

## Overview

In 2011 the Badminton Australia Elite Junior Program will be moving towards a more structured program to help Australian juniors strive for excellence and develop into future Australian team and world class players

Badminton Australia has put into place a structure to ensure talented junior players are nurtured and developed through access to high class international competition and a professional training environment

This will occur through a variety of ways, including two tiered junior squad structure for players from across the entire junior spectrum.

- **National Junior Squad (Tier 1)**
- **National Junior Development Squad (Tier 2)**

**Please note that only players who are members of one of the above squads will be eligible for selection in Australian Junior Teams.**

## National Junior Squad Program Details

The National Junior Squad is under the direction of the Australian National Junior Coach (Stuart Brehaut) with oversight from the National Junior Development Manager (Glenn Warfe).

It is the expectation that players in this squad will make up the core of our National Junior Teams in 2011. Players can be of any age but must be strong performers at the U19 level

### **Key components of the National Junior Squad (Tier 1):**

- Selected players must be under 19 years of age for the year of selection (31 Dec 2011), who in the opinion of the National Junior Selectors have the potential represent Australia at U19 level and strong potential to represent Australia at senior level in the future
- Squad members will be in contention for selection in the Australian Team to compete at the World Junior Championships, Pan Pacific Invitational, Commonwealth Youth Games and or other International Events in 2011;
- BA will provide players with an account with access to Visual Coaching Pro (VCP), a web based training and development tool that allows players to access training diaries, strength and conditioning programs, injury management, planning tools and various other resources.
- Through the VCP program players will be given tournament plans and suggested training programs (eg. strength and conditioning, recovery, on court drills, injury prevention etc). Coaches will constantly monitor player diaries, training programs and performance and provide regular feedback.
- Players will be expected to complete a minimum of 6 training sessions per week (combination of on and off court sessions). This will be monitored through VCP
- Access to education sessions (eg. Anti-Doping, nutrition, goal setting, strength and conditioning etc)
- Access to overseas training centre's

## Requirements of the National Junior Squad (Tier 1):

- It is compulsory for selected players to participate in the following events:
  - CP Maddern U19 Carnival (Team and Individual Events)
  - Australian Junior International:
- It is compulsory for selected players to make themselves available for selection for following Australian Teams:
  - 2011 Pan Pacific Championships
  - 2011 Commonwealth Youth Games
- Discuss and complete a tournament plan agreed upon by the National Junior Coach
- Players in this squad must complete a minimum of 6 training sessions per week (combination of on and off court sessions). This will be monitored through VCP
- Selected Players must complete weekly diary updates via VCP.
- Partner other National Junior Squad members as directed by the National Junior Coach
- Attend all education sessions as arranged by BA
- Provide timely information to the National Junior Coach regarding all injuries
- Be a good role model for the sport

## National Junior Development Squad (Tier 2) Program Details

The National Junior Development Squad is under the direction of the Australian National Junior Coach (Stuart Brehaut) with assistance from BA State Based Satellite Coaches and oversight from the National Junior Development Manager (Glenn Warfe).

Players in this squad are those from across the entire junior spectrum that have the potential to represent Australia in future junior and senior national teams

## Key components of the National Junior Development Squad (Tier 2):

- Selected players must be under 19 years of age for the year of selection (31 Dec 2011), who in the opinion of the National Junior Selectors have the potential represent Australia at U19 and senior level in the future
- Squad members will be in contention for selection in the Australian Team to compete at the World Junior Championships, Pan Pacific Invitational, Commonwealth Youth Games and or other International Events;
- BA State Based Satellite coaches will monitor training programs and provide regular feed back to athlete's feedback.
- Players in this squad must complete a minimum of 4 training sessions per week (combination of on and off court sessions). This will be monitored through player diaries
- Access to educations sessions (eg. Anti-Doping, nutrition, goal setting, strength and conditioning etc)

- Access to overseas training centre's
- National Junior Development Squad players have the opportunity to be added to the National Junior Squad if performances and an evaluation of future potential warrant inclusion. This will be a decision of the National Junior Coach and National Junior Selectors.

## Requirements of the National Junior Development Squad (Tier 1):

- It is compulsory for selected players to participate in the following events:
  - Relevant Age Group National Cha
  - Australian Junior International:
- It is compulsory for selected players to make themselves available for selection for following Australian Teams:
  - 2011 Pan Pacific Championships
  - 2011 Commonwealth Youth Games
- Discuss and complete a tournament plan agreed upon by the National Junior Coach
- Players in this squad must complete a minimum of 4 training sessions per week (combination of on and off court sessions). This will be monitored through player diaries
- Selected Players must complete a weekly diary and email to their allocated BA contact.
- Partner other National Junior Squad members as directed by the National Junior Coach
- Attend all education sessions as arranged by BA
- Provide timely information to the National Junior Coach regarding all injuries
- Be a good role model for the sport

## Key Performance Indicators once selected

*(What are the coaches/selectors looking for)*

Coaches continually evaluate player performance in training and performances on court in competition. The following criteria will be used to evaluate Squad players during the year after selection.

- Continuous improvement as an elite badminton athlete: **physical, mental, technical and tactical;**
- Ability to train without regular coaching or supervision- self starter;
- Competition performances / results and potential as a top level athlete;
- Effective communication as a squad member – regular completion of training diaries, prompt replies to emails from coaches and BA staff etc.
- Commitment, positive attitude and overall performance.