



T.O.P 2023/2024 Athlete Development Program Policy

U16-U18 Development Program

Program Goals & Description

Purpose:

The T.O.P U16/ U18 Athlete Development Program’s purpose is to systematically guide and support Edmonton area athletes and their personal coaches along a sustainable development pathway.

This program will identify and connect a group of motivated, high ability athletes from Edmonton area track and field clubs, providing them with tools and resources as they aspire towards high performance, learning how to be an athlete, and becoming leaders in our sport community.

Mission:

The TOP - Athlete Development Program aims to identify, develop and support Edmonton athletes aspiring towards high performance track and field by promoting a positive, holistic sport experience which aides in life long value, personal growth and wellness.



Support Program	TOP Athlete Development Pathway					Athletics Canada's Performance (Podium) Pathway					
	Talent Optimization Program (TOP)				TOP / CAPP Talent Confirmation		CAPP Transition		CAPP Podium		
Tier	Development Program	Tier 4 - Talent Pool	Tier 3 - Talent ID	Tier 2 - Talent Development	Tier 1 - CAPP Talent Confirmation		International Class	World Class	Top 8	Medal	Gold
Target Athlete	U16-U18 Age Group	U18 Age Group	U20-U23 Age Group	U23+ Age Group	U23+ Age Group	8-6 years from podium	6 to 4 years from podium	4 to 2 years from podium	Top 8	Medal	Gold
Long-Term Athlete Development Stages	Train to Train		Train to Compete				Train to Win				

Athlete Eligibility

1. Athlete Age:
 - a. Athletes born in 2009, 2008, 2007, 2006 who will be competing as second year U16, U18 or first year U20 in the year of 2024 are eligible to the program.
2. Membership Status:
 - a. Athletes must have a Competitive Membership with Athletics Alberta in the year of applying and train with an Edmonton Track & Field Council member club (includes Leduc, and St. Albert)
 - b. An athlete becomes ineligible to the program if they transfer to a club outside of the Edmonton area.
3. Citizenship Requirements:
 - a. Athletes must be a Canadian citizen or have landed immigrant status and be pursuing their citizenship in the near future.

Program Selection Criteria

Athletes will be nominated to the T.O.P U16-U18 Development Program by ETFC member clubs and the T.O.P Director based on the following attributes:

1. Motivation
2. Athletic ability
3. Leadership

Program Outline

All athletes accepted into the T.O.P U16-U18 Athlete Development Program will benefit from the following:

1. Coach & Integrated Support Team (IST)
 - a. Coaches of TOP athletes will benefit from educational and performance development opportunities, including funding for professional development, training, testing and recovery tools
 - b. Athletes will have access to an Integrated Support Team at preferred rates, including: [ATHX Performance](#) Facility, Treatment Services, Registered Sport Psychologist, Mental Performance Trainer, Registered Dietician etc.
 - c. The TOP Director will be available to support athletes and coaches in managing challenges or circumstances which arise, as well as monitor and support the individual performance plan for the athlete
2. Performance Development Opportunities
 - a. TOP athletes and coaches will receive support to access quality, performance training facilities in Edmonton
 - b. The TOP Director will keep athletes and coaches apprised of high performance opportunities, and advocate for them be accessible and relevant

3. Athlete Education

- a. TOP athletes, parents and coaches will be provided with a weekly newsletter with important communications and opportunities, as well as monthly virtual education events on holistic athlete development topics such as: *SafeSport, preparing for post-secondary recruitment, athlete transition, learning how to train and compete, juggling working and training, professional communication skills, transferring your athletic experience to a resume, sponsorship, leadership development, and more.*
- b. Athletes will also be connected to coaching and volunteer opportunities such as skill building, resume experience, and community service, around their other commitments.
- c. Athlete Development Camp(s) will be held twice a year and invitations will be sent to U16-U18 Development Program athletes and their coaches.

Program Expectations

All athletes accepted into the Talent Optimization - Athlete Development Program will have the following expectations:

1. Communication
 - a. TOP athletes will be expected to monitor email, and reply as necessary
2. Attendance
 - a. Athletes will be expected to attend the TOP Summit in November TBC.
 - b. Athletes will be expected to attend a minimum of one volunteer event a year - either Running Room Indoor Games (February) or the Edmonton Marathon (August)
 - c. Athletes are strongly encouraged to attend as many educational events as possible which the TOP hosts.
 - d. Athletes are strongly encouraged to attend Alberta Outdoor Provincials.
3. Leadership
 - a. Athletes will be expected to be leaders within Edmonton's Track and Field community, acting with integrity both on and off the track, demonstrating sportsmanship, and giving back whenever they can.
 - b. Athletes shall abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods, as per the Canadian Anti-Doping Program.

Selection Process

1. Athletes will be nominated to the T.O.P U16-U18 Development Program by Edmonton Track & Field Council (ETFC) member clubs and the T.O.P Director by September 10, 2023. Nominations are requested by email to edmontontfc@gmail.com
2. Selected athletes will be sent invitations to the program by September 22, 2023.
3. Athletes will be asked to confirm their acceptance of the invitation, completion of SafeSport Training, and attendance to the Program Orientation in November, by September 29, 2023.
**The number of athletes & structure of support may change from year to year.*

Contact

Any questions can be directed to:
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Many thanks to our program sponsors:

Edmonton 2001

Athletics Legacy Foundation

