



**ISLE OF MAN SPORT AID
EXPRESSION OF INTEREST FOR SPORT AID PERFORMANCE ATHLETE
GRANT SUPPORT 2024/25**

**Closing date for submission FRIDAY 5th JANUARY 2024 via
iomsporaid@gov.im**

BACKGROUND

Sport Aid has been providing sportsmen and women, with grants and/or performance service support since 1991. To fulfil this provision the Charity has to raise funds through generous donations from private individuals and charities, sponsorship from local businesses and grants from Isle of Man Sport.

Sport Aid is committed to supporting Isle of Man Sport in its purpose to:

Inspire, Engage and Enrich our community through sport.

With Sport Aid's vision for the Isle of Man to become:

The most successful athlete identification and development community in the world by 2029

Through its mission to:

Provide integrated performance services and targeted financial investment to athletes as they work towards realising their potential in senior professional and international sport

From April 2024 one of the ways IoM Sport Aid will deliver its charitable objectives, purpose, vision and mission is by:

Providing Performance Athlete grants to amateur athletes with a connection to the Isle of Man for a maximum period of three consecutive years using the following criteria*:

1. An amateur** sports person who is under 23 years of age and whose performances are consistently within 15% of open-age World Lead performance or the equivalent thereof*** within a sporting event/discipline that forms part of the competition programme at a major event ****

Or

2. An amateur** sports person who is over 23 and whose performances are consistently within 10% of open-age World Lead performances or the equivalent thereof*** within a sporting event/discipline that forms part of the competition programme at a major event****

*meeting the minimum requirements does not guarantee a sports person support or access to Sport Aid grants or any other targeted support.

**if athletes are unsure of their amateur or professional status, please contact IoM Sport Aid

***equivalent thereof standards will be informed by the [Participation and Classification Framework](#) and ongoing work within IoM Sport and through consultation with GBS's as part of each individual's application. Final decisions will be made at the sole discretion of the [IoM Sport Aid committee](#)

**** the following are classified as major events Olympics, Paralympics, World Championships, World Cups and European Championships.



GUIDELINES

Any investment provided through performance services or grant funding will be awarded at the discretion of the Directors of the Isle of Man Sport Aid Charity – [the Sport Aid Committee](#). Decisions will be made based on the information provided by the individual, their GBS and IOM Sport’s Sport Performance Coordinator.

THERE ARE OTHER CONDITIONS OF SUPPORT WITHIN THE ATHLETE AGREEMENT, WHICH WE WOULD ENCOURAGE ATHLETES TO READ THOROUGHLY AND CAREFULLY SHOULD AN OFFER BE MADE.

Please complete the below

Name:		
Confirm Date of Birth:		
Gender:		
Current Address (if different to the one we already have on record):		
	Post Code:	
Contact Details (if different to the one we already have on record):::	Contact Tel:	
	E-Mail:	
	Twitter:	
	Instagram:	
FT Occupation:		
Do you consider your status as a sportsperson to be professional or amateur?		
If you consider yourself a professional sportsperson please state your total earnings from activities related to your		
If you do not currently reside on the Isle of Man please state your connection to the Island here.		
Current Participation Tier (see appendix for further information):		



Please indicate any performance standards you have used to select your current participation tier AND any performance data that you believe demonstrates continued progress in your sport over the next 18-24 months is likely:

TRAINING - Please ask your coach before supplying any contact details.

Name of Current Coach(es)	Qualification	Contact details of coach – tel or e-mail	UK or IOM Based

Which Performance Services are you currently working with regularly	Lifestyle & Performance advice
	Physical Preparation & Athletic Development (Gym Access only)
	Physical Preparation & Athletic Development (Programme design and 1-2-1 support)
	Physical Preparation & Athletic Development (Programme design and 1-2-1 support & Gym Access)
	Medical Screening & Support
	Physiotherapy
	Soft Tissue Therapy
	Physiological Testing
	Performance Nutrition
	Sport Psychology
Other:	

WHAT PERFORMANCE GAINS / IMPROVEMENTS DO YOU WISH TO ACHIEVE IN THE NEXT 12 MONTHS AND IF ACHIEVED WHAT WOULD YOUR PERFORMANCE OUTCOMES BE?



SPONSORSHIP/SCHOLARSHIPS (including World Class Support, Sport Aid England, Corporate Sponsorship)

Income, Sponsorship or scholarship can be either financial, equipment or benefits in kind. Please give details below of any support you receive:

Company/Association/Establishment	£/or other
Please advise if, due to any of your current income/sponsorship/support, you would not be able to have an association with a Sport Aid Sponsor from a particular industry or on-Island company? (Please give details below).	

EXPECTED COSTS

The Isle of Man Sport Aid Committee may provide some financial support to you either by way of guaranteed grant funding or access to funding pots aimed at supporting additional competition, training or specialist equipment opportunities.

We understand that you may not have your full programme for 2024/25 but would like you to indicate the likely levels of expenditure required for you to compete and thrive at your intended level of competition over the period between 6th April 2024 and 5th April 2025.

Please create extra rows or attach additional documents as required and provide as much detail as possible to help the committee understand your potential costs for the period in questions

Event / Competition / Championship / Series or Training Camps	Location	Approximate Cost
Coaching/Training	Venue	Approximate Cost



Equipment		Approximate Cost
Performance Services		Approximate Cost

Please read the following carefully:

I have read the guidelines and information and understand that if I receive a Performance Athlete Grant offer from Isle of Man Sport Aid I will be required to:

- Work towards a Performance Plan* for your upcoming season / year with the aim of, moving up through your sports participation pathway by either improving or sustaining your current performance levels.
- Clearly communicate and review your performance plan, including key performance goals, competition entries and training plans where appropriate, with identified IoM Sport Staff at regular intervals and within agreed timescales.
- Meet the any further obligations as outlined in your athlete agreement

*A Performance plan would include a high level competition and training schedule with key performance goals over the season identified. These should include key performance indicators which can be used to monitor progress over the season/year regardless of results (position in field or win/loss) attained during competition.

Signature of athlete:	Name: (Block Capitals)	Date:

Signature of Parent/Guardian if U18	Name: (Block Capitals)	Date:



APPENDIX

Participation Classification Framework

As part of this year's 'application process' we are asking you to identify at which Tier (2, 3, 4, or 5) you believe you currently participate in your sport.

If, after reading the below, you are struggling with this exercise please arrange a chat with Paul Jones at your earliest convenience (paul.jones2@gov.im).

The aim of this exercise is, over the next 12 months, agree an equitable and transparent classification process across sports on the Island so we can all do our best to support people towards delivering consistent World Class sporting performances. Being open and clear about what World Class (and the Tier's below it) look like for each sport is an important part of this process because once we know (and agree) the levels people are trying to get to we can do an even better job at creating the appropriate pathway's and performance service support to help people get there.

Furthermore it provides direction to Sport Aid's work with individuals and their coaches (including sports team, clubs and governing bodies) in terms of identifying key actions required to move people through Tiers. Moving towards the identification of performance milestones and sport specific requirements/actions for each individual supports our aim to become more effective at monitoring and evaluating the progress of individuals AND the Performance Service provision provided by IoM Sport Staff and others. This information is critical if we wish to, as a minimum, keep up with other nations over the next 10 years while becoming the best Athlete identification and Development Community in the World.

We have used the following piece of recent research to develop our thinking in this area:

International Journal of Sports Physiology and Performance, 2022, 17, 317-331
<https://doi.org/10.1123/ijsp.2021-0451>
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INVITED COMMENTARY

Defining Training and Performance Caliber: A Participant Classification Framework

**Alannah K.A. McKay, Trent Stellingwerff, Ella S. Smith, David T. Martin, Iñigo Mujika,
Vicky L. Goosey-Tolfrey, Jeremy Sheppard, and Louise M. Burke**

The classification framework can be seen in the diagram below and the original research can be found by following the relevant link found on the first page of this document.

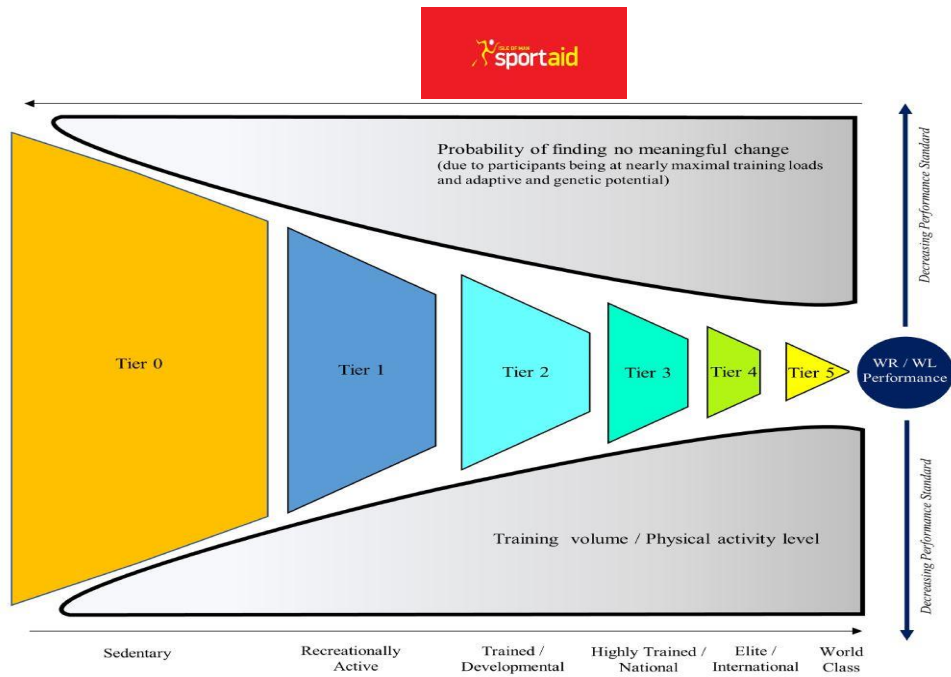


Figure 1 — Graphical representation of the interaction between the Participant Classification Framework, training volume/physical activity levels, population proportions, and research design. Inspired by D. Lee Hamilton.³³ WL indicates world leading; WR, world record.

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Performance Athlete Grants are, in the main, targeted at athletes who are on the cusp of transitioning to Tier 4. Some established Tier 4 & 5 athletes may maintain an association with Sport Aid. The level of support for such individuals will be dependent upon their professional status and/or any World Class funding or support provided by governing bodies.

Some Tier 3 & 4 athletes could also be in FT professional teams or in Governing Body World Class Pathways (WCP's). In these circumstance the details of their relationships with their teams and WCP's will determine if any financial and/or performance service investment is required or available.

Information about each Tier to help you identify your current level of sporting participation.

Please note we would expect an individual to be consistently (3+ times over a rolling 12 month period) delivering performances at the level identified for each Tier to be classified at that Tier. All criteria for the Tiers below are based on performances for Open-age (Adult) competitions only at this stage.

Tier 2 - Trained / Developmental

- ~12-19% of the Global Population
- ~18% of the Australian Population

Based on the above the IOM could reasonably expect between 10-16,000 people to be in this Tier

- Local-level representation (IOM Squads)
- Regularly training ~3 times per week
- Identify with a specific sport
- Training with purpose to compete
- Limited Skill Development

Most Sport Aid Academy and those in the Performance Development Programme would likely sit at this level



Tier 3 – Highly Trained / National Level

- ~0.014% of the Global Population
- ~0.027% of the Australian Population

Based on the above the IOM could reasonably expect between 12-27 people to be in this Tier

- Performances within ~20% of world-record and/or world leading performance
- Competing at the sharp end of National Level competitions (e.g. GB Senior National Champs – where qualification/entry standards are required)
- Team-Sport athletes competing in National leagues, series or competitions
- Completing structured and periodized training within at least 20% of maximal or nearly maximal norms within the given sport.

We would expect some young people in the Performance Development Programme to sit at this level alongside some of our Performance Athlete Grant recipients.

Tier 4 – Elite / International Level

- ~0.0025% of the Global Population
- ~0.0055% of the Australian Population

Based on the above the IOM could reasonably expect between 2-5 people to be in this Tier

- Team Sport Athletes competing at the International Level for a top 10 Nation
- Team Sport athletes competing in international leagues or tournaments
- Top 4-300 in the World rankings - dependent upon size and depth of competition or event.
- Within 7% of world-record performance and/or world-leading performance
- Maximal or near maximal training, within the given sports norms, within intention to compete at top-level competition
- Highly proficient in skills required to perform sport.

We would expect some of our Performance Athlete Grant athletes to sit at this level

Tier 5 – World Class

- <0.00006% of the Global Population
- <0.001 of the Australian Population

Based on the above the IOM could reasonably expect between 1 person to be in this Tier

- Olympic and/or World Medallist
- World Record Holders and athletes achieving within 2% of world record performance and/or world leading performance
- Top 3-20 in the World rankings and/or top 3-10 at an Olympic/World Championship (i.e., finalist in their event) – dependent upon size and depth of competition within the event
- Top players within top teams (teams which medal or are within the most competitive leagues) or athletes achieving individual accolades (i.e., player of the year, MVP)
- Maximal or near maximal training within the given sports norms

- Exceptional skill-level achieved.

We would expect the majority of individuals at Tiers 4 & 5 to be beyond Sport Aid due to their teams or governing body (World Class Programme) being able to meet their needs both from a financial and performance services perspective. However in these instances Sport Aid would hope to be able to provide ad-hoc support as required which could include a safe space away from their team and sport to discuss, check, challenge or explore.

OR

In situations where teams and/or governing bodies do not provide sufficient financial and/or performance services support we would look to explore bespoke agreements as required.