

The Partnership

On 8 October 2014 UK Sport and the English Institute of Sport (EIS) formally joined forces with the British Army to launch a new partnership aimed at finding talented individuals with the potential to become world class athletes.



L-R: Nigel Walker, Lieutenant General James Everard, Rod Carr

The launch was supported by Lieutenant General James Everard CBE, Commander Land Forces; Brigadier John Donnelly, the Army's Director of Personal Services; Rod Carr, Chief Executive, UK Sport; Nigel Walker, National Director, EIS; Natalie Dunman, Head of Performance Pathways, UK Sport; and Athlete Ambassador: Captain Heather Stanning, serving Army officer and 2012 Olympic Rowing gold medallist in the coxless pairs.

The Army have been working closely with the **Performance Pathway Team** (a partnership between UK Sport and EIS). Since the launch the Performance Pathway Team scientists have been supporting AESP with two key components of the new partnership :

- **Shooting:** the Army and GB Shooting have collaborated more closely on a joint development programme, in order to accelerate shooters progression for Tokyo 2020.

- **Talent Transfer:** a pilot talent identification programme '**Girls4Gold Army**' was established in conjunction with targeted GB Sports. The aim is to give female soldiers the opportunity to take part in a number of assessment days to see if they demonstrate the potential to win in International Major Sporting Competitions.



The **Army Elite Sport Programme** (AESP), principally funded by the £1.4m donation the Army received for its part in providing security at the London 2012 Olympic and Paralympic Games, aims to identify men and women from within the Army who possess the potential to go all the way to the podium in the **Tokyo 2020 Olympics** and beyond.



The AESP Campaigns

344

Female Army personnel tested at Phase 1 of Girls4Gold Army over 9 testing days.

52

Shotgun, pistol and rifle Tokyo 2020 hopefuls attended the first GB/Army Shooting recruitment campaign

5

GB sports already working collaboratively with Army Sports.

"The Army has traditionally been a great source of top sporting talent but the new Army Elite Sport Programme will take this up a level and help unearth more Olympic stars of the future. The chance to represent Team GB at the Tokyo 2020 Games is a fantastic opportunity for our Army personnel and I am sure that this partnership between UK Sport, the English Institute of Sport and the British Army will be a great success."

Minister for Sport, Helen Grant MP, 8 October 2014.

GB/Army Shooting collaboration



Phase 1: 20 & 21 January at Bisley Shooting Ground
52 Candidates: 17 for Pistol; 14 for Rifle; 21 for Shotgun

This first step facilitated a technical meeting with GB & Army coaches. Assessments of the shooters included: Coach analysis of technical elements; Physical screen (prone hold, lateral hold, lunge); Anthropometry (height, sitting height, arm span); Visual acuity; Training and competition history questionnaires.

A shortlist of candidates will be invited to Phase 2 with a view to collaborating with the GB Shooting Academy. This is planned for early March.

Girls 4 Gold Army



Phase 1 (8 October - 3 December): **344** female personnel were tested in **9 venues** across, England (Aldershot, Catterick, Grantham, Harrogate, Larkhill, Camberley), Northern Ireland, Germany, Cyprus. The Phase 1 testing was supported by over **120 Army Physical Training Instructors**.



Candidates were measured on:

- Anthropometry (Height, Weight, Sitting Height and Arm Span)
- Hamstring Flexibility
- 30m Sprint Test
- Vertical Jump Tests: Countermovement & Standing long jump
- Watt bike: 6 x 6 Sec Wingate Test (Peak Power and Peak Cadence)

Phase 2 (British Weight Lifting):
Loughborough
24/25 /31 January
35 athletes attended

Phase 2 (GB Boxing): Training in Army under GB mentoring.
March/April
3 - 5 athletes invited



Phase 2 (GB Taekwondo):
Manchester
18 February
20+ athletes invited

Phase 2 (British Rowing): Redgrave & Pinsent Rowing Lake, Caversham.
21 and 28 January
12 athletes attended

Key AESP and Performance Pathway Team contacts

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