

4Life Academy

What is it?

4Life Academy is an athlete centred coaching support programme, which provides the opportunity for athletes to prepare and progress through to regional academy level and beyond. It will also work to inspire younger club members to train/race more regularly and so aspire to be a part of the 4Life academy programme when they reach the age of 15 (as of 31 Dec 2011).

Who is it for?

15-19 year olds (as of 31 Dec 2011) wanting to improve their triathlon performance and on the verge or currently attending the East Midlands Academy. 14 year olds (as of 31 Dec 2011) may apply after discussing with the head coach.

4L Academy Benefits

- 1 x practical coaching session per month
- 1 x classroom session per month/as necessary (usually on same day/evening as practical session)
- Customised monthly training plans (planned and periodised around your life commitments)*
- Coached/mentored by professional coaches - the most experienced coaching team in the East Midlands.
- Training kit – subsidised*
- Racing kit – subsidised*
- Continue to train & race in a supportive, professional and successful environment.
- Access to all sessions within 4Life Tri Club
- Subsidised training camps
- Rewarding opportunity to help mentor younger athletes
- Opportunity to maximise your athlete potential

Your commitment to the club/academy

- Help out at a minimum 1x club coaching session per month or (Club Management, Officiating, Club Volunteering)
- Wear club colours for training & competition
- Attend the minimum of 2 hours 4Life academy coaching sessions per month – see above benefits
- Actively promote and advertise the benefits of the 4Life Academy and opportunities within the Club to progress.
- £30 per month – £10 of which goes into an end of season performance related bonus pot, £20 into the club!

*All this for £30 per month unless you commit to **2 hours** of coaching at any club session per month or club volunteering! **Then it's FREE!***

How do I apply?

Apply in writing to Head Coach dean-hughes@hotmail.co.uk explaining why you want to be a part of the 4Life Academy, 2010 race and time trial results and details of your current training schedule/programme, goals for 2011, mentors and coaches.

- Each application will be discussed between the 4L Academy coaches.
- Successful applicants will be invited to the first academy trial session.
- ALL Athletes will be provided with individual feedback on why they have or have not been selected.
- Successful athletes will form an A squad and a B squad and agree to **4L Academy conditions**.
- **A squad** athletes will have the opportunity to benefit from all '**4L Academy Benefits**'
- **B squad** athletes will be invited to all 4L Academy sessions, but will not benefit from kit subsidiaries or receive customised monthly training plans. **B squad** athletes will be mentored/ guided towards progressing through to the **A Squad** and are strongly encouraged to feedback and communicate to coaches re training programmes.
- Athlete progress will be reviewed on a 3 monthly basis.

What support is available for those that don't make A and B squads and under 14's?

- Encouraged to attend Tuesday and Thursday 4LTC sessions.
- Encouraged to communicate and feedback to 4L Academy coaches for advice/guidance on training programmes/schedules.

Benefits for the club?

- Club retains this age group and attracts talent from other sports
- Clearer pathway to performance/podium for younger athletes
- Increased number of young volunteers and future club coaches – the future of the club & sport!
- Attract higher calibre athletes into the club
- Exposure/Club promotion!
- Opportunity for current club coaches to develop.
- Everyone benefits!☺