**Guide to year plan for AASE**

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| **Month (very flexible and can be moved)** | **Unit / session** | **Detail** |
| Pre-November  **(Individual meeting: enrol)** | Enrolment and ERR checklist | All athletes inducted and enrolled onto the programme.  Ideally done individually. |
| Nov/Dec  **(Group meeting – national or various regional)** | Underpinning knowledge **group delivery** for the following units:   * H&S * Mental skills * Nutrition * Lifestyles\* * Career and finance\* * Media and communication\*   \* can be delivered later in the year at a 2nd group session | These are group sessions delivered by specialists to cover the underpinning knowledge areas of the programme.  This is usually general information that is then used within individual sessions to make relevant to the individual athlete.  These sessions are ideally created and presented by specialist from within the sport. |
| Dec/Jan  **(Individual meeting: 1)** | Psychologist –   * Complete 1st athlete review   Nutritionist -   * Complete 1st athlete review   A1 Tutor –   * carry out progress review * Complete Lifestyle unit (L1-L4) * Do H&S simulations * Complete career planning sections – PART 1   Coach –   * Complete 1st athlete review | These sessions can be carried out at any time suitable for the athlete and specialist – at a venue near their home training venue (must be agreed by the NGB)  This would be a time when possibly a small group of athletes (3-5) are bought together at a centre to carry out individual sessions. |
| Feb / March  **(Individual meeting: 2)** | Psychologist –   * Complete 2nd athlete review (at least 4-6weeks after1st)   Nutritionist -   * Complete 2nd athlete review (at least 4-6weeks after1st)   A1 Tutor –   * carry out progress review * Review Lifestyle unit (L1-L4) * Review career planning sections * Review Media unit (if delivered at first group session) * Complete Finance (F1-F2)   Coach –   * Complete 2nd athlete review | These sessions can be carried out at any time suitable for the athlete and specialist – at a venue near their home training venue (must be agreed by the NGB)  This would be a time when possibly a small group of athletes (3-5) are bought together at a centre to carry out individual sessions. |
| March / April  **(Group meeting – national or various regional if required / wanted)** | Underpinning knowledge **group delivery** for the following units:   * Mental skills – part 2 * Nutrition – part 2 * 100% ME * Injury prevention * Lifestyles\* * Career and finance\* * Media and communication\*   \* may have been delivered in 1st session. Can deliver a further session or focus on other areas relevant for the sport. |  |
| April / May  **(Individual meeting: 3)** | Psychologist –   * Complete 3rd athlete review (at least 4-6weeks after 2nd)   Nutritionist -   * Complete 3rd athlete review (at least 4-6weeks after2nd)   A1 Tutor –   * carry out progress review * Complete Lifestyle (L5-L7) * Review and complete career planning * Review and complete Finance (F1-F3)   Coach –   * Complete 3rd athlete review | These sessions can be carried out at any time suitable for the athlete and specialist – at a venue near their home training venue (must be agreed by the NGB)  This would be a time when possibly a small group of athletes (3-5) are bought together at a centre to carry out individual sessions. |
| July  **(Individual meeting: 4)** | Final 1:1 sessions to be carried out as necessary (potential mop up sessions)  Coach / Tutor –   * Carry out a final review for technical / tactical / physical units   A1 tutor-   * Progress review * Final review / assessment of all units (portfolio completion) * Professional discussions | This would be when individual times are given to athletes (possibly 2 at a time) |