

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	Athlete Commitment
Monitoring Activities	Health and Wellbeing Diary	Daily
	Physio Measures	Weekly
	Physical Preparation	Polar & VCP
	On Ice Activities	VCP
Training Activities	Centralised Training Fortnightly (Stirling Tuesday –Thursday)	5 x On Ice Sessions 3 x Classroom Sessions 2 x Strength Sessions 2 x CV Sessions 3 x Proprioception Sessions
	Regionalised Training Fortnightly (Home Based)	1 x Coached Session (2/3 athletes per session) A min of 3 x On Ice Sessions (Individual and Paired) Tactical Observations (min 2 hrs) 2/3 x CV Sessions 2 x Strength Sessions 3 x Proprioception Sessions
	Movement Conditioning	Daily
Travel	Championships, Competitions and Training Camps	Ability to Travel Abroad (Asia, North America & Europe) Trip Length – varies from 3 to 18 days
Support	Sportscotland Institute of Sport Support	Full
	Athlete Performance Award (APA)	Dependent on funding