**Expectations & Culture Policy**

As an athlete invited onto the Goalball UK Performance Pathway Programme there are some expectations and culture that we consider vital for athletes and support staff to follow.

There is an expectation to attend all training camps and be available to be selected for all competitions, whether that is as an identified selected member or a reserve list athlete.

Lateness to any element of training or squad activity (this could be an online squad call etc) is not accepted. Lateness has an impact on all involved. The expectation is that on-time means you are ready 5 minutes before any activity.

Communication is vital. All numbers and email addresses for relevant GUK staff, coaches and team managers are available to you. Communicate kindly, appropriately and in advance of anything, this is reciprocal.

Once invited to the programme you should consider yourself a national level athlete. We hope you understand the importance and privilege this entails. Whether you are in your club, at a goalball competition, or around any GBR activity, you are seen as representing GBR, and your behaviour, language and manner should be appropriate for this.

We would expect that athletes behave and adopt actions that positively impact their performance, adopting a lifestyle adequate to high performance athletes.

These include:

* + Sleep - essential for your body to rest and recover,
	+ Nutrition - getting the right nutrition at the right times is absolutely vital to perform optimally physically and mentally, and to allow your body to recover.
	+ Psychological - learning methods that can assist your mental strength both in and outside of Goalball.
	+ Injury prevention - doing basic stretching, and prehab work to ensure you are optimally prepared for the strain of training and competition without breaking down.

Should you wish for further help in any of these areas, please either ask the High Performance Lead or the Talent Lead.

When selected, and preparing for competition, your own squad coaches may add additional and complementary expectations to their squad.

Athletes who are unable to fulfill the expectations and culture, following a review, may be deselected.