

Badminton England Performance Hub Player / Session Expectations

What is a Performance Hub?

The aim of the Hub is to provide the opportunity for identified Junior Performance players to access additional high-level weekly training and match play, enabling the best Junior players in the country to train regularly with each other up to a maximum of twice a week – identified players include those on EJPP and other identified players who are showing similar performance levels and development. The aim over the next few years is to grow the Performance Hubs to further areas in the country to provide more access to more of our top Junior players.

The Performance Hub sessions are part funded by the England Junior Performance Programme. N.B these Hub sessions are not intended to replace weekly training but to provide additional quality training hours within a player's week as this is something that is necessary if we are to continue to be competitive across Europe and beyond.

We believe that development of these Hubs over the longer term can help to achieve the following principles, regularly seen to increase rate of development in athletes across sports:

- An increase in the number of quality weekly training hours and intensity in a player's weekly schedule to aid rate of development and levels of consistency
- Players of a similar level training / sparring together regularly increasing the rate of development as a collective group by pushing each other to new levels
- Regular, healthy competition / sparring between players of a similar level can link to increasing levels of motivation

We also aim for the sessions to achieve the following:

- To support players with their ongoing development and building of relationships between players and coaches
 - Provide players with additional coaching perspectives
- Opportunity for the sharing of knowledge and session themes based on Coach's experience of where the game is going internationally in the world of junior badminton and in turn, be aligned and aid development in relation to EJP themes / focus areas delivered at EJP Camp activity
 - To provide variety in a player's weekly training through training with different players
 - Enable coaches to collaborate on player development
- Support the development of a high standard of performance behaviours and standards across the Junior Pathway

What are our expectations of player's attending BE Performance Hub sessions?

Badminton England expects the following when players are in attendance at sessions:

- A commitment to regular session attendance
 - Arrive ready to start with the right equipment for the session
 - Perform professional warm-up / cool downs pre and post sessions
- Come to sessions with a hard working attitude and give your best effort in sessions – remember, 'Hard work beats talent when talent doesn't work hard'
 - Good timekeeping (aware that this is not always in player's control!)
- A 'No Mobile Phones' policy will operate during all sessions, therefore player's must adhere to this at all times
 - Ensure good quality feeding, as you would want to receive in a session
 - Be open-minded to learning / trying new skills
 - Be inquisitive and willing to ask questions
 - Have good communication with the Lead Coach / Session Coaches
- Be a good Team player – it is the responsibility of every individual (players and coaches) within the session to help to push each other to get the best out of each session



Use of Spond (Players / Parents)

Badminton England expects the following when players are in attendance at sessions:

- Please complete Spond prior to the deadline in advance of the weekly session/s to ensure Coaches can plan effectively
- Update Spond should attendance change in lead up to session, or contact the Lead Coach to advise if the deadline has passed
 - Keep your eye on Posts placed on Spond by the Hub / BE relevant to sessions
 - You can utilise Spond to send messages to the Hub directly via 'Messages' in the App

What can you expect of the sessions / Coaching Team when attending Hub Sessions?

- Promotion and maintenance of good performance habits at all sessions
 - Good quality warm up & cool downs are mandatory
 - Encourage communications between players and players and coaches
 - Enforcing 'No Mobile Phone' policy in sessions
 - Ensure good quality feeding to ensure practices are of a high standard
 - Ensuring hard working attitudes and best effort from all in every session
- Sessions delivered by BE registered / Safeguarding trained / DBS cleared Coaches
- Assigned regular Lead Coach, with support coach at all sessions (wherever possible), with requisite coaching qualifications
- Sessions delivered based on technical / tactical themes and aligned to themes identified by the EJPP from evidence gained from international Junior / Senior badminton, which are also being delivered at domestic EJPP Camps, and seen as priority areas to support development of players
 - Provide opportunity for match play
 - Create an environment that encourages hard work and is also engaging
 - Caters for the level of players in the sessions by providing challenging sessions for all
 - Provide regular feedback in sessions to players about their progress

