

Paralympic Programme Athlete Commitment

The investment received from UK Sport is designed to achieve a medal in future Paralympic Games. Critical to medal achievement is having athletes, who have the playing ability, mindset and committed time to prepare for the Games.

The purpose of this document is to set out clearly the commitment required at different levels of the programme. The levels of activity set are required to be met by all athletes in the Paralympic Programme.

	Activity	Performance	Performance Foundation	
Monitoring Activities	Health and Wellbeing Diary	Daily	Daily	
	Physio Measures	Weekly	Weekly	
	Physical Preparation	Polar & VCP	Polar & VCP	
Training Activities	Squad Training Camps	3 Days every fortnight (Likely Tues-Thurs)	3 Days every fortnight (Likely Tues-Thurs)	
	Coached Session	1 x 2 hr Session pw (2/3 athletes per session)	1 x 2 hr Session pw (2/3 athletes per session)	
	Individual On Ice	Min 2 Sessions (totalling minimum of 3 hrs)	Min 2 Sessions (totalling minimum of 3 hrs)	
	Tactical Observation (Off Ice)	Min 2 Hours	Min 2 Hours	
	Movement Conditioning	Daily	Daily	
	Physical Preparation – CV	2/3 x Weekly (Programme & Support Provided)	2/3 x Weekly (Guidance Provided)	
	Physical Preparation - Strength	2 x Weekly (Programme & Support Provided)	2 x Weekly (Guidance Provided)	
	Support	SIS Support	Full	Introduction
		APA	Dependant on funding	Dependant on Funding