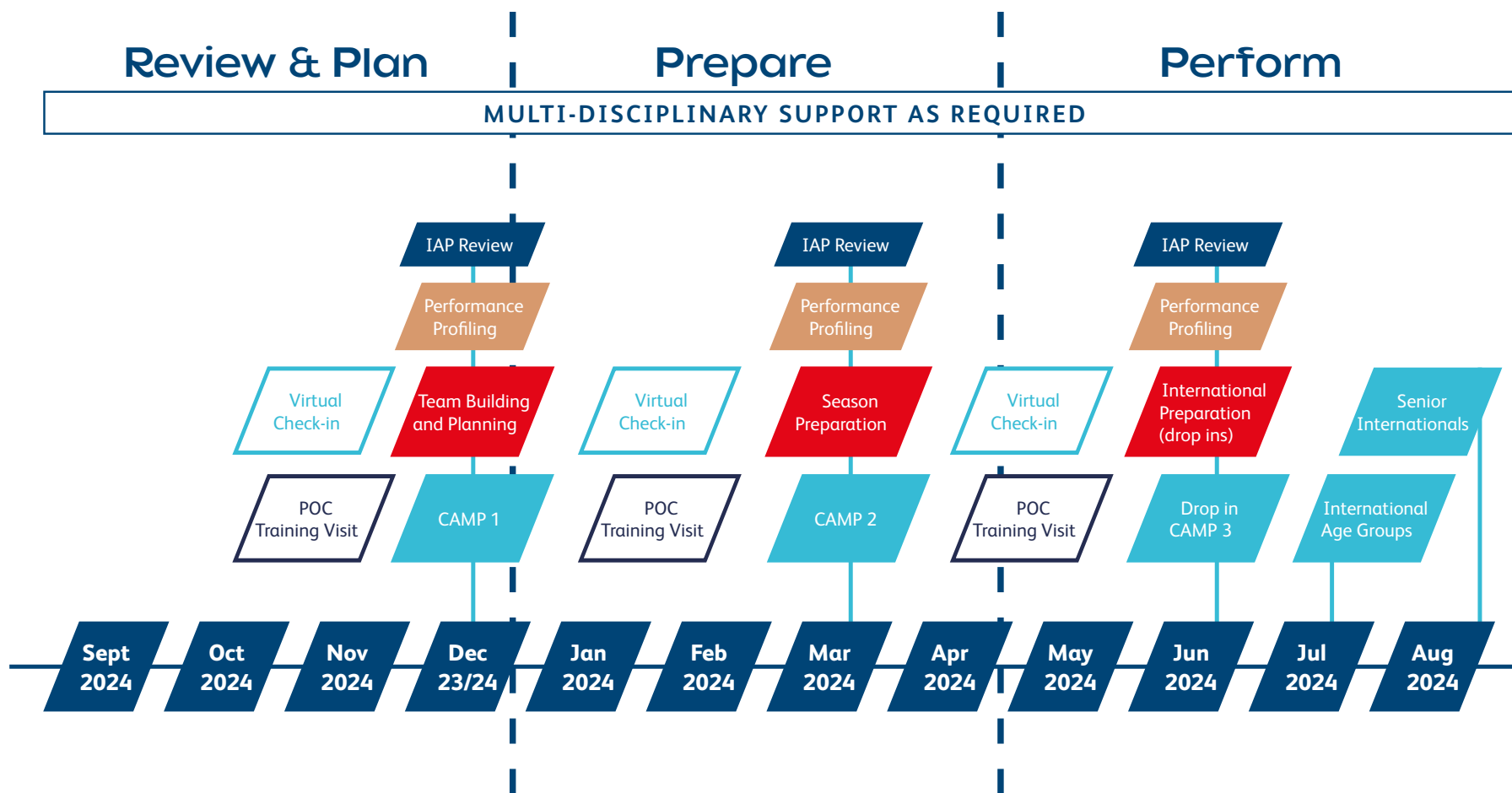
# Programme Benefits (cont)



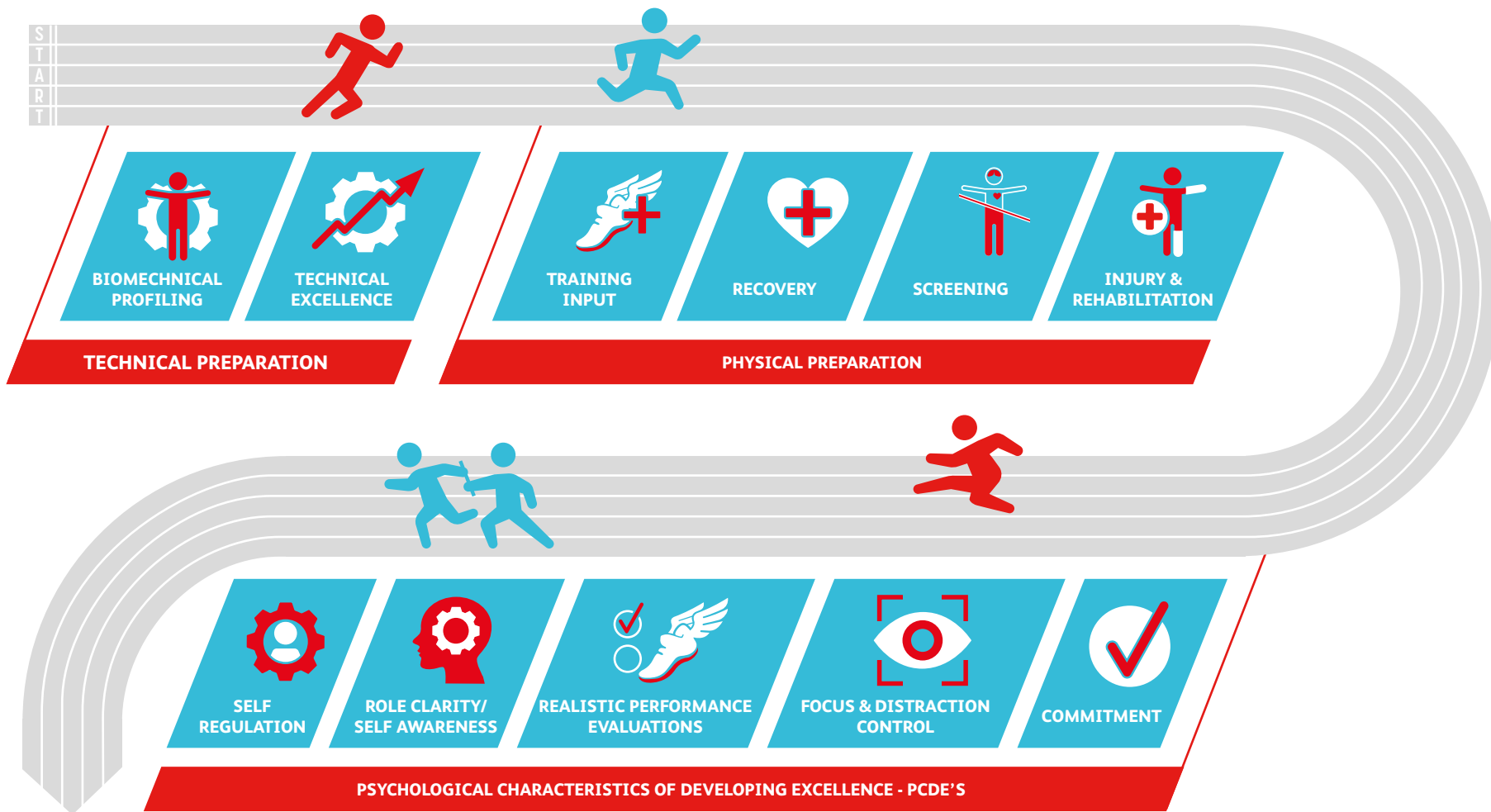
# Programme Levels

		Futures Academy	Futures Transition
AIMS & Expectations	Entry standards	Performance profile Athlete Profile – Tech, Tactical, Physical, Psych-social	WCP standard Performance profile Athlete Profile – Tech, Tactical, Physical, Psych-social
	Outcome	Learning and process driven around the skills, qualities and attributes needed to develop into a successful senior athlete	Application of skills, qualities and attributes that are necessary to progress onto the WCP in the next 1-2 years and performing at key milestone events
	Expected time-frame on program	2 - 3 Years	1 - 2 Years
	Review points	Athlete Profiling IAP Progress reviews Futures Camps	Athlete Profiling IAP Progress reviews Multi Disciplinary Team support
Coaching & Support	Composition of the coaching team	Personal Coach(s) 1 x British Athletics POC/ 1 x Home Nation POC	Personal Coach(s) 1 x British Athletics POC/ 1 x Home Nation POC Additional Technical lead (as required)
	Funding	Sportsaid Medical Insurance (yr 2 & 3) WWT contribution	Sportsaid/Athlete Personal Award Medical Insurance WWT contribution
	Coach Support	CPD Programme Performance Support	
	Performance Support Team	Camp based support	Multi-disciplinary support team Advanced medical support
	Competition milestones	British Senior & age group domestic Champs Age group internationals Key development events	British Senior & age group domestic Champs Senior and age group internationals Minor international champs

# Timeline



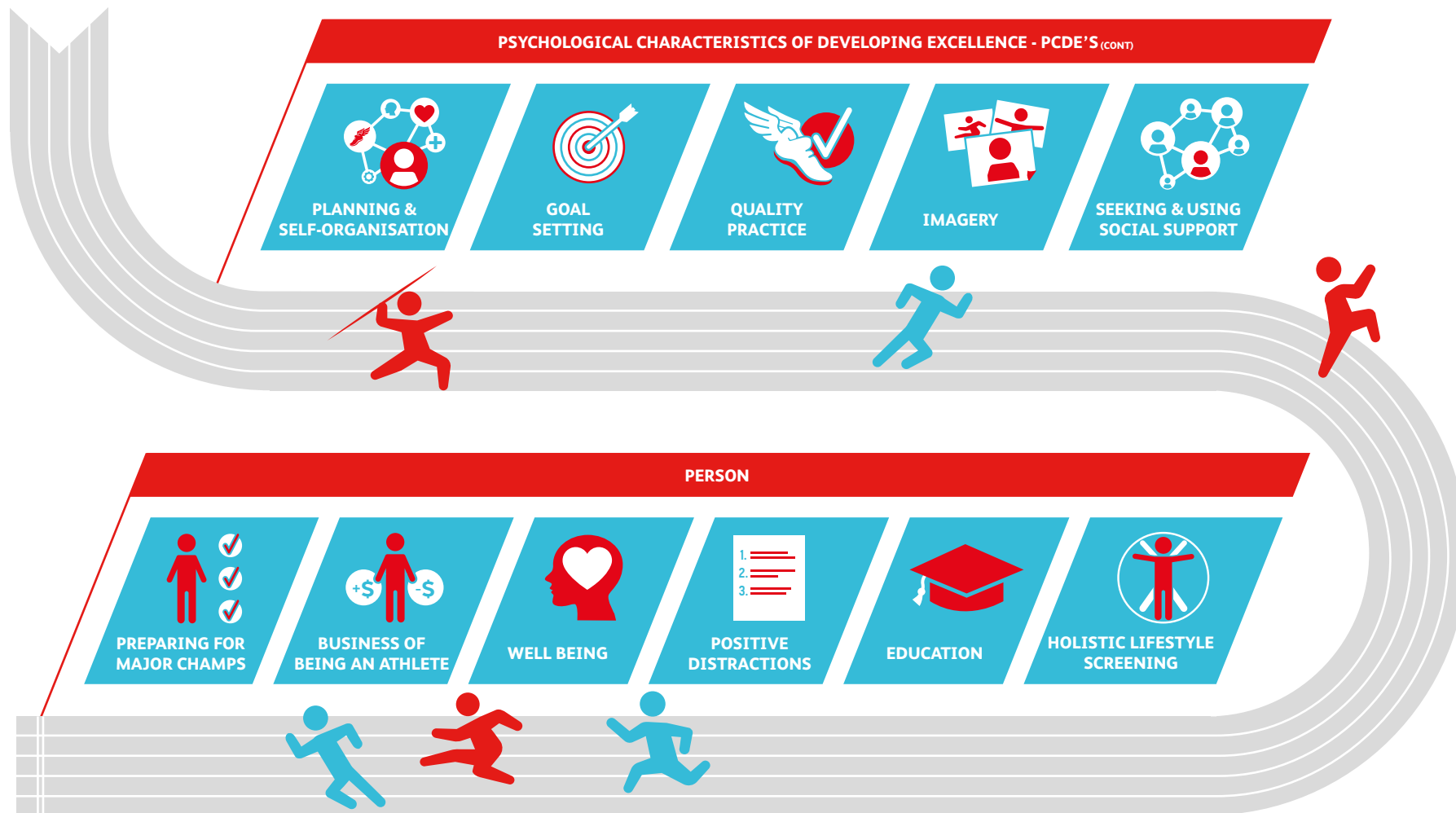
The programme will guide the athlete and coach through experiences and support focused on a number of key areas, these will be delivered through practical training sessions, virtual and practical workshops and individual support sessions. As an athlete and coach progresses through each stage from Academy to Transition stage, support may become more individualised and defined by a clear Individual Athlete Plan.



Programme Journey



# Programme Journey (cont)



# Coach Support Programme



To add value to the coaches plan, supporting the development of athletes skills, abilities and behaviours aligned to senior success

Creating a dual journey alongside the athlete and developing a coaches community of practice

Provide a productive experience aligned with key talent and performance principles

Delivered through Futures Camps, webinars and 1 on 1 sessions



ATHLETE CASE STUDY

**Amy Hunt**

- 2023 - EUROPEAN U23 4X100M RELAY GOLD
- 2020 - BRITISH INDOOR 60M CHAMPION
- 2020 - BRITISH OUTDOOR 100M BRONZE
- 2019 - WORLD U18 200M RECORD
- 2019 - EUROPEAN EU20 200M & 4X100M CHAMPION
- COACH - JOE MCDONNELL & MARCO AIRALE

The Futures Programme has been an integral part of my set up over the last few years. With support from physios, S&C coaches, nutritionists and many other practitioners, I have been able to maximise both the quality of my training itself and the quality of my performances in competition. - AH

The primary remit of the EL in the Futures programme, is to support and facilitate the Individual Athlete Planning process in conjunction with athletes and coach. Specifically to understand current areas of development and potential needs; providing specific input and support where appropriate, whilst maintaining continual dialogue and support on progress throughout the year. They will provide a key link between British Athletics and the athletes/coaches on programme.

**EXAMPLES OF THE EL ROLE:**

	<b>TECHNICAL ADVISOR</b>		<b>PERFORMANCE SUPPORT TEAM COORDINATOR</b>
	<b>FACILITATOR/ SOUNDING BOARDING</b>		<b>MENTOR</b>
	<b>SHAPER OF THE ENVIRONMENT</b>		<b>MONITOR PROGRESS &amp; LEAD ON IDENTIFY AREAS OF SUPPORT WITH COACH</b>

Engagement Lead (EL)

The role of the Performance support team is to work closely and effectively with the POC and athletes/coaches to provide specific input on the Individual Athlete Planning process. They will also be a key link between the programme and any already existing athlete/coach support team structures. This support should be built around key Technical, Tactical, Physical, Psychological and lifestyle areas and what is needed to bridge the gap and make progress.

# Performance Support Team

## PERFORMANCE SUPPORT TEAM STAFF:



## EXAMPLES OF THE PERFORMANCE SUPPORT TEAM ROLES:

- ✓ EDUCATION DELIVERY
- ✓ TECHNICAL ADVISOR
- ✓ FACILITATOR/ SOUNDING BOARDING
- ✓ IAP SUPPORT
- ✓ BENCHMARKING AND PROFILING
- ✓ LINKS WITH HOME SUPPORT STRUCTURES



Every athlete and coach pair will have a plan that outlines how they go about achieving their performance goals for the year, to understand where the support needs are and to maximize the opportunity that the program can offer, its key its communicated and detailed with your Futures Point of Contact. The British Athletics IAP includes the following;



**ATHLETE CASE STUDY**  
**Holly Mills**

- 2021** - EUROPEAN U23 HEPTATHLON BRONZE
- 2019** - EUROPEAN U20 LONG JUMP BRONZE
- 2017** - COMMONWEALTH YOUTH GAMES LONG JUMP CHAMPION
- 2016** - EUROPEAN U18 LONG JUMP CHAMPION
- COACH** - LAURA TURNER-ALLEYNE

The futures programme provides me with a really strong support network, of a collaboration of like-minded people, that aids my training and performance all year round. - HM

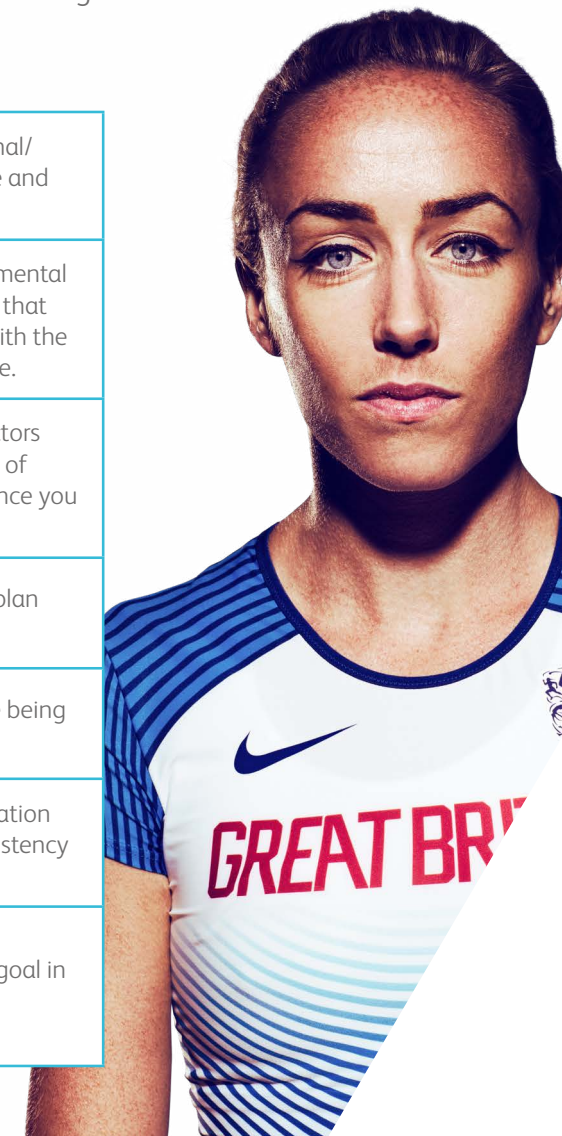
**Individual Athlete Plan**

For the program to effectively support and add value to preparations, it's key that athletes have an up to date and regularly reviewed IAP as well as PROFILING elements of factors that underpin performance. Please ensure that you work with your Program Point of Contact to detail your IAP and review it periodically across the year, performance support services and camp/competition opportunities will be allocated based on the needs detailed within the IAP.

Aims to provide comprehensive overview of individual athletes and their development needs, whilst tracking and supporting progress through the pathway journey.

# Profiling the needs of each Athlete

<p><b>Person</b> (LIFESTYLE &amp; PSYCHOLOGICAL FACTORS)</p>	<p>Considers the person as well as the performer. Focuses on wellbeing, personal/professional development, transitions, goals, future planning, balancing time and commitments, support network and finance'</p>
<p><b>Capacity</b></p>	<p>Psychological characteristics of developing excellence (PCDEs) are a range of mental skills and behaviours that have been identified across performance domains that support the athlete journey through the various transitions, equipping them with the necessary characteristics to be successful in whatever domain they choose.</p>
<p><b>Performance on the Day</b> TECHNICAL EXCELLENCE TACTICAL EXPERIENCE EVENT PROFILE</p>	<p>Capacity offers the opportunity to highlight the athletes over a range of factors pertaining to maturation. This information helps build a picture of the sort of experiences an athlete may have had and therefore inform the type of experience you may want them to have in the future.</p> <p>Performance on the day. Developing the ability to execute a performance plan through identifying, developing and prioritising performance outcomes.</p> <p>Technical Excellence is to ensure the athletes are able to do the event they are being assessed around safely and in accordance to the event technical model.</p> <p>The yearly performance progression profile in the event, taking into consideration position on the relevant Performance Funnel; Major competition history, consistency in performances and national/international event trends/progression.</p>
<p><b>Preparation for performance</b></p>	<p>The act of preparing — getting ready, planning, training, or studying with an goal in mind. Requiring knowledge of your event before the actual event.</p>



AN ESSENTIAL PART OF THE PROGRAMME IS THE SERIES OF CAMPS, THE OBJECTIVES OF THE CAMPS ARE;

Futures Camps



ATHLETE CASE STUDY

**Divine Oladipo**

- 2022 - BRITISH CHAMPIONSHIP BRONZE
- 2019 - EUROPEAN U23 CHAMPIONSHIPS - SP 4TH
- 2019 - BRITISH CHAMPIONSHIP SP BRONZE
- 2018 - EUROPEAN CHAMPIONSHIPS - SP Q
- 2017 - EUROPEAN U20 CHAMPIONSHIPS - SP 4TH, DT Q
- 2015 - COMMONWEALTH YOUTH GAMES - SP 9TH, DT 4TH
- COACH - ASHLEY KOVACS  
- JOHN HILLIER

It enables me to feel supported with physios, support staff and medics and helps ease the transition from training in the states to training back in the U.K. The help from British futures has allowed me to ease my worries and just do what I love which is throwing. I am grateful to be a part of such a prestigious and reputable program. - DL

# Access to Training Locations

The National Performance Institute (NPI) in Loughborough, is home to the British Athletics World Class Program, its management, performance services and coaching team. All Futures athletes have FREE access to train at the facility on the indoor track, outdoor track, and access to accommodation. There is also the opportunity to access Performance Support services if planned and agreed, accommodation will be provided in the New Elite Athlete Centre which has a High performance restaurant & cafe delivering nutritional food and 20 altitude rooms.

**Athletes will also have FREE access to all English Institute of Sport (EIS) training sites;**

<b>Bath</b>	Sports Training Village, University of Bath, Claverton Down, Bath, BA2 7AY
<b>Birmingham</b>	Alexander Stadium, Perry Barr, Birmingham, B42 2LR
<b>Bisham</b>	Bisham Abbey National Sports Centre, Nr Marlow, Buckinghamshire, SL7 1RR
<b>Lilleshall</b>	Lilleshall National Sports Centre, Nr Newport, Shropshire, TF10 9AT
<b>Loughborough</b>	EIS/Loughborough Performance Centre, 1st Floor, Loughborough University, LE11 3TU
<b>Manchester</b>	Institute of Health and Performance, 299 Alan Turing Way, Manchester, M11 3BS
<b>Sheffield</b>	Coleridge Road, Sheffield, Yorkshire, S9 5DA

**Additional access to other training sites across the UK can be explored upon request.**



## ATHLETE CASE STUDY

### Jeremiah Azu

**2023** - EUROPEAN U23 100M GOLD

**2022** - BRITISH CHAMPION

**2022** - BUCS GOLD

**2022** - EUROPEAN CHAMPIONSHIPS BRONZE & RELAY GOLD

**2021** - EUROPEAN U23 100M GOLD

**2019** - EURO JUNIORS FINALIST

**COACH** - HELEN JAMES & MARCO AIRALE

The Futures Programme has been an integral part of my set up over the last few years. With support from physios, S&C coaches, nutritionists and many other practitioners, I have been able to maximise both the quality of my training itself and the quality of my performances in competition. -

AH



In the unfortunate circumstance of getting injured and you need to activate the Athlete Medical Scheme (AMS) (years 2+) please ensure you notify either your Programme point of contact and/or the British Athletics Pathway Physio to do so. Failure to do this may result in the athlete being charged for any unexpected or unauthorised treatment or scan.

All athletes on the Futures programme should review the process map and follow the steps accordingly when there is an injury/illness.

You are encouraged to build your own support network especially if you train afar from any training hubs. If you do not know anyone and would like recommendations then please contact BA Therapy.

**FOR ALL PHYSIOTHERAPY ENQUIRES PLEASE CONTACT – BRITISH ATHLETICS PATHWAY PHYSIO**

For more significant injuries or illnesses issues (normally, after 3 x physio for the same injury), contact should be made with the regional English Institute of Sport (EIS) Doctor in the first instance:

<b>Bath</b>	<b>0122 546 6446</b>	<b>Loughborough</b>	<b>0150 961 1467</b>
<b>Birmingham</b>	<b>0121 356 8322</b>	<b>Manchester</b>	<b>0161 989 0420</b>
<b>Bisham</b>	<b>0162 848 3587</b>	<b>Sheffield</b>	<b>0114 244 4255</b>
<b>IRU (Bisham)</b>	<b>0162 848 3580</b>	<b>Gateshead</b>	<b>0191 478 6296</b>
<b>London</b>	<b>0770 319 0051</b>		<b>0771 495 4923</b>
<b>Lilleshall</b>	<b>0791 717 4115</b>		

Doctor may refer athletes for further exploratory referrals or scans etc or if further physiotherapy (with an approved provider) is necessary/recommended.

**NB: Any athlete who does not follow the above process will incur the cost of treatment themselves**



## Podiatry / Orthotics

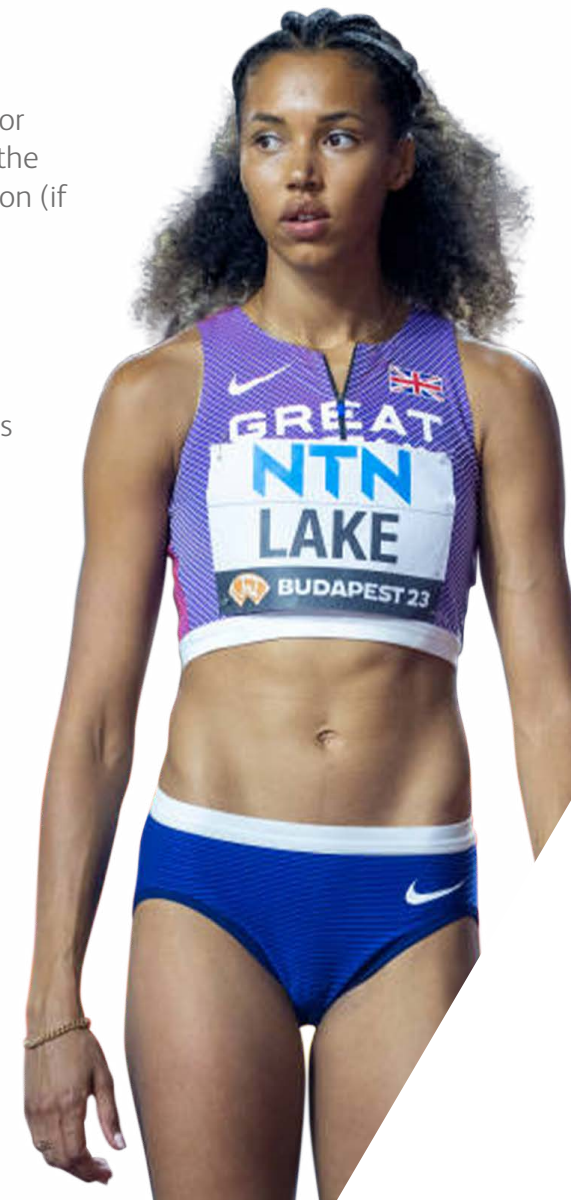
Athletes are able to use their Athlete Medical Scheme should podiatry input be prescribed by a Doctor (see above). Once a podiatrist is recommended, the athlete should then book an appointment with the podiatrist and pay the invoice for this session\*. Athletes can claim up to £250 towards the consultation (if not via AMS) and orthosis via production of receipts and a completed expense form.

## Bloods

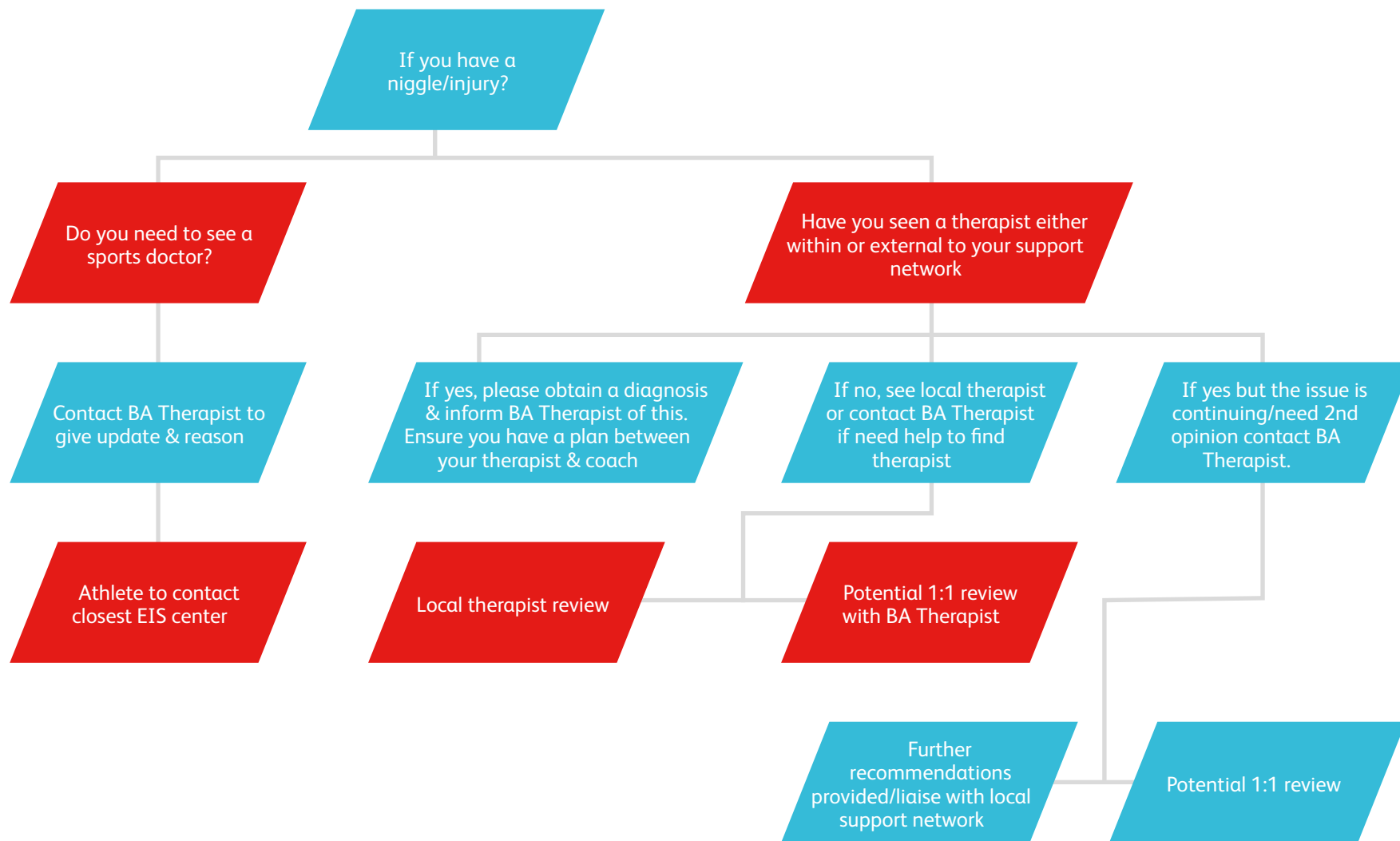
If required, British Athletics can provide an information sheet / letter for athletes to take to their GP regarding blood tests (for example to assess vitamin D and ferritin levels). These are done at the GP's discretion and can be reimbursed.

Other opportunities for screening/testing may be available throughout the year and athletes will be contacted regarding these at the appropriate time.

Should athletes-coaches have any specific requests for screening/testing services, these should be included within the athlete's proposed IAP.



# Medical Process Map - Injury/illness



SportsAid is the charity for sports people, raising funds from institutional and commercial sectors, to help the next generation of young British sportsmen and women to succeed. SportsAid supports more than a thousand athletes from over 60 sports every year.

Top ranked athletes selected onto Futures will be nominated for a SportsAid award, which in some cases can be up to the value of £2,000 and should be utilised towards areas supporting preparation or competing such as;

	<b>WARM WEATHER TRAINING</b>		<b>COACHING</b>
	<b>ADDITIONAL SUPPORT SERVICES OR MEDICAL</b>		<b>ACCOMMODATION</b>
	<b>EQUIPMENT</b>		<b>NUTRITION</b>
	<b>TRAVEL</b>		



Please note that nomination is the first stage of the process and is in no way a guarantee of an award - SportsAid will work with partners and sponsors to source funding to nominated athletes. APA awarded to athletes on confirmation

## Medication

If you need to use a medication (prescribed OR over the counter) you MUST check its status on the Global DRO website [www.globaldro.com](http://www.globaldro.com) If the result on Global DRO is anything other than “Not Prohibited” get in touch with Clean Athletics for further guidance.

## Testing

As a “pathway” athlete there is an increased likelihood that you may be selected for an “In-competition” or an “Out of Competition” drug test. You need to know the procedure and be aware of your rights and responsibilities. Watch the video on the following link to ensure that you understand the process for a urine test <http://www.uka.org.uk/cleanathletics/sample-collection-procedure/>

## Supplements

As a governing body, UKA has adopted a Supplement Policy. You must understand that there is “NO 100% guarantee that any supplement is free from prohibited substances”. To understand the policy and how it applies to you, check out the following link <http://www.uka.org.uk/cleanathletics/supplements-and-nutrition/>

If in doubt about any of the above, please get in touch at [enquiries@cleanathletics.org.uk](mailto:enquiries@cleanathletics.org.uk) or use the following link for direct phone and email contact details, <http://www.uka.org.uk/cleanathletics/contact-us/>



# CLEANATHLETICS



### ATHLETE CASE STUDY

## Max Burgin

- 2022 - EUROPEAN U23 800M RECORD
- 2020 - BRITISH CHAMPION
- 2020 - EUROPEAN & UK U20 800M RECORD 1:44.75
- 2018 - EUROPEAN U18 CHAMPIONSHIPS - 800M GOLD
- 2018 - U20 800M ER NR - 1:45.36
- COACH - IAN BURGIN

Futures has provided me with valuable mentoring, season planning and physio support amongst other things throughout my years on the programme - **MB**





ATHLETE CASE STUDY

## Amber Anning

2023

- WORLD CHAMPIONSHIPS 4X400M BRONZE

2020

- NCAA SEC CONFERENCE INDOOR CHAMPIONSHIPS MEDALLIST 400M & 4 X 400M  
 - 2 X ALL-AMERICAN NO.1 FRESHMAN 400M (I)

2019 (U20)

- EUROPEAN U20 ATHLETICS CHAMPIONSHIPS 4X400M RELAY **GOLD** & 400M **SILVER**  
 - EUROPEAN INDOOR ATHLETICS CHAMPIONSHIPS 4X400M RELAY **SILVER**  
 - BRITISH ATHLETICS EUROPEAN INDOOR TRIALS & UK CHAMPIONSHIPS 400M SILVER **BRITISH U20 INDOOR RECORD**

2018 (U20)

- BRITISH INDOOR CHAMPIONSHIPS SENIOR WOMEN'S 200M **BRONZE**

2017 (U20)

- COMMONWEALTH YOUTH GAMES 4X400M MIXED RELAY SILVER, 400M (53.68S) **BRONZE #3 BRITISH U17 ALL-TIME LIST**

**COACH** - CHRIS JOHNSON & CHRISTINE HARRISON-BLOOMFIELD

The primary aim is to make athletics Safe and Fun. To achieve this, the team robustly manage a UK Athletics bespoke licensing system that is inclusive of police DBS checks on all our coaches, technical officials and support staff. We additionally process all complaints regarding unacceptable behaviour/conduct within the sport. We continue to provide support, advice and education to athletes, coaches, staff and clubs in relation to mental & physical wellbeing matters. All Policies (including the UKA whistleblowing policy) are available online: <http://uka.org.uk/governance/policies/>.

### Contact Details:

[safeguarding@uka.org.uk](mailto:safeguarding@uka.org.uk)

### Equality, Diversity & Inclusion

Through our Values, we are committed to being a diverse and inclusive sport.

We aim to demonstrate support for all of our athletes, staff, volunteers and officials; valuing each individual's contribution regardless of age, gender, gender identity, sexual orientation, marital status, civil partnership status, disability, race, religion or belief.

We are committed to providing equal opportunities to our athletes, staff, volunteers and officials and to taking steps to ensure they are protected from discrimination.

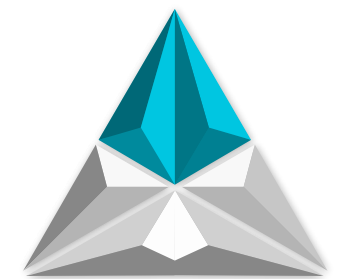
**ALL PERSONAL COACHES SHOULD AT ALL TIMES ENSURE THEIR COACHING LICENCES ARE VALID AND UP TO DATE**

# Welfare & Safeguarding

It's a great programme. It enables young elite athletes to become well-rounded individuals and offers a wide range of physical and psychological support. It's giving us the tools we need to reach the next level; we can tap into and access facilities and other resources to help us reach our full potential. - **MB**



**UKA** | UNITED  
KINGDOM  
ATHLETICS



**Futures**