

## ADVANCED APPRENTICESHIP IN SPORTING EXCELLENCE (AASE)

### Diving Selection Policy 2009

#### What is AASE?

The Advanced Apprenticeship in Sporting Excellence (AASE) is an England Talent programme designed to meet the needs of athletes aged 16-18 who have the realistic potential to achieve excellence in their sport and who are seeking to perform at the highest level as their main career goal, whilst continuing with their education.

AASE offers the first opportunity for elite and potentially elite athletes to get a proper recognition of the skills, knowledge and understanding they are developing/gaining in their quest for excellence.

Athletes will receive additional support and guidance within their sport and education. This is a two-year sports apprenticeship programme.

The programme was launched in 2006 and has grown to have 230 athletes across all aquatic disciplines. Over the past two years the programme has developed further athlete resources and is always developing ways to improve the sport and education pathway for AASE athletes.

#### The Apprenticeship framework:

- NVQ Level 3 Achieving Excellence in Sports Performance (Specific to your sport)
- Technical Certificate (Education): A choice or mix of any A/AS Levels, BTEC Sport Awards, GCSE's, Coaching Qualifications or any other sporting professional qualification undertaken at school/college or appropriate body. Funding for UKCC Level 2 in Coaching (all sports) is available for all AASE athletes and the RLSS Pool Lifeguard Qualification up to £220. If there are other qualifications you wish to undertake that you think might be eligible for funding please contact AASE Programme Manager [aase@swimming.org](mailto:aase@swimming.org)
- Key Skills Level 2 in Application of Number & Communication (Please note those who have achieved grade C above in GCSE English and/or Maths will be exempt, otherwise Apprentice's will complete key skills at their school/college.)

Talent and Development Officers will work with athletes to guide and assist them through the NVQ Level 3. The NVQ isn't academic and is based on everything elite athletes undertake along their talent pathway to a world-class level.

The NVQ allows divers to achieve a nationally recognised qualification awarded by Edexcel for the work they are already putting into diving. The NVQ helps to educate divers more about what they are doing in the pool and encourages them to further their diving career.

AASE divers will attend an offshore camp as part of their programme, regional camps and workshops will also take place annually and the dates are selected in a way that compliments the competition calendar. Camps are compulsory for all divers and fully funded as part of the AASE programme. However those divers who are World Class Programmes athletes do not have to attend additional camps if they fill they cannot commit to all camp requirements and can arrange to meet with their Talent Development Officer individually. Athletes who attend world class camps can use this to contribute towards achieving the NVQ Level 3.



AASE provides clear pathways and exit routes for elite divers either to professional diving career, university, employment or a mix.

### **Eligibility**

To be eligible for the Advanced Apprenticeship in Sporting Excellence Programme 2009-2010 divers must:

1. Athletes must be of 16 years of age and born between 1<sup>st</sup> September 1992 – 31<sup>st</sup> August 1993.
2. Must be based and educated in England.
3. The athlete must have taken English and Maths at GCSE level and completed exams by summer 2009.
4. Be in full time education in September 2009 in Year 12 or willing to undertake coaching awards and other sporting courses over the 2 years.

### **Selection Criteria**

The next AASE group will commence the programme in September 2009. There will be an AASE Open Day on the 13<sup>th</sup> September 2009 and a formal Induction Day held either 26<sup>th</sup>-27<sup>th</sup> September 2009.

In order to be considered for selection on to the AASE programme the athletes must be in full competition and have competed regularly in the last year attending the majority of the below competitions when possible

- Southampton Invitational
- Luton Challenge
- Armada Cup (Plymouth)
- G Star (Leeds)
- National Age Groups
- National Elite Age Groups
- Scottish Nationals

The athlete must place either;

- 1<sup>st</sup> at National Age Groups
- Top 8 at Junior Elites

All divers reaching the above selection criteria will be invited to an interview with the AASE TDO. At this informal interview divers wishing to be selected for the programme must also provide evidence of the following:

- 12 hours minimum of training
- At least 5 hours of dryland training a week, including the following:
  - Rig work
  - Trampoline/dryboard
  - Conditioning
  - Dryland s/s
- Any diver at a club without these facilities (dryboard/trampoline or rig) must arrange training with a local club with these facilities
- All high board divers must access 10m facility on a weekly bases.
- Ability to complete 780 hours of guided learning at college or on appropriately related courses



Final selection will then be at the discretion of the Talent Development Co-ordinator [dave.legge@swimming.org](mailto:dave.legge@swimming.org) and AASE Programme Manager [michelle.kiff@swimming.org](mailto:michelle.kiff@swimming.org)

Additional divers may be selected at the discretion of the AASE Programme Manager and Talent Development Coordinator.

All eligible athletes must complete the "athlete eligibility" form and return by **August 6<sup>th</sup> 2009** to AASE Office

AASE Office  
35 Granby Street  
Loughborough  
Leicestershire  
LE11 3DU  
01509 615458  
[aase@swimming.org](mailto:aase@swimming.org)

All selected divers are required to sign and comply with an athlete's agreement on beginning the programme. Divers selected on to the AASE programme must comply with all UK Sport and British Swimming provisions consisting of the ASFGB Doping Control Rules and Protocols, Selection Agreement and Code of Conduct, the ASFGB Disciplinary Code and ASA Child Protection Procedures.

The AASE Programme Manager may remove any athlete from the AASE programme where the athlete is:

1. Unwilling to complete work tasks as set by the Talent Development Officers to fulfil requirements of the NVQ
2. Unable to meet minimum training hours
3. Exhibits conduct that is detrimental to British Swimming or the ASA.
4. Athletes fail to comply with AASE Code of Conduct

For Further information about the programme please do not hesitate to contact the Diving Talent Development Officers

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