

BetterME



Pathway Athlete Development Programme



tabletennisengland.co.uk

What is BetterME?

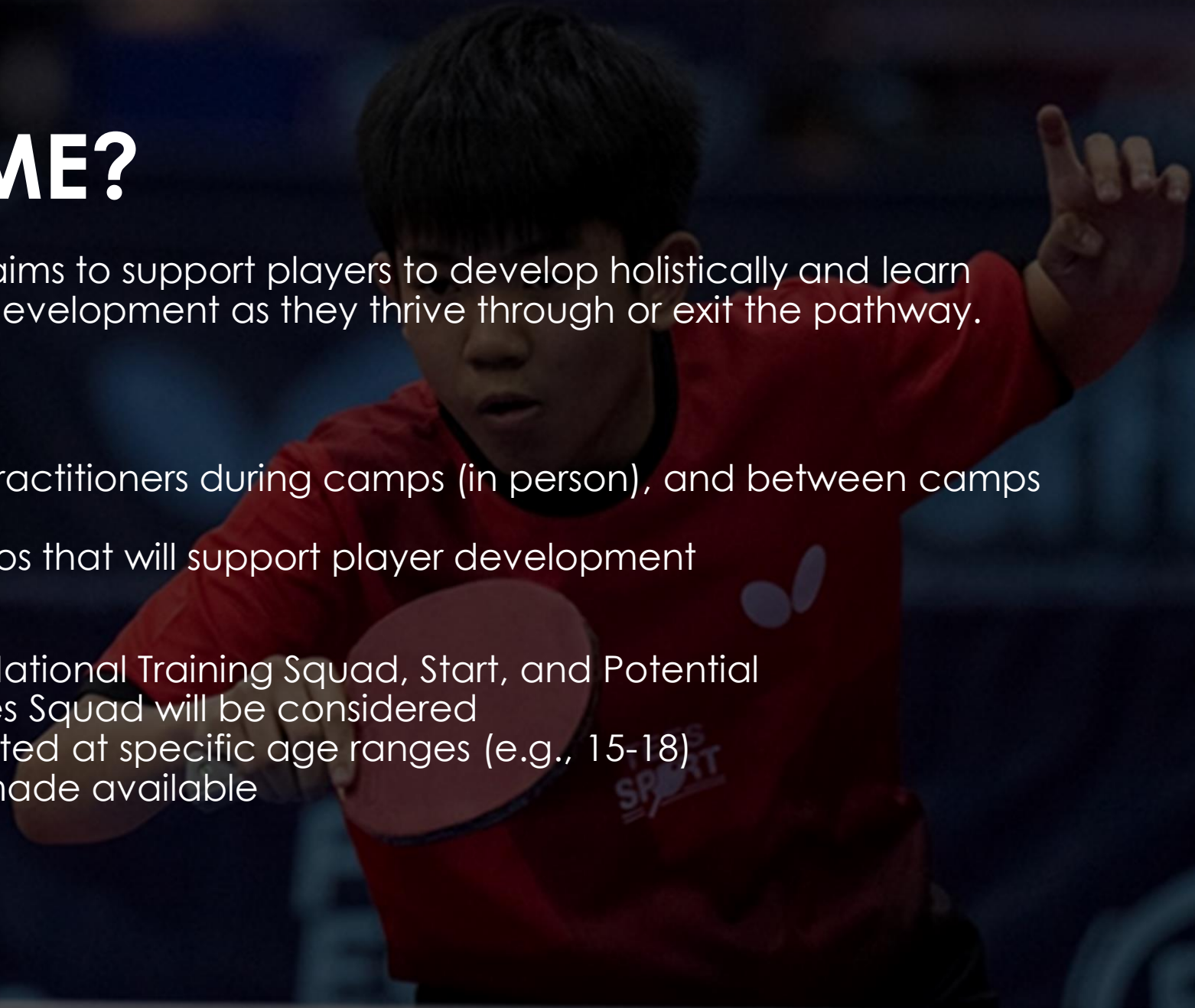
BetterME is our new initiative that aims to support players to develop holistically and learn wider skills that can support their development as they thrive through or exit the pathway.

What to expect?

- Player workshops with expert practitioners during camps (in person), and between camps (online)
- Resources, podcasts, and videos that will support player development

Who will receive this support?

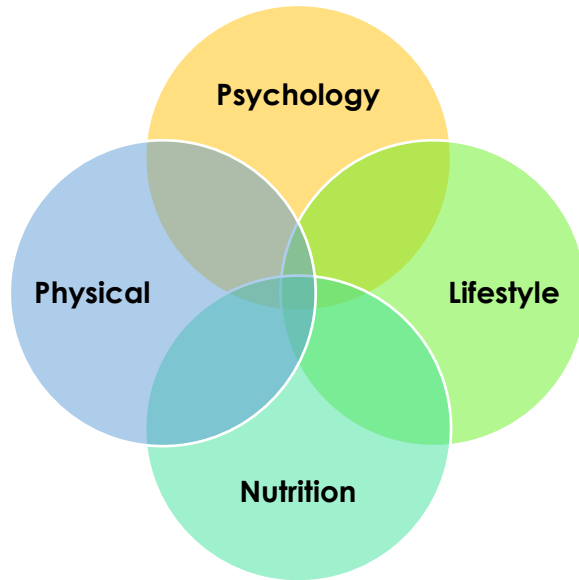
- Predominately players across National Training Squad, Start, and Potential
- Adapted sessions for the Futures Squad will be considered
- Some workshops may be targeted at specific age ranges (e.g., 15-18)
- Parent workshops will also be made available



Holistic Pathway Athlete Development Programme

Player Development Series

Being a high-level table tennis player isn't just about technical development, there are multiple areas that need to be developed for players to reach their optimum potential. The development series across Sep-Dec 2023 aims to support the development of these areas.



Programme of Activities for September-December 2023

September – Psychology month

October – Lifestyle month

November – Nutrition month

December – Physical month

SAVE THE DATES



September – Psychology month

Sport Psychology support is to enhance an individual's athletic performance. Mental skills and strategies help athletes concentrate better, deal more effectively with competitive stress, and practice and train more efficiently.

Planned Sessions:

In person:

Players (Futures) – 22nd August – 1-2pm (on camp) – Understanding pressure (Dr Alice Stratford, Sport Psychologist)

Online:

Players (NTS, Start, Potential) - 8th Sep – 6-7pm – Managing nerves and performance anxiety (Asshur Sinclair, Sport Psychologist)

Players (NTS, Start, Potential) - 20th Sep – 7-8pm – Player wellbeing and coping with stressors (Asshur Sinclair, Sport Psychologist)

Parents (all pathway squad parents) – 27th Sep – 7-8pm – The car journey – optimising communication (Dr Alice Stratford, Sport Psychologist)

Attendance for players is mandatory unless unable to make the sessions for reasons agreed with us. Zoom links will be shared closer to the time.

SAVE THE DATES



October – Lifestyle month

Athlete lifestyle support aims to help athletes to develop skills to effectively manage all their commitments, understand the importance of developing an identity outside of sport, and navigate the challenges of the athletic career, such as moving through transitions.

Planned Sessions:

In person:

Players (Futures) – 21st Oct 1-2pm – Understanding ME (Emma Vickers, Table Tennis England)

Online:

Players (NTS, Start, Potential) – 9th Oct 6-7pm – Impact of personal development on sports performance (James Hooper, Performance Lifestyle Coach, UK Sports Institute)

Parents (all pathway squad parents) – 18th Oct 7-8pm - Understanding personal development pathways for players (Grace Harrison, TASS)

Players (NTS, Start, Potential) – 23rd Oct 6-7pm – The player journey: key transitions ahead (Emma Vickers, Table Tennis England)

Attendance for players is mandatory unless unable to make the sessions for reasons agreed with us. Zoom links will be shared closer to the time.

SAVE THE DATES



November – Nutrition month

Nutrition support is centred on educating players and their support network on how dietary strategies can enhance sports performance, recovery, and health.

Planned Sessions:

Online:

Players (and parents welcome to sit in - NTS, Start, Potential) – 8th Nov 6-7pm – Nutrition reflection (Lauren Evans, Table Tennis England)

In person:

Players and parents (Futures) – 25th Nov 10:45am-12pm – UKAD - Anti Doping – Food First (Evie Collier, Table Tennis England)

Players (NTS, Start, Potential) – 18th Nov 3-4pm – Nutrition during competition (Clare Logan, TASS)

Players (NTS, Start, Potential) – 19th Nov 1-2pm – UKAD - Anti Doping – Food First (Evie Collier, Table Tennis England)

Attendance for players is mandatory unless unable to make the sessions for reasons agreed with us. Meeting links will be shared closer to the time.

SAVE THE DATES



November – Physical month

Physical development support for athletes includes education across a number of areas, including understanding how to better structure your week from a training and physical perspective, injury management, growth, and more.

Planned Sessions:

Online:

Players and parents - NTS, Start, Potential) – 19th Dec 6-7pm – Structuring the training week (Anna Nelson, Table Tennis England/GB Table Tennis)

Other sessions will be confirmed shortly.

Attendance for players is mandatory unless unable to make the sessions for reasons agreed with us. Meeting links will be shared closer to the time.

