



AASE 2011 Information Booklet

AASE
Advanced
Apprenticeship
in Sporting
Excellence

SkillsActive
More People, Better Skilled, Better Qualified



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THE INSTITUTE OF SWIMMING APPRENTICESHIPS

The Institute of Swimming (IoS)

The IoS are experts in providing apprenticeship programmes which provide young people with a brilliant start to a career in sport and active leisure. We provide all the necessary skills, qualifications and knowledge to equip apprentices to work across aquatic, gym, general business, management and customer service environments.

Types of apprenticeships

We provide a number of apprenticeship programmes across all levels and in a variety of sectors, see some examples below:

- Coaching / Teaching
- Fitness Instructing
- Leisure Operations
- Sports Development
- Activity Leadership
- Spectator Safety
- Outdoor Activity Leadership
- Advanced Apprenticeship in Sporting Excellence (Elite Athletes)
- Support Teaching and Learning in Schools
- Business Administration and Customer Service

Delivery of apprenticeships

The Institute of Swimming as the training provider manage and monitor the training programmes and provide candidates with the necessary resources to achieve their qualification in a timely manner. The IoS allocate an assessor to each apprentice whose role is to guide and assist apprentices through their apprenticeship and monitor their progress.

Apprentice Eligibility

To be eligible for apprenticeship funding candidates have to be 16+, not in any other full time education and must not hold a degree. *Different eligibility criteria apply for the Advanced Apprenticeship in Sporting Excellence Programme

Benefits of Employment Based Apprenticeships

For apprentices:

- Earn and Learn
- Receipt of Support and Mentoring during training
- Receipt of prospects and opportunities
- Receipt of career and personal development opportunities
- Receipt of paid training
- Receipt of qualifications
- Learning Job Specific Skills

For employers (data derived from National Apprenticeships Service):*

- 77% of employers believe Apprenticeships make them more competitive
- 76% say that Apprenticeships provide higher overall productivity
- 80% feel that Apprenticeships reduce staff turnover
- 83% of employers rely on their Apprenticeship programme to provide them with the skilled workers that they need for the future
- 88% believe that Apprenticeships lead to a more motivated and satisfied workforce
- In terms of the return on investment linked to Apprenticeships, 41% say that their apprentices make a valuable contribution to the business during their training period, while a further third (33%) report that apprentices add value within their first few weeks (or even from Day One)
- 57% report a high proportion of their apprentices going on to management positions within the company

THE ADVANCED APPRENTICESHIP IN SPORTING EXCELLENCE

What is the Advanced Apprenticeship in Sporting Excellence (AASE)?

The Advanced apprenticeship in sporting excellence (AASE) is a unique sporting qualification for young people with the realistic potential to achieve excellence in their sport by competing on the world stage or securing a professional contract.

AASE combines a flexible education programme with a structured national training and development route across all sports, while preparing athletes for a career after sport.

The programme was developed by Skills Active in conjunction with national governing bodies of sport (NGB's), and since 2004 has been rolled out across a number of sports. The framework is fully reflective of the broad range of competences required in professional sport and it's not a qualification for simply playing the game.

It is designed to directly measure the athlete's ability to apply themselves to professional development in the technical, tactical, physical and psychological aspects of the chosen sport. Importantly it will also directly address other issues such as lifestyle, communication, wider career management and health and safety.

Who is AASE aimed at?

- Full time contracted apprentices at professional clubs
- Full time athletes identified as potential high performers by their respective NGB
- Talented young athletes in the academy environment not yet offered full time terms

What is the duration of the AASE Apprenticeship?

2 years

What can AASE offer you?

- The tools, resources and guidance to help you maximise your potential and become the best you can be at your sport. For instance, you will look at areas such as your nutrition, strength and conditioning, finance, time management and career planning.
- The tools, resources and guidance to help you understand and assess what you are doing now compared to what you need to be doing in order to achieve success within your sport.
- The tools, resources and guidance to understand what you need to do in order to achieve your goals.
- Due to the practical assessment methods required for the apprenticeship, apprentices are able to improve their psychological skills, their organisation and time management skills and where required their communication skills and relationship with their coach.
- Professional Advice and guidance via the England Talent Development Officers and via Industry Experts at workshops and camps.
- Experience of working alongside other athletes who share similar goals with you regarding their sporting career. You will work alongside these other athletes during workshops and national camps.
- Two nationally recognised qualifications worth a total of 55 QCF credits.

What do our athletes think?

- 66.67% of our latest graduates say that AASE helped somewhat with their sporting career
- 57.33% of our latest graduates say that AASE helped improve their understanding of their sporting career options and planning contingencies.
- 70.67% of our latest graduates say that AASE helped improve their goal setting.
- 73.33% of our latest graduates say that AASE helped somewhat with their personal development.

Progression Routes from the AASE apprenticeship

The AASE apprenticeship provides progression opportunities for athletes interested in entering an alternative career pathway within the Active Leisure and Learning sector.

On completion of this advanced programme, apprentices may progress into the following areas:

- Professional or Semi Professional Sports
- Full time athlete
- Sports Coach
- Support Officer in High Performance Environments
- Higher Level Apprenticeships within the Active Leisure and Learning Sector

Apprentices can also progress onto Further Education or Higher Education studying courses for their secondary career options.

- Foundation Degree in Sports Coaching/Sports Science/Sports Science and Sports Development and Management, Higher National Diploma in Sport and Exercise Science
- Undergraduate programmes: BSc Sport and Exercise/Sport Management

**UCAS points are not linked to this qualification, although inclusion of the AASE completion within your UCAS personal statement section may help strengthen your application.*

The Qualification Structure

1. **Competence Element: Level 3 Certificate in Achieving Excellence in Sports Performance**

Credit Value: 26

Guided Learning Hours: 180

Awarding Body: Edexcel BTEC

No	Unit Title	Level	Credit
1	Plan, apply and evaluate own tactical skills to achieve excellence in sport	3	4
2	Plan, apply and evaluate own technical skills to achieve excellence in sport	3	3
3	Plan, apply and evaluate own physical capability to achieve excellence in sport	3	4
4	Plan, apply and evaluate own nutritional programme to achieve excellence in sport	3	2
5	Plan, apply and evaluate mental skills and attitudes to achieve excellence in sport	3	4
6	Plan and manage own lifestyle to achieve excellence in sport	3	2
7	Manage own career in sport	2	2
8	Communicate and work effectively with other people to achieve excellence in sport	3	3
9	Maintain health and safety of self and others at training and competition venues	2	2
Total Credits			26

2. Knowledge Element: Level 3 Certificate in Understanding Sports Performance

Credit Value: 29

Guided Learning Hours: 215

Awarding Body: Edexcel BTEC

No	Unit Title	Level	Credit
1	Understanding technical skills to achieve excellence in sport	3	4
2	Understanding tactical skills to achieve excellence in sport	3	4
3	Understanding physical capability to achieve excellence in sport	3	4
4	Understanding nutrition to achieve excellence in sport	3	2
5	Understanding mental skills and attitudes in relation to excellence in sport	3	4
6	Understanding lifestyle to achieve excellence in sport	3	2
7	Understanding how to manage own career in sport	2	2
8	Understanding communication and teamwork to achieve excellence in sport	3	4
9	Understanding health and safety at training and competition venues	2	3
Total Credits			29

3. Supporting Element 1: Employment, Rights and Responsibilities

This is a supporting qualification which will help develop your understanding of:

- Employment, Rights and Responsibilities (i.e the law and key procedures at work)
- The Active, Leisure and Learning Sector (i.e employment and career opportunities)
- An Employing Organisation (i.e organisational structures and professional development)

4. Supporting Element 2: Personal Learning and Thinking Skills

Personal, learning and thinking skills (PLTS) provide a framework for describing the qualities and skills needed for success in learning and life.

- Independent Enquiry
- Reflective Learning
- Team Working
- Creative Thinking
- Self Management
- Effective Participation

5. Supporting Element 3: Functional Skills/Key Skills

If you have achieved above Grade C for GCSE Maths and English then you do not need to undertake Functional Skills/Key Skills.

How is AASE delivered?

Each athlete will be allocated a Regional Talent Development Officer (TDO) who will be their assessor for the two year AASE Apprenticeship scheme. AASE is delivered using the following methods:

1. Assessor Club Visits

The assessors meet with athletes in their home club environment for various reasons:

- The assessor agrees action plans with the athletes during one to one meetings.
- The assessor collects evidence from the athlete before or after training.
The assessor obtains comments from the coach with regards to aquatic training progress.
- The assessor has a one to one Progress Review meeting with the athlete every 12 weeks in order to record progress against their targets and goals.

2. Regional Workshops

Athletes will be required to attend 3 compulsory regional workshops during the first year of the AASE scheme. The regional workshops are all subject specific and they are delivered within the first year of the AASE programme. These workshops are delivered by professionals with relevant subject specific expertise. The information and knowledge provided at these workshops is highly valuable and useful for the athlete's personal and sporting career development.

3. One week Intensive National Camp

This one week intensive camp lasts 5 days and takes place during the second year of the AASE Scheme. During the camp the athletes are able to work towards completion of the apprenticeship together with other athletes and their assessor.

4. Online E-Portfolio Access

The IoS's online e-portfolio system called "Forskills" allows you to upload your work and get it assessed online. You can also monitor your AASE Progress and access your learning plan and progress reports from home. This is useful for athletes who compete at international level and are required to train and compete abroad frequently.

*Please note that workshop and camp dates are selected in a way that compliments the competition calendar.

How is AASE assessed?

Your role as an apprentice:

Your job is to prove that you have all the required skills and knowledge in order to become a professional athlete by understanding the performance criteria of the AASE qualification and collecting the required evidence.

Your assessor's role is to:

- Help you collect suitable "evidence" which proves that you have the required skills and knowledge in order to achieve excellence in your sport.
- Assess you as either "competent" or "not yet competent" against the AASE qualification's performance criteria.

What is evidence collection?

Achievement of the AASE apprenticeship is ultimately based on the collection of evidence. Please see next page for a small list of evidence examples.

- 3 Examples of evidence obtained via audiovisual methods and recordings:
 - Coach Testimony (witness testimony form)
 - Recorded Observation of athlete by TDO (TDO observation forms, DVD of filmed observations)
 - Recorded Discussion between athlete and TDO (CD, DVD format)

- 3 Examples of evidence obtained from completion of worksheets:
 - Career planner worksheet
 - Athlete Food diary and athlete nutritional strategy worksheet
 - Questionnaire forms

What happens after I collect the evidence?

Your assessor will check your evidence and assess whether you are “competent” or “not yet competent”. If you are not yet competent then your assessor will advise you how to achieve “competent” status.

What is the Apprentice Journey?

1. Identification at Main Events and Competitions
2. Offer of Apprenticeship
3. Selection Confirmation
4. Induction on Sunday 2nd October 2011 at Sportpark, Loughborough
5. Initial Assessment
6. Development of Individual Learning Plan
7. Completion of Apprenticeship
8. Next Step Planning
9. Exit and Progression onto Higher Education/Other apprenticeship/Employment
10. Formal Graduation Ceremony

What is the AASE Selection Process?

In order to be eligible for the AASE Apprenticeships, athletes must:

- Be 16 years of age at the start of the programme. (AASE Scheme starts in October 2011)
- Have undertaken GCSE Exams during the summer of 2011.
- Be based and educated in England.
- Be British/EU Citizen for at least 5 years.
- Meet the performance criteria as listed in the relevant sport specific selection policy.
- Be in full time training and must be training a minimum of 15hours per week.

LINKS

Institute of Swimming Apprenticeships:

<http://www.swimming.org/ios/apprenticeships>

Other Links:

DEPARTMENT FOR EDUCATION

<http://www.education.gov.uk/>

The Department for Education and Skills was established with the purpose of creating opportunity, releasing potential and achieving excellence for all.

DEPARTMENT FOR CULTURE MEDIA AND SPORT

http://www.culture.gov.uk/contact_us/default.aspx

We aim to improve the quality of life for all through cultural and sporting activities, to support the pursuit of excellence and to champion the tourism, creative and leisure industries.

UK SPORT

<http://www.uk sport.gov.uk/>

Established by Royal Charter in 1996, UK Sport works in partnership with the home country sports councils and other agencies to lead sport in the UK to world-class success. UK Sport is responsible for managing and distributing public investment and is a statutory distributor of funds raised by the National Lottery. Accountable to Parliament through the Department for Culture, Media and Sport

ENGLISH INSITUTE OF SPORT (EIS)

<http://www.eis2win.co.uk>

The English Institute of Sport is at the forefront of the quiet revolution that will change the face of sport in this country. It is a nationwide network of world- class support services, designed to foster the talents of our elite athletes.

SPORT ENGLAND

www.sportengland.org

We are an organisation committed to creating opportunities for people to start in sport, stay in sport and succeed in sport. We promote and invest in sport and are responsible for delivering the Government's sporting objectives. We believe sport has the power to change people's lives.

100% Me

www.100percentme.co.uk

100% ME is about knowing you don't need to use prohibited substances or methods to succeed in sport.

BRITISH OLYMPIC ASSOCAITON (BOA)

www.boa.org.uk

The BOA mission is to maximise the potential of Team GB athletes at future Olympic and Olympic Winter Games whilst developing the Olympic Movement in the UK.

UNIVERISTY COLLEGE SPORT

www.ucsport.net

University and College Sport has its roots in a number of sport and physical education organisations. Mission is to promote excellence in the provision, management and development of sport in higher & further education.

BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES

www.bases.org.uk

BASES is the UK professional body for all those with an interest in the science of sport and exercise. Sport and Exercise Science is the application of scientific principles to the promotion, maintenance, and enhancement of sport and exercise related behaviours.

TOTAL SWIMMING

www.totalswimming.co.uk

Total Swimming aims to develop and extend the sporting careers of as many youngsters as possible, whilst at the same time making the journey to success enjoyable and fun.

TALENTED ATHLETE SCHOLARSHIP SCHEME (TASS)

www.tass.gov.uk

TASS is a Government funded programme that represents a unique partnership between sport and higher and further education. The programme distributes awards to talented athletes that are committed to combining their sport and education. It aims to reduce the drop out of talented athletes from sport and supports and develops the talent of today for sporting success in the future.

SKILLS ACTIVE

<http://www.skillsactive.org.uk>

Skills Active is the Sector Skills Council for Active Leisure and Learning. It has been established by employers in Sport

DIRECT GOV YOUNG PEOPLE CAREERS ADVICE

<http://www.direct.gov.uk/en/YoungPeople/index.htm>

NEXT STEP

<https://nextstep.direct.gov.uk/planningyourcareer/jobprofiles/Pages/default.aspx>

Next Step is a publicly funded service, helping adults get the advice they need for future skills, careers, work and life choices.

1st4sport qualifications

www.1st4sportqualifications.com

1st4sport qualifications is an awarding body which is recognized and regulated by the Office of the Qualifications and Examinations Regulator (Ofqual). They work in partnership with a variety of organizations to develop and award qualifications for the Active Leisure and Learning Industry. Their current partners include, sports coach UK, The Football Association (FA), British Cycling, the Rugby Football Union (RFU), the England and Wales Cricket Board (ECB), the Rugby Football League (RFL), the Lawn Tennis Association (LTA), England Hockey and the Joint Angling Governing Bodies.

THE NATIONAL SKILLS ACADEMY NETWORK

<http://www.nationalskillsacademy.co.uk/>

National Skills Academies are employer-led centres of training excellence. The government's mission is to create a world class workforce by delivering the skills that employers need in each sector of the economy.

SKILLS FUNDING AGENCY

<http://skillsfundingagency.bis.gov.uk/>

Skills Funding Agency invest public spending - £4 billion per year - in colleges and training organisations to fund training for adults in England. The training is mainly to improve skills so that people can do their jobs better, get new jobs, or progress in their careers.

YOUNG PEOPLE'S LEARNING AGENCY

<http://www.ypla.gov.uk/>

The Young People's Learning Agency champions young people by providing financial support to young learners, by funding Academies for all their provision and by supporting local authorities to commission suitable education and training opportunities for all 16-19 year olds.

NATIONAL APPRENTICESHIPS SERVICE

<http://www.apprenticeships.org.uk/>

The National Apprenticeship Service (NAS) has end to end responsibility for Apprenticeships in England. The NAS has been designed to increase the number of Apprenticeship opportunities and provide a dedicated, responsive service for both employers and learners. They are simplifying the process of recruiting an Apprentice through Apprenticeship vacancies, an online web-based matching service.

AASE SWIMMING SELECTION POLICY

Swimmers will be considered for selection in two stages:

Stage 1

Apprenticeship places will be offered first to swimmers who:

- Achieve the qualifying times listed in the tables below
**(Times must have been achieved at Long Course Licensed Meets during the last 12 months up until end of August 2011)*
- Can demonstrate the required commitment level to achieve excellence in the sport.
- Are based within an appropriate environment to achieve their potential in their sport

Table 1.1 Based on the World Class progression curve, derived from British points system.

FEMALE	EVENT	MALE
27.50	50m Freestyle	24.60
59.20	100m Freestyle	54.10
2.08.00	200m Freestyle	1.56.4
4.26.70	400m Freestyle	4.10.90
9.10.10	800m Freestyle	NA
NA	1500m Freestyle	16.34.00
1.06.10	100m Backstroke	1.00.40
2.20.80	200m Backstroke	2.10.60
1.13.50	100m Breaststroke	1.07.30
2.37.70	200m Breaststroke	2.25.80
1.04.80	100m Butterfly	59.10
2.22.30	200m Butterfly	2.11.50
2.24.10	200m Individual Medley	2.12.90
5.02.50	400m Individual Medley	4.42.00

Table 1.2 Open Water (Please note these times can be achieved in the pool, and distances 3K and 10K will be taken into consideration)

Female	5K	1.03.15.00
Male	5K	1.01.21.00

Stage 2

Following Stage 1, there may be some apprenticeship places available for additional swimmers. These places will be offered to England based swimmers who are ranked within the "Top 6" of an Olympic Event at either the ASA National Championships or ASA National Youth Championships. Swimmers selected on this basis will still be required to demonstrate that:

- They have the required commitment levels to complete the apprenticeship and achieve excellence in their sport.
- They are based in an environment which will help them achieve their potential within the sport.

Stage 3

Additional swimmers may be offered a place on the AASE Apprenticeship Scheme if they have expressed an interest for the programme, but this will be done at the discretion of the Apprenticeships Manager England Talent Development Officers.

AASE DIVING SELECTION POLICY

Selection Criteria:

In order to be considered for selection, athletes must be in full competition and have competed regularly in the last year attending any of the following competitions:

- National Age Groups
- National Elite Age Groups/Senior Championships

Athletes must have also attended at least 2 of the following competitions:

- Southampton Invitational
- Luton Challenge
- Armada Cup (Plymouth)
- G Star (Leeds)
- Scottish Nationals

Or the athletes must have achieved the following:

- Top 3 at National Age Groups
- Top 8 at Junior Elites

Divers must be committed to the following:

- At least 4 hours of dryland training a week, including the following:
 - Rig work
 - Trampoline/dryboard
 - Conditioning
 - Dryland s/s
 - All high board divers must access 10m facility on a monthly basis.

*Any diver at a club without these facilities (dryboard/trampoline or rig) must arrange training with a local club with these facilities.

AASE SYNCHRONISED SWIMMING SELECTION POLICY

In order to be considered for the AASE Apprenticeship, Synchronised Swimmers must:

- Hold Skill Level 5 and must provide a copy of their Skill Log book to the Talent Development Officer upon request.
- The athlete must be committed to enter and perform at the National Age Group 15/16/17 Figure Competition 2011 and 2012.
- The athlete must demonstrate a willingness to commit to 15 hours per week of synchronised swimming training. This will include land and water based synchronised swimming training. The training programme of the selected athletes will be monitored by the Talent Development Officer. The athlete must also show the ambition to be selected for the Great Britain Junior Squad

AASE WATER POLO SELECTION POLICY

In order to be considered for selection onto the AASE programme the Water polo athletes must:

- Demonstrate a willingness to commit to 15 hours per week of Water polo training. The training programme of the selected athletes will be monitored by the TDO.
- Be a current England Talent / GB Youth Squad member.
- Preferably attend a high performance centre, Manchester or Crystal Palace

If athletes are not based at high performance centre they must be willing to make visits to a centre to undertake AASE work and meet with the Talent Development Officer

STAFF CONTACTS

Contact Details:

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Apprenticeships Employer Engagement Officer Aimee Bell Email: Aimee.Bell@swimming.org Telephone: 01509 615456	Apprenticeships Officer Eva Payates Email: Eva.Payates@swimming.org Telephone: 01509 615458
Apprenticeships Administrator Chris Lant Email: Christopher.Lant@swimming.org Telephone: 01509 615466	Junior Administrator Sally Fowkes Email: Sally.Fowkes@swimming.org Telephone: 01509 615467

England Talent Development Officers (Your assessors)

Lucy Allsop, England Talent Administration Assistant lucy.allsop@swimming.org, 01509 640442. Lucy administers all the workshops and camps for the AASE Scheme and will be your main contact regarding workshop /camp dates and locations.

Talent Development Officers & National/Cross Discipline Assessors

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