

Army Briefing Day 2020

Army Elite Athlete Performance Centre

- Meet the team
- How to get the best out of your MDT
- Athlete Development Plan (ADP)
- The next 3 months
- Contact Details



Army Elite Athlete Performance Centre

Meet the team



**Michael
Knott**



**Rachel
Bustin**



**Luke
Allen**



**Jo
Davies**



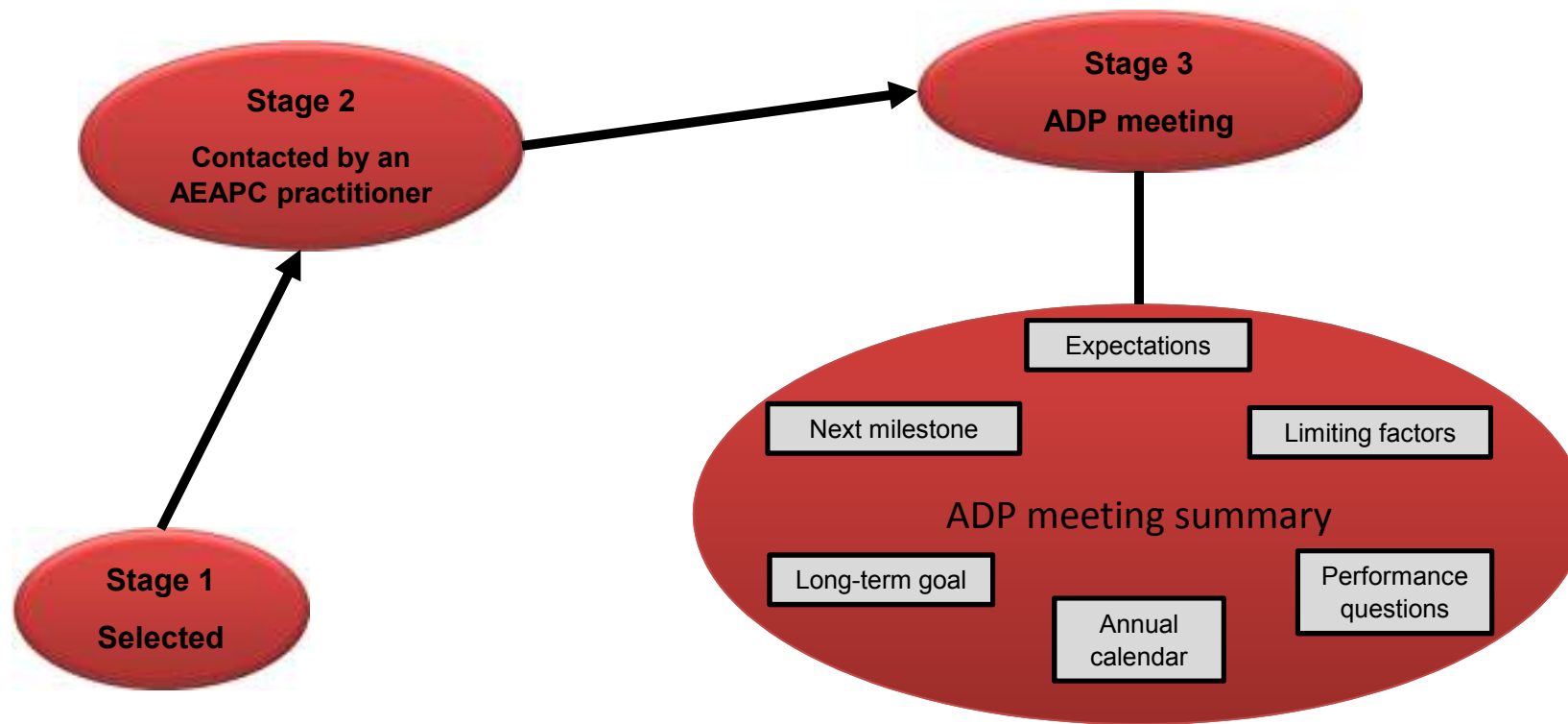
**Rachel
Hobbs**

How to get the best from your MDT...

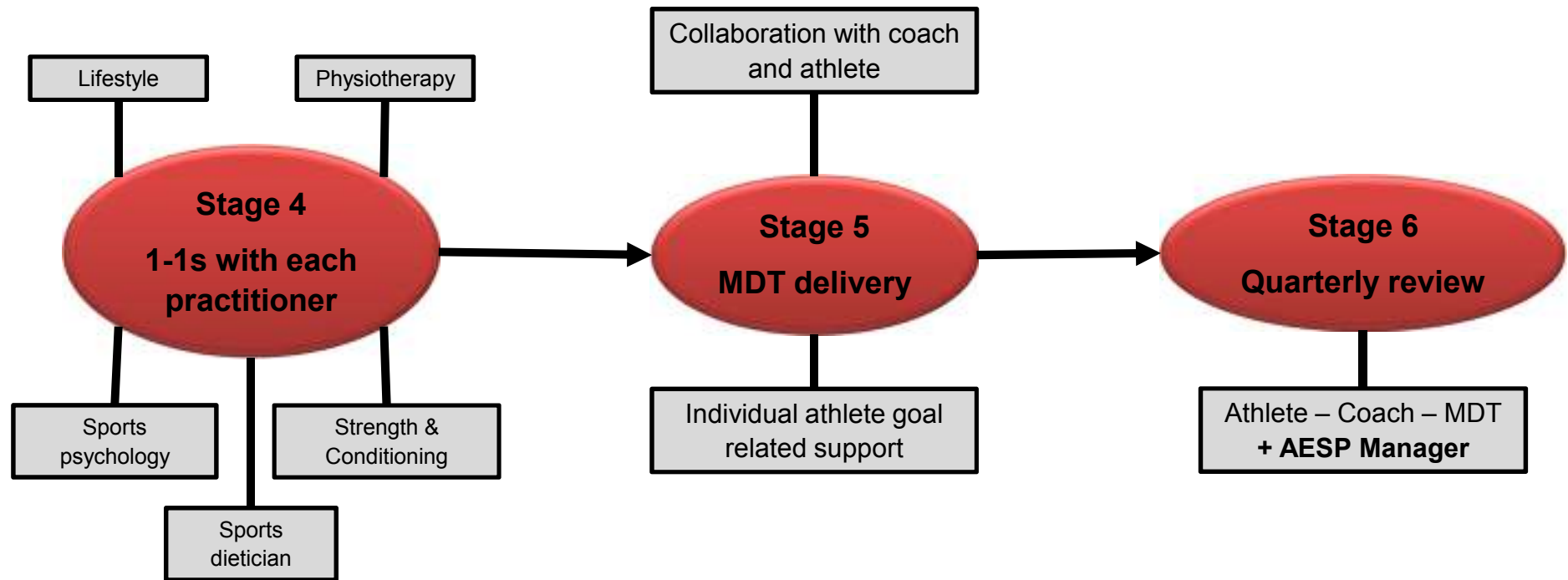
- Tell the team your overall ambition and goal
- Build strong working relationships and engage with your support team
- Be proactive and plan for training, competition and other key commitments
- Effectively managing time and commitments outside of the training environment
- Be honest with self and accountable for your own actions and decisions
- Be prepared to be asked and ask difficult questions of yourself in pursuit of your ambitions and goals



Athlete Development Plan (ADP)



Athlete Development Plan (ADP)



The next 3 months...

Current status of AEAPC

- Under guidance to provide remote delivery
- T2T – Back in Bisley
- ABT – Working to a January 2021 return
- Individual athletes – Remote support from AEAPC practitioners



Contact Details

Tom Scarr	tscarr@ascb.uk.com
Rachel Bustin	Rachel.bustin@tass.gov.uk
Michael Knott	Michael.knott@eis2win.co.uk
Rachel Hobbs	info@rachelannehobbs.com
Jo Davies	jo@jdpsychology.co.uk
Luke Allen	Luke.allen@tass.gov.uk



Social Media



@AEAPCentre
@britisharmysport
@TalentedAthlete
@eis2win



@aeapc
@ArmySportASCB
@talentedathleteuk
@eis2win

