



Acorn Performance Pathway

The road to 2021 Youth Games and 2022 Birmingham Games

Reviewed DECEMBER 2018

AIMS

The CGAJ wants the governing bodies to identify athletes who hope to represent JERSEY in the 2021/2022 games. The CGAJ will support selected athletes from this group who are COMPETING in a well- structured CHALLENGING programme at the correct level.

INTRODUCTION

The CGAJ is well aware that athletes may initially be quite a long way from their standards but recognise that with a FULL programme of competition, steady progress over 3 or 4 years can see them reaching their goals. The CGAJ Performance Programme team have drawn up “standards” to help them make comparisons between athletes.

These are the CGAJ’s GOLD and SUCCESS level targets for the higher /top 25% of the team.

The NEW Acorn Performance Pathway (APP):

- Is there to support INDIVIDUAL athletes during the next 4 years
- is based 100% on competition results and a well –planned, long term competition programme
- “open/start” as and when sports are ready. (initial results required from May 1st 2018 regardless of when an athlete joins the PP).
- “closing” Dec 31st 2019 (except on exceptional circumstances).

SPORT REQUIREMENT

- each sport’s governing body is asked to identify a **representative** who will lead this process on behalf of their sport
- athletes will liaise with their **representative** who will take responsibility to ensure the process is followed as laid out below
- each sport needs to introduce the APP to their athletes
- associations with more than one athlete requesting a place on the APP will be asked to “GRADE” their athletes throughout the process
- the CGAJ will not be talking directly to the athletes until the designated “development/pathway” events further down the APP

Representative responsibilities

- meet with the CGAJ Performance Pathway management team to discuss and agree the best way to monitor each athlete’s programme and progress
- meet/liaise/communicate with all potential athletes to explain the process and then help the athletes record their results etc
- send in results etc., as and when requested by the athlete
- feedback to athletes as and when necessary

Mission: Create, and enhance a development structure whereby the majority of Jersey athletes place in the top 50% of their field



What the Acorn Performance Pathway (APP) requires.

1. Initial application form (see appendix 1). All athletes wishing to be considered for support must fill in this basic form. **(The form will be adapted for each member as necessary)**
2. Race results for all competitions at all levels will then be sent in as and when felt necessary by the athlete. There will be an APP form (see appendix 2) which athletes will be asked to use **(this may be adapted to suit sports)**
3. The CGAJ APP managing group will be looking at athletes' results. The CGAJ wants to support athletes who
 - (a) are competing regularly
 - (b) are competing at different levels including National and International competition
 - (c) are showing CONSISTENCY at a high level and/or are showing progress
4. ALL ATHLETES joining the APP must be competing REGULARLY. As a rule of thumb **SIX LOCAL/CI competitions and 6 "off island" competitions a year at the highest possible level.** (The number and type of competitions / recording will be tailored to each sport BUT the CGAJ is looking for athletes WHO ARE COMPETING regularly and at all levels)

Other aspects of the APP.

Athletes, representatives and others will be invited to "support days". These events will be designed to help everyone during this journey.

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