

DELIVERY MODEL 1

Session/Date	Overview	Workbook Notes
1	Induction Day Enrolment Psychology Presentation Nutrition Presentation Finance Presentation Career Presentation	<ul style="list-style-type: none"> • Full Day • Round- robin approach
2	Health and Safety Presentation Health and Safety Risk Assessments Health and Safety Simulations	<ul style="list-style-type: none"> • Enrolment Pack – H&S Risk Assessment and Simulation Checklists (x2)
3	Psychology 1:1 Nutrition 1:1 Coach Review 1:1 Career Part 1 Finance Part 1	<ul style="list-style-type: none"> • Usually allow for 8 x 1:1s per day • Round-robin approach • Athlete needs to complete food diary prior to session. • Psychology Excel File (M1 – M3) • Nutrition Excel File (N1 – N3) • Career Excel File (C1 – C3) • Coach Review Excel File (Specific to NGB) • Finance Excel File (F1 – F2)
4	Media Presentation Team Building and Communication Psychology Presentation (Extension) Nutrition Presentation (Cooking) Lifestyle Presentation	<ul style="list-style-type: none"> • Full Day • Round Robin Approach • Need to record athlete media interview • Enrolment Pack – Athletes need to complete Media checklists (x2)
5	Psychology 1:1 Nutrition 1:1 Coach Review 1:1 Lifestyle Part 1	<ul style="list-style-type: none"> • Psychology Excel File (M4 – M6) • Nutrition Excel File (N4 – N5) • Lifestyle Part 1 (L1-L4) • Coach Review Excel File (Specific to NGB)
6	Psychology 1:1 Nutrition 1:1 Coach Review 1:1 Professional Discussion	<ul style="list-style-type: none"> • Psychology Excel File (M7 – M11) • Nutrition Excel File (N6 – N7) • Professional Discussion (Media and Communication) • Coach Review Excel File (Specific to NGB)
7	Lifestyle Part 2 Career Part 2 Finance Part 2.	<ul style="list-style-type: none"> • Lifestyle Part 2 (L5 – L7) • Finance Part 2 (F3) • Career Part 2 (C4 – C5)
8	Catch Up Day Professional Discussion	<ul style="list-style-type: none"> • Missed 1:1 or Tutor Sessions • Professional Discussion (Lifestyle, Career, Finance)
9	Catch Up Day Professional Discussion	<ul style="list-style-type: none"> • Missed 1:1 or Tutor Sessions • Professional Discussion (Technical, Tactical, Physical, Nutrition, Psychology).
10	Sign off of NVQ (year 1)	<ul style="list-style-type: none"> • Celebration Day • Team Building • Key Notes • Value Added • Remind of Key Points for year 2 – progress reviews.