



Project 18

NEEDS ANALYSIS

Athlete Questions



NEEDS ANALYSIS

Working out what to do at 18 is a multi-layered and multi-faceted decision and defining your needs at the outset will support you in this. Understanding your needs will guide you in being able to gather better and more relevant information at the Exploring Options stage and so support a more informed choice.

The analysis is broken into 4 parts and continues on the next page, before starting you may want to give some thought to being well prepared.

PRIOR PREPARATION

While ultimately how you conduct your Needs Analysis is entirely up to you our suggestion would be that it is best done as a conversation with someone supporting you in a facilitation role who has read and has the Guidance Document in front of them. Their role will be to both ask questions and help steer the conversation in the right direction, this will free you up to just think.

Some of you may have a preference for writing your thoughts down as they come to you and think better with a pen in your hand, others may find talking them back and forth with your facilitator is best - it doesn't really matter as long as someone captures the relevant notes. There is a mind map to download separately if that is useful.

In preparing for this analysis you may find that you prefer to do this alone and just work quietly through it yourself or that there isn't anyone around to facilitate a conversation, either is fine and will work; just make sure that you have read the Guidance Document and have it to hand, along with whatever works for you in terms of capturing your thoughts as you go.



NEEDS ANALYSIS

1. ASPIRATIONS

- a. What are you aspiring to achieve over the short (next 0-6 months) and medium (3-5 years) and long term (8-10 years)?

2. PERSONAL NEEDS

- a. Who do you need around you to achieve your aspirations?
- b. What might you need support with to achieve your aspirations?
- c. Outside Triathlon what else is important to you?

3. EDUCATION OR EMPLOYMENT NEEDS

- a. If you **DO NOT** intend to go to university what is important to you when deciding where to base yourself?

You might want to consider if any of these factors are more or less important to you than others?

OR

- b. If you **DO** intend to go to university what is important to you when deciding where to base yourself?

You might want to consider if any of these factors are more or less important to you than others?



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4. TRIATHLON NEEDS

- a. What would your ideal training programme look like?
- b. What would the ideal facilities and physical environment look like?
- c. Who would be in your ideal training environment?

NEXT STEPS

Once finished the analysis, if you haven't already, you may want to think about prioritising your needs.

Think about

- what is an absolute priority for you - do you have any non-negotiables?
- what is still relatively important but perhaps negotiable?
- what is less important and flexible?

Our suggestion would then be to use what you have learnt in your needs analysis and prioritisation to form the basis of how you approach the next stage - Exploring Options. Use it to think about the information you need to gather, this could be from relevant websites as well as any visits. If meeting people e.g. potential employers, coaches, universities or colleges spend some time thinking of what questions, based on your needs, that you need to ask them.