

Purpose

- To be able to support existing ENG athletes in returning to triathlon training and associated activities.
- To be able to help existing athletes re-establish their home-based training patterns in a progressive manner through swim, bike and run, with holistic consideration and awareness of athlete wellbeing post Covid-19 lockdown.
- To be able to help those existing athletes transitioning to University/Centre environments.
- To be able to help those existing athletes transitioning out of the Junior category into U23 age group.
- To be able to help existing athletes recalibrate their (COVID affected 2020) goals in the triathlon pathway for the next stages of their development.

Extension to the 2019-20 year

The England Next Generation Programme (ENG) will be extending the program year through to December 2020. All **existing** 2019-20 ENG athletes will be invited to remain part of the England Next Generation program and its associated activities during this time.

- During this time, the ENG programme staff will look to discuss with the existing 2019-20 athletes individually about their desire to remain involved when looking ahead to 2020-2021
- Athletes accessing activity should be focused locally to minimise travel with a focus on attending any Regional Academy days if/as appropriate.
- It may be possible for ENG focused activity to be arranged in accordance with governmental and British Triathlon guidance and guidelines. Any plans will be communicated with athletes with as much notice as possible.
- There will be no residential camps until further notice. This is to be reviewed monthly, reducing to fortnightly in September.

Athletes will be given time and opportunity to stabilise their training environments, but will also be asked to think clearly about development targets pertaining to the availability of their individual training set up at home (including local pool, track and club access)

Established swim and run guidelines & standards will be used to help athletes and coaches to set expectations and understand their current development level to help set goals. Support and consideration will naturally be given to all athletes who would have experienced difficulties during the Covid-19 lockdown period.

2020-21 England Next Generation programme

Process

- This will be a “*transitional year*” running from January 2021 to September 2021.
- For this transitional year, athletes will be categorised as England Next Generation (ENG) athletes.

Returning 2019-2020 ENG cohort

Athletes are to complete the Regional Academy application form which consists of:

- Submission of 2019 times (400m Swim/3000m Run)
 - this provides context to where athletes were pre-Covid-19 lockdown
- Athletes are signposted to the [“ETU Next Generation Challenge”](#) and should submit their time trial details (400m swim/3000m run certified).
 - **Closing date - Sunday 27th September 2020.**
- 1-2-1 Zoom meetings to be set up to discuss
 - Commitment to the program - Self opt in/out
 - Any extenuating circumstances
 - Readiness to return to training/racing post COVID -19
 - Athletes personal assessment of where their current performance is at and what necessary steps are to get it where it needs to be
 - Establish Winter off-season focus & goals
 - For athletes going to university - how does ENG fit? Discussion to touch on dual career balance and the organisation and time management needed during this important transition to enable attendance at national camps if they are possible to be held.

Athletes aiming to be selected onto ENG 2020-21

- No further selections to be made into ENG programme until 2021 Performance Assessments **at the earliest.**
 - We are currently considering how best to support the needs of potential incoming athletes and it is hoped that we may be able to extend invites to all/part of any organised ENG activity if they are possible to be held.
 - It is felt that this is the earliest opportunity for consideration for inclusion any ENG organised activities.
 - This gives aspiring athletes time to settle into a consistent training routine locally and regionally.
 - This gives aspiring athletes time to compete in appropriate single discipline competitions should they be available (county swimming championships/open meets or regional/national cross-country events).

Additional note:

- As of 14 August 2020, it is planned that the selections for 2021-2022 ENG programme will occur in September 2021.

2020-2021 England Next Generation process



