



BRITISHROWING

The Diploma in Sporting Excellence

Information for Athletes and Parents

TEAMWORK | OPEN TO ALL | COMMITMENT

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1. Introduction to the Diploma in Sporting Excellence

1.1 Overview

The Diploma is a unique sporting qualification designed to meet the needs of young athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

1.2 Aim

The aim of this qualification is to prepare learners to compete and progress on the Performance Talent Pathway within rowing, whilst balancing the demands of their educational programme alongside their sporting commitments.

Upon achievement of this qualification it is intended that learners will be prepared to continue to compete in their sport at the highest level or use their knowledge, skills and competency to gain employment in sport or within an alternative career pathway.

1.3 The DiSE Framework in Detail

This is made up of nineteen units, which are delivered through blended learning and cover the fundamental elements of rowing performance as well as additional topics essential for performance and development of key life skills. Topics covered include Rowing Performance, Nutrition, Elite Athlete Environments, Communication, Health and Safety, Lifestyle Planning and Career and Finance.

2. The Diploma in Sporting Excellence (DiSE)

2.1 Who Delivers the Diploma Component of the Programme?

British Rowing is responsible for the DiSE programme in rowing, delivering it via suitably qualified educators and practitioners. The programme is managed by Loretta Williams (Programme Manager, British Rowing). It is delivered in accordance with Ofsted, Hartpury College and Awarding Body requirements.

2.2 How Does British Rowing Deliver the Diploma?

Specialist Educators and DiSE mentors work as a team to facilitate learning, support athletes and assess the DiSE qualification. They are responsible for helping the athlete work towards the Diploma as part of their rowing programme. The DiSE mentors will work in partnership with the athlete's coaches and support staff to ensure the athlete is supported throughout the delivery of all the elements of the programme.

2.3 How do Athletes Work towards the Diploma?

Athletes work towards the Diploma in three main ways:

DiSE Camps

These are held throughout the two year programme and are scheduled to fit in with the athlete's rowing commitments as set out by the GB junior programme. Workshops will be delivered at the camps to support the athlete's learning and development. The camps provide ongoing support and assessment opportunities for the athlete with workshops delivered by DiSE mentors and specialist support staff such as physiologists and psychologists. The information and coaching provided at these camps is important for the athlete's personal and sporting career development.

Club visits

The DiSE mentor will also meet with athletes and coaches in their home club environment. This time will be used to review learning and set action plans with the athlete, to collect evidence generated to support the completion of the Diploma and to provide an opportunity for a one to one discussion with the athlete and their coach.

Online Learning / Tutorials

The athletes' evidence will all be collated and shared using an online portfolio. Online learning modules, books and tutorials are all employed to deliver learning to the athletes. Secure online discussion forums will also form part of the programme to ensure ongoing support and education for the athletes whilst training at their host clubs away from the scheduled camps and trials.

2.4 What is the Athlete's Role in Achieving the Diploma?

The athlete enrolled onto the DiSE programme is required to prove that they have all the attributes, both in skill and knowledge, to develop their rowing performance and represent

the sport in a positive light. This is done by working with the DiSE mentor to collate evidence across the two year duration of the programme. Evidence submitted by the athlete includes training diary extracts, food diaries, race plans and reviews, goal setting and reviews, video evidence and professional discussions.

The evidence should show competence across all units of the Diploma which look at the following areas:

- Developing technical, tactical, physical and psychological skills to achieve excellence
- Developing a nutritional programme to achieve excellence
- Planning and managing lifestyle
- Managing a sporting career
- Communicating and working well with other people
- Maintaining good health as well as the personal safety that of others
- Understanding the Elite Athlete Environment

As well as collating this evidence athletes will need to show a commitment to their academic studies, attend organised camps and achieve a high attendance record. They must also demonstrate commitment to their performance and work with coaching and support staff accordingly.

2.5 What is the DiSE mentors' Role?

The DiSE mentors' role is to provide learning opportunities, to help the athlete collect the evidence which is required to prove they have the required skills and knowledge and assess the level of competence. S/he will also be responsible for completing learning reviews every three months and helping write action plans to support the athletes overall development throughout the programme.

2.6 Assessment

The evidence will be assessed by the DiSE mentor. This will be marked as complete or not yet complete and feedback and advice will be given to the athlete as to how a piece of evidence can be improved or what else they can do in the future for further development.

3. Criteria for Athletes & Progression Routes

3.1 Academic Entry Criteria

Athletes must hold a minimum of GCSE grade C or above in Maths and English

3.2 Performance Entry Criteria

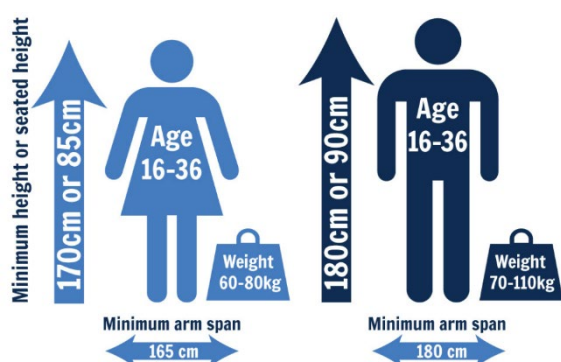
In order to apply athletes must have met one of the performance criteria set, this is reviewed yearly to ensure it reflects current standards. (The performance criteria that is set is in line with our Junior GB Assessment process, World Class Start testing and Para Talent ID programme)

Junior GB Assessment:

Women 2km @ r24 <7.50 OR within top 90

Men 2km @ r24 <6.55 OR within top 150

Paralympic Criteria:



Ergo	PR3M	PR3W	PR2M	PR2W	PR1M	PR1W
1k Talent Time	03:10.0	03:45.0	03:40.0	04:15.0	04:15.0	05:00.0
2k Talent Time	06:45.0	07:55.0	07:45.0	09:00.0	09:00.0	10:35.0

It should be noted that other performance parameters will be considered on an individual basis where appropriate.

At the end of the two year DiSE programme athletes who have demonstrated their standard and clear potential could have the opportunity to continue within the sport and move to the Under 23 trials system, training through a suitable club and aiming for GB representation. Alternatively an athlete could use the Diploma as a foundation to continue within the sport of rowing in an alternative career path such as:

- Coaching
- Club Development
- Sports Science Specialist Support

4. Diploma Timetable

4.1 Overview

DiSE Camps are scheduled throughout the two years of the programme utilising dates from the GB Rowing Team Junior Calendar, namely October camps and February Trials.

4.2 Weekly Timetables

The specific weekly timetable for each athlete will be dependent upon which route they entered the scheme through and the time of year. In the early stages of the programme the focus will be on 'learning how to train' utilising quality coaching and training techniques. In addition the weekly timetable will include 'evidence/portfolio' building, technical content and some weekend water sessions.

5. Funding

5.1 Funding Opportunities

First and foremost this is an education programme and athletes should be committed to personal development.

Athletes who successfully complete each academic year will have the opportunity to apply for a grant, core costs of the programme are also covered.