



2023 - 2024

Athletics Ireland

Performance Pathway



**WORLD ATHLETICS
U20 CHAMPIONSHIPS
LIMA 24**



Dedicated Performance Pathway section of the Athletics Ireland website:

<https://www.athleticsireland.ie/high-performance/performance-pathway>

Athletics Ireland's Performance Pathway

Programme aims to:

support the identification and development of athletes (ages 16-20) who have the potential to progress into successful senior athletes

The programme offers support to the athletes, their personal coaches and their parents.

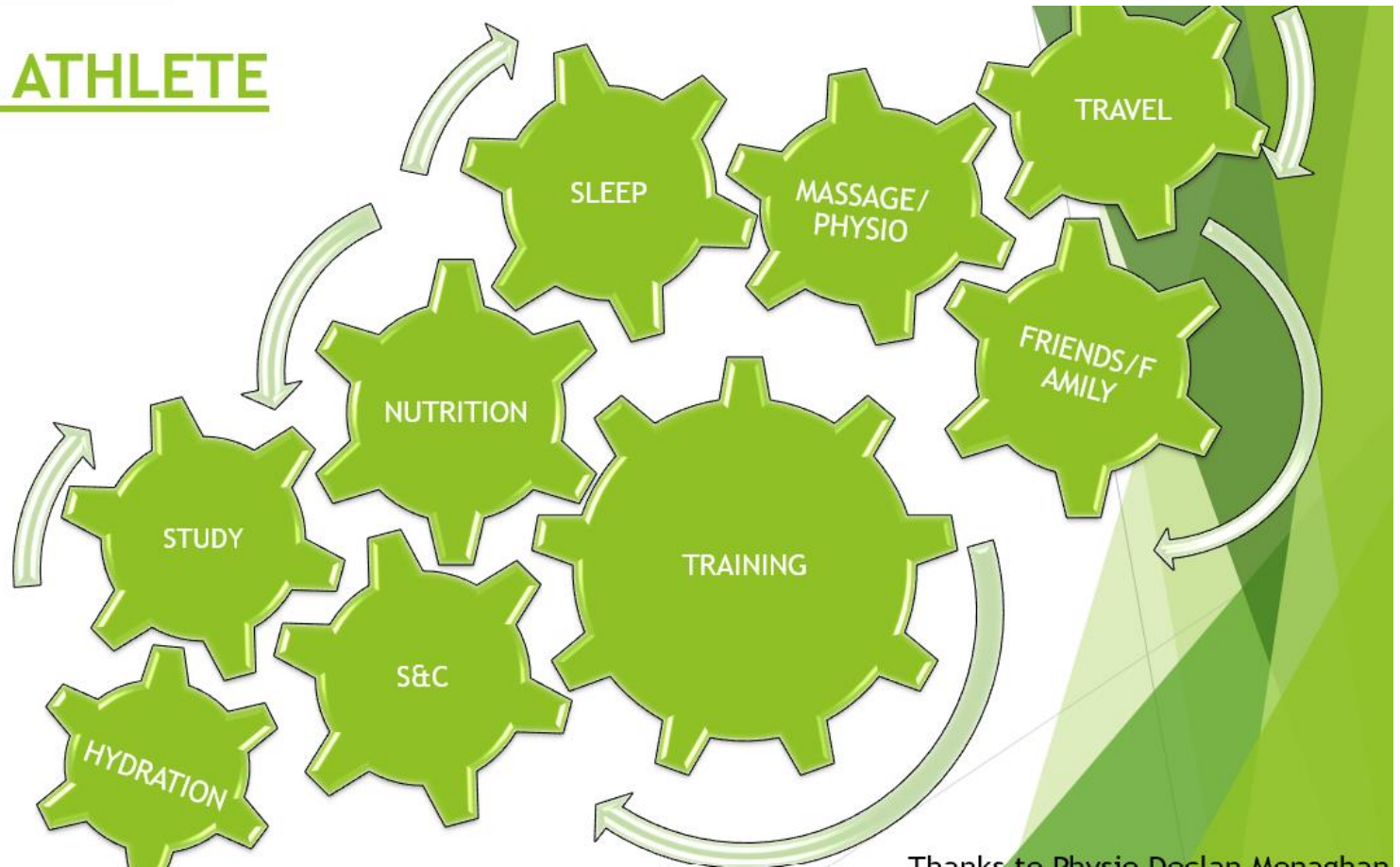


Parallel Pathways for Athletes & For Coaches

The pathways for both athletes & coaches and the principles which underpin their development are obviously very closely interlinked. Lots of useful info on website

<https://www.athleticsireland.ie/high-performance/performance-pathway/useful-links>

24 HR ATHLETE



Key findings

- 1 Motivations change over time:** Athletes are most motivated by 'being the best they can be', however what this means can change as athletes grow older. Younger athletes (defined as 16 years old or below) can be more motivated by short term wins which are instantly gratifying, whereas older athletes (17 years or above) become more motivated by long term, personal goals.
- 2 Support is key for meaningful experiences:** Meaningful experiences are often characterised by the environment that athletes play in and the support networks around them at the time, rather than just the sport or competitions themselves.
- 3 Athletes want more help navigating the bad times:** Many athletes feel their journey is marked with many peaks and troughs, which are regular and pronounced. They don't necessarily want to eradicate these troughs altogether but instead want help to make the journey more consistent and predictable. Many athletes want more proactive mental health and wellbeing support so that they can build resilience.

Key findings

- 4** **Parents play a critical role that needs acknowledging:** Parents are seen as the most important source of support in an athlete's life. As well as wanting to be more recognised for playing a vital role in their child's development, a number of parents would like help supporting the general wellbeing of their child in the long term.

- 5** **Most athletes recognise the benefits of the Pathway:** Many athletes would recommend the programme and recognise the functional and emotional benefits. However, not all athletes are aware of or understand it entirely. Athletes are also less likely to recommend the programme over time.

- 6** **Support could shift to being more well-being focused:** Whilst all sources of support have associated strengths and weaknesses, many focus on short term, specific skill development, rather than helping to support long term, general wellbeing development.

Maurits Hendriks

2022 – Now

chief sport officer afc ajax



2008 – 2022

performance director NOC*NSF / TeamNL



2010 – 2016

chef de mission TeamNL London (2012), Sochi (2014), Rio (2016)

1991 – 2008

national coach (The Netherlands & Spain)



- “Talk with Someone, not about someone”
- Perform with Integrity:
 - “Pushing boundaries without crossing borders”
 - “Develop responsibly to perform honourably”
 - Find support for yourself a Coach
 - In your sport, from NGB/club/other coaches
 - In other sports, in business, in family/friends

Age	Competitions 2022/2023	Competitions Dates 2022/2023	Venue	Information	Selection Policy
SR/U23/U20	European Cross Country Championships	10th December 2023	Brussels, Belgium	Info	Link here
SR	World Indoor Championships	1st to 3rd March 2024	Glasgow, Scotland	Info	
SR/U23	European Throwing Cup	9th to 10th March 2024	Leiria, Portugal	Info	
SR	World Cross Country Championships	30th March 2024	Belgrade, Serbia	Info	
SR/U20	World Racewalking Team Championships	21st April 2024	Antalya, Turkey	Info	
SR	World Relay Championships	4th to 5th May 2024	Nassau, Bahamas	Info	
SR	European 10,000m Cup	11th May 2024	Pacé, France	Info	
SR	European Championships	7th to 12th June 2024	Rome, Italy	Road to Rome	
U18	European U18 Championships	18th to 21st July 2024	Banksa Bystricia, Slovakia	Info	
SR	Olympic Games	1st to 11th August 2024	Paris, France	Road to Paris	Link here
U20	World U20 Championships	26th to 30th August 2024	Lima, Peru	Info	
SR/U23/U20	European Cross Country Championships	8th December 2024	Antalya, Turkey	Info	



Key Performance Pathway Dates 2023 – 2024

October 31 st	Performance Pathway Day 1	Dublin
November 26 th	U20 Relays & PP Coaches Day	Athlone
January	Pathway Camp TBC	Portugal
February 13 th	Performance Pathway & Relays Day	Dublin
April 2 nd to 5th	Easter Pathway Camp	Tullamore
June & July	Team Days prior to travel TBC	

We also encourage athletes to use meets such as:

- IMC Meets
- BMC Meets
- IFAM Meets (Belgium) (*End of May*)

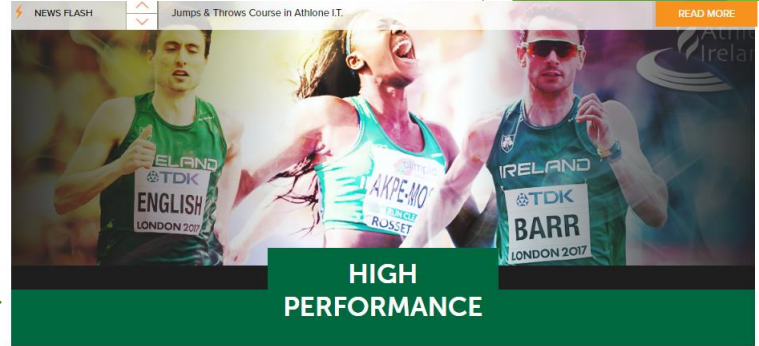
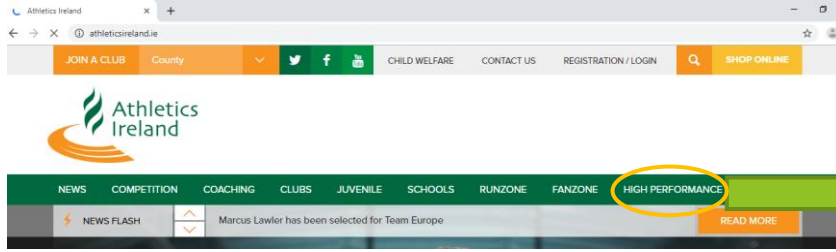
And we hope to take teams to;

- ❖ European Throws Meet (March 9th & 10th)
- ❖ Mannheim Junioren Gala u20 (June 22nd & 23rd)
- ❖ Franconville, FR u18 (TBC)

In addition Relay Squads will compete at some key identified Meets

How to find selection policies

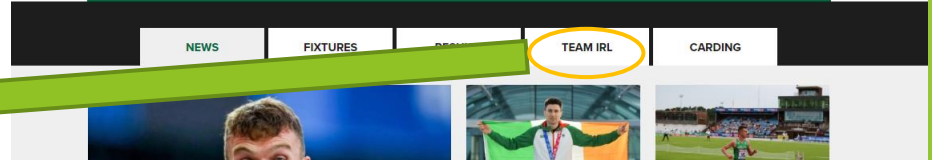
Athletics Ireland Website



Team IRL

Calendar

Age	Competitions 2019	Competition Dates 2019	Venue	Information	Selection Policy	Achieved Standard(s) / Selections
SR/U23/U20	European Indoors	1st - 3rd March 2019	Glasgow, Great Britain		Link here	Team Selections here
SR/U23	European Throwing Cup	9th - 10th March 2019	Samorin, Slovakia		Link here	Team Selections here
SR	World Cross Country	30th March 2019	Aarhus, Denmark		Link here	Selections here
SR	World Relays	11th - 12th May 2019	Yokohama, Japan		Link Here	Team Selections here
SR/U20	European Race Walking Cup	19th May 2019	Alytus, Lithuania		Link here	Team Selections here
SR	European Games	23rd - 28th June 2019	Minsk, Belarus		Link here	Team Selection here
SR/U20	European Combined Events Team	6th - 7th July 2019	Ribeira Brava, Portugal		Link here	Team Selections here



If you wish to be considered for a championship Read the policy. Having done that, if you have questions please contact the national coordinator at the earliest opportunity.

Please fill in Expression of Interest Form



NEXT STEPS

Please remind your athletes to:

Ensure they have a valid Irish passport (with at least 6 months pat their target competition in validity)

Fill in the NTDC form:

Go to Athletics Ireland website

High Performance

Team IRL

<https://www.athleticsireland.ie/high-performance/team-irl>

Also

Please keep jacqui@athleticsireland.ie informed of intended competition plans & performances

Please ensure that you compete at meets with a Permit in order for performances to be recognised.



Antidoping – for both athletes & coaches:

To complete this please go to www.irunclean.org, sign up and you will then be brought through the 8 interactive modules. It will take about 30-40minutes (*it doesn't have to be done all in one go*).

When you have finished, *Download and keep your diploma*

Carding

When Carding Applications called for, if athletes meet criteria, please encourage them to apply before the deadline.

Webinars:

Food for Immune Health Thursday 30th November @7.30pm with David Tobin

<https://us06web.zoom.us/j/84299867603?pwd=YwhRlleRM5ZYFFaqUp88qpVOumSrCL.1>

Athlete Gut Health Thursday 7th December @7.30pm with Grainne O'Higgins

<https://us06web.zoom.us/j/83246484341?pwd=menvumR8yfpXI1Sn9puGbcw6V2sI7t.1>

Any Questions?



FEEDBACK

These workshops need to ADD VALUE to what you are doing

- Name
- Suggested Future Topics/ideas for get-togethers
- Where you feel Athletics Ireland can help you most in 2024
- Biggest challenge facing YOU in 2023
- Goal for 2024 in athletics*

Any other relevant comments

Thank you for attending

