

Sports Institute of Otago and Otago Badminton Association High Performance Academy

Player Information Overview 2008

Objectives of the Academy

- To improve athlete performance on the badminton court
- To provide a training environment for Badminton players who have demonstrated a high level of success and commitment to the sport.
- To offer educational opportunities so that athletes are better prepared for the step up to the demands of national and international competition.
- To provide opportunities for self awareness and growth as individuals

Selection Panel

The selection panel will comprise the Coach of Team One, the Academy Director and one other representative from Otago Badminton.

For 2008 that will be Roger Southby, Jim Hoffman and Jeff Elliotte.

Selection Criteria

- Otago Badminton will select up to 20 athletes for year one of the programme (2008)
- Otago Badminton will select up to 10 athletes for year Two of the programme (2008)

Athletes will be offered positions in the academy based on performance and potential.

Factors include, but are not limited to:

- Players who have the ability to represent Otago at Senior level in Team One within the next 3 years.
- Players who have already played in Team One previously.
- Players who have previously played Division One Badminton
- Players who have performed with distinction at NZ age group level
- Meet minimum requirements for Selected Athletes

- Must fully commit to the academy programme
- Must make themselves available for selection for Otago representative teams
- Must be in good standing with Otago Badminton.

Responsibilities

Sports Institute of Otago

- Ensure the programme planning and student evaluations are effective and fit with the requirements of the Certificate in High Performance
- Undertake all enrolment and associated administration procedures
- Assist with planning and delivery of an effective programme.
- Provide support and guidance where required
- Other responsibilities as outlined in the signed agreement

Otago Badminton

- Provide facilities and coaching personnel for the academy.
- General day to day management of the academy
- Ensure data required by the Sports Institute of Otago is completed and furnished in a timely manner.
- Other responsibilities as outlined in the signed agreement.

As a requirement of the Academy there is an expectation that all athletes complete 120 contact hours per year and 80 self directed hours.

Contact hours includes, but is not limited to:

- Academy trainings
- Educational opportunities as provided
- Any team ties or fixtures (if selected)
- Interclub
- Representative squad trainings

Program Content for 2008.

- Fitness assessment
- Video analysis
- Strength and conditioning programmes (50 hrs)
- Sports Science seminars
- Injury prevention
- Injury management
- Umpiring and court rules
- Tournament play
- Skill sessions
- Squad trainings
- Nutrition
- Sport Psychology