



2012 Olympic and Paralympic Legacy Programme supporting talented young athletes aged 12-18 in the Tees Valley Games

Impact

- 180 young people receiving training and financial support; nurturing potential, retaining participation and performance
- Supporting the player pathways of 22 partner NGBs
- Free access provided to local facilities; 5 districts, 2 leisure trusts
- 30+ student interns, physiotherapy, sports science, strength and conditioning; a practical experience improving their skills and employability



Cameron Bentham: 2013 – 2015 County Champion

- £46,000; training and support grants to individuals, commitment to aspirational young people

Future Champions is the flagship programme of the Tees Valley London 2012 Legacy Plan. It is designed to offer support to young athletes aged 12-18, currently participating in regional and national squads to help them reach their full sporting potential. In consultation with partners we recognised a gap in the performance pathway supporting talented athletes as they sought to make the transition from local and regional success to national squads and competition. Over 180 of the Tees Valley's most promising young sports stars have benefited from the programme following the launch of Future Champions by Dame Tanni Grey Thompson in 2010.

Ensuring that athletes achieve the physical development needed to underpin top class performance is central to the Future Champions programme. Selected athletes are given free access to local fitness and leisure facilities and expert sport science and physiotherapy support at Teesside University. The unique offer to Future Champions athlete has been carefully developed with partners including NGBs, Teesside University, club coaches, local authority/leisure trusts, the young people and parents to help them improve their performance. There are four main areas that Future Champions are eligible to access which include: access to facilities, physical development programmes, coaching sessions and financial support.

Success and wider impact

Future Champions has developed as a partnership and in response to the needs of our local sporting community. Having initially failed to attract young disabled sports people a targeted strand was introduced in 2013; two years later Future Champions is fully inclusive.

Future Champions adds value to the knowledge, expertise and training programmes designed by athletes' coaches. Understanding their needs has led to regular interaction between coaches, sport scientists and physiotherapists at Teesside University and access to the University's world class facilities.

Tees Valley Community Foundation is committed to supporting local young people to achieve their potential and to overcome the barriers which some young people face due to their social and financial circumstances. An initial

- 40+ coaches; access to academic expertise and performance facilities.
- 50+ young people achieving national and international titles, profiling the Tees Valley
- Network of private, public and voluntary sector partners pooling reserves and expertise.

“Providing talented and promising young athletes with strength and conditioning support is a major boost and it has certainly helped me to develop as an International athlete, culminating in my bronze medal at the 2014 Glasgow Commonwealth Games”



Jade Jones: GB Paralympian

“I am very impressed with my athletes' reaction to the support through Future Champions and it helps me by providing an extra ‘team’ behind me of advisors in strength and conditioning training, treatment and avoidance of injuries. It has made my coaching sessions sharper and easier”

Brian Walsh: Athletics Coach

initiative to provide individual grants has grown with the Foundation becoming the major sponsor for the programme. Our local facility providers and leisure trusts are also major partners' providing free access to training facilities. In addition approximately 50 gym and fitness staff have received training from Teesside University sport scientists.

Future Champions are supported by a team of undergraduate and post graduate students overseen by senior academics at Teesside University. This innovative model provides a unique opportunity for students to apply their learning as they develop the technical and inter-personal skills and experience needed to gain employment. Some notable graduates include Michael Main, who has been appointed Sri Lankan Cricket Strength & Conditioning Coach, and Louis Cunningham Sunderland AFC Sport Scientist.

The young people are increasingly playing a part as inspirational role models inspiring their peers and young people in the Tees Valley to aspire to perform at their best or simply enjoy sport through programmes such as Sportivate, Satellite Clubs and Doorstep Sports clubs.

More than 50 Future Champions have competed at national and international level, achieving their goals and dreams and profiling the Tees Valley as ambassadors wherever they go.

Next Steps

We are delighted at the support that we have received from local authorities, leisure trusts, national governing bodies and Teesside University, since the launch in 2010. We have recently entered into an exciting new partnership with Tees Valley Community Foundation who have provided funding support totalling £150,000 over a three year period. We are building partnerships with the business community and have developed a sponsorship programme with local Rotary Clubs who are adopting and supporting individual Future Champions. Finally, in September 2015 we welcomed 21 Young Champions, a test project for 10 – 11 year old pupils being developed as part of our Primary School Premium work.

We have always had a long term vision for the success of our 2012 Legacy Programme expecting our Future Champions to achieve their ambitions towards 2020 and beyond. We thank all our partners, our young people their parents and coaches; everyone is playing a vital role nurturing the potential, commitment and aspirations of the many talented young sports people in the Tees Valley.