TASS Nomination 2017-19

**Information**

British Fencing is committed to providing fencers with opportunities to improve performance and develop as individuals in a cost-effective way. As part of this commitment we are offering five places for the Sport England funded TASS award, with the aim to embed the award into our pathway for further places in the coming years.

**What is the TASS Award**

TASS is a Sport England funded programme that aims to support talented athletes in a dual career. It is a unique partnership between National Governing Bodies of sport and Educational Institutions, designed especially to cater for the needs of athletes within the education system during higher and further education. For more information on TASS please visit their website [www.tass.gov.uk](http://www.tass.gov.uk)

**TASS Selection Criteria:**

* An athlete must be on an education or training programme at a recognised English Institution totalling over 300 learning hours between 1 September 2017 and 31 August 2018.
* Athletes must hold a GB passport.
* An athlete must represent England as their home nation, Scottish, Welsh and Northern Irish athletes are not eligible. However, athletes from the Isle of Man and the Channel Islands will be supported if nominated by the appropriate England/GB NGB.
* Athletes must be 16 years or over at the start of the TASS year (1 Sep 2017).
* If an athlete is on an ASE programme, receiving a Sports Aid award or on World Class Programme they are not eligible for a TASS award. However, if an athlete is receiving Backing the Best support, they can also be eligible for a TASS award.
* If an NGB fails to meet Sport England’s Governance Code an athlete in that sport can still receive a TASS award. Unless it is considered by Sport England that there is a fundamental failing on the part of the NGB, whereby there is no confidence on the nomination processes and coordination of TASS awards in the sport.
* Be eligible to represent England in fencing and be in the top 10 of the junior or senior ranking (as of August 1) OR has been selected and attended a nominated international junior/senior competition last season (2016-17) OR is already on a Talent Programme and has been identified to move across to the University TASS Programme.

**Athlete Commitment**

An athlete in receipt of an award will be required to commit to the following:

* Actively engage with all TASS practitioners.
* Actively engage with the British Fencing Talent Programme.
* Train a minimum of twice a week with a fencing club and complete regular S&C work.
* Have a competition calendar and set out what they want to achieve from the season.

**The TASS Award**

**The support is provided in the form of a core services package, which is delivered by a network of TASS Accredited Centres (TACs), who are recognised for the status, profile and reputation associated with performance sport delivery.**

**A TASS Athlete Award contains the following support service components:

TASS Lifestyle Support
Support in this area may take the form of tailored one-to-one guidance, resources or workshops in areas such as anti-doping, healthy living, time management, education/career planning and budgeting, or advisors may facilitate contact with other professionals for further specialist support. As a minimum, an athlete will receive 3 sessions, plus Lifestyle Advisors will operate an open-door policy for ad-hoc appointments.

TASS Strength & Conditioning
Following a full screening, TASS coaches will work alongside the sport to design a personal plan to add to athlete’s speed, agility, endurance and strength. The TASS support team will provide weekly individual and/or group sessions at your TAC gym.**

**TASS Physiotherapy**

**At the athlete’s screening, the TASS physiotherapist will identify and address any areas of weakness and design a personal plan, which will include rehab sessions throughout the year. Athletes will have regular access to reactive physiotherapy (if more than 10 sessions are required, additional appointments need to be cleared by TASS) and up to 10 sports massage/prehab sessions/instructional sessions.**

**TASS Sport Psychology
Sport Psychology support aims to deliver and equip athletes with mental skills training and psychological tools necessary to perform more consistently in training and competition.**

**TASS Nutrition
This service aims to advise on sport specific nutrition strategies that focus on the demands of your sport and basic diet behaviours.**

**TASS Medical Scheme
The Medical Scheme is designed to complement NHS services rather than replace them. The Scheme entitles an athlete to claim for private treatment where it is preferable and in agreement with Sport England TASS and Health Partners, the Administrators. (Full details and conditions are available).

TASS Sport Specific Award
Every athlete will receive the sum of £500 towards sport expenses such as equipment, training and competition costs. Provided the athlete is fully engage in their TASS support programme, as agreed in their personal plan, they will receive £250 directly into their bank account in January and again in June.**

**Where do I need to be based for the TASS Award?**

The delivery network can be found here: <https://www.tass.gov.uk/tass-supported-sites/>

It is not a requirement to attend a university that is part of the TASS delivery network but you need to be based at a distance to be able to access them regularly.

**What do I need to do to register my interest?**

If you wish to be involved with this programme please complete the expression of interest form below and return it to Stuart Haw, stuart.haw@britishfencing.com

Please do this as soon as possible but at least by **22 of August *2017.*** We will provide you with further information once you have registered your interest. Completing the form does not commit you to start the programme at this stage.

If you feel that this programme is something you may be interested in do not hesitate to contact us. We look forward to hearing from you. All successful athletes will be contacted by British Fencing and TASS to inform them of their nomination. Athletes are not able to apply directly to TASS for a TASS award as British Fencing makes all nominations centrally. TASS will then invite all confirmed athletes to complete a nomination form online within a set time to activate their place on TASS.

## Nomination Form

**PERSONAL DETAILS**

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| Surname:      | First Name:      |
| Address:                              Postcode:      | Home Telephone:     Mobile Telephone Number:      |
| Email Address(s):             |
| Place of Study:       |  Date of Birth:       |
| Is this confirmed? | If no, when will confirmation be? |
| Is the athlete in receipt of a scholarship from their education institution? |

(For U18s Only)

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| Parent/Guardian Surname:      | Parent/Guardian First Name:      |
| NGB lead, responsible for athlete's programme: | Parent/Guardian Email Address(s):             |

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| Main fencing club:       | Main coach:      |
| Main Coach Email Address:       | Athletes current position on the NGB Talent Pathway:       |
| What are the athlete’s key sport targets for 2017/18? | Linked to TASS service delivery areas, what are the athlete’s key development targets? |

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| What sport service support is already available to the athlete?(In addition to TASS, e.g. NGB programme, Club support, University/College) |
| **Strength and Conditioning** | Frequency |
| What’s included? | Expected to engage with TASS S&C? |
| **Physio** | Frequency |
| What’s included |
| **Lifestyle** | Frequency |
| What’s included? |
| **Sport Coaching** | Frequency |
| What’s included? |
| **Finance** | Frequency |
| What’s included? |
| **Other** | Frequency |
| What’s included? |