

I eXcel Programme:

Recognising and supporting National Level Athletes

Programme information sheet

WHAT IS IT?

The I eXcel programme – “Recognising and Supporting National Level Athletes”, is part of the Junior Athlete Education framework designed to guide and help schools provide comprehensive personal development support to the young talented performers within their school.



The programme objectives are to:

- Recognise the young athletes' talent in their sport
- Raise the profile of the unique needs of the young athlete to the school
- Support the young athlete in balancing their sport and school commitments, helping them to fulfil their potential both in sport and academically
- Improve the provision and quality of mentoring support the young athlete receives from their school
- Improve communication between the young athlete's parents, coach and school, enabling them to work more closely together
- Assist National Governing Bodies of Sport (NGB) in managing the sport/academic needs of their National level athletes.

Athletes are nominated onto the programme by their NGB against set criteria. They must be:

1. Competing at a National level in their sport
2. On the world class pathway or equivalent pathway for non-world class funded sports
3. In full-time education (up to Key Stage 5 or equivalent).

I eXcel registered athletes receive a personalised I eXcel ID card (valid for 1 year) which recognises them as being of national level within their sport, and an I eXcel Athlete Guidance Booklet which includes the key topics of Communication, Planning and Time Management.

The athlete's school Gifted & Talented mentor receives an I eXcel Mentor Guidance Booklet which includes sport specific guidance from the NGB. Regular opportunities for mentor training are also available.

The athlete's coach receives an I eXcel Coach Guidance Booklet which includes information on Gifted & Talented policy in schools.

WHAT DIFFERENCE DOES IT MAKE?

In an evaluation of I eXcel athletes, their parents/carers and G&T mentors registered on the programme in 2007/08, all audiences viewed the I eXcel guidance booklets very positively:

- The majority (> 86 per cent) of respondents from all audiences indicated that the I eXcel booklet had provided useful information on how to balance sport and studies
- 94 per cent of responding schools and 91 per cent of responding parents/carers agreed that the booklet had helped them to determine whether they are providing a best practice level of support for their young athlete
- 93 per cent of schools felt that the booklet had provided useful advice on how to change their support provision.

“ An exciting and worthy programme which raises the awareness of potential GB athletes – Excellent! ”

School teacher of an I eXcel athlete, 2007



HOW TO GET INVOLVED

More information on the I eXcel programme and the Junior Athlete Education framework can be found on the Talented in Sport website www.youthsporttrust.org/talent

If you are from an NGB and would like to get involved in the scheme, or would like further information, please contact leXcel@youthsporttrust.org