

## Frequently Asked Questions (FAQs)

### What is it?

AASE is designed to meet the needs of aspiring elite athletes aged 16-19 who wish to continue their sporting career and gain qualifications at the same time. It is notionally a two-year programme where apprentices receive additional support and guidance for their Judo development and education. AASE is aimed at athletes:

**'who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level as their main career goal'**

### How will the AASE programme affect me?

The AASE programme will benefit you as an athlete increasing your opportunity to train 15 hours physically a week and also offers educational opportunities in the form of an apprenticeship in sport. The delivery takes place at one of the England bAASE's where you will participate in 15 hours of training a week and alongside complete the NVQ element of the framework.

### Where are the England bAASE located?

Anglia Ruskin University; University of Bath; Camberley Judo Club; Gateshead College; Kendal Judo Club; Redbridge Judo Club; The University of Wolverhampton (Walsall Campus).



### Do I have to become a member of the club where the bAASE is located?

You do not have to change clubs to participate in the Advanced Apprenticeship in Sporting Excellence. Players can still continue to represent their home club in domestic competition.

### What benefit is the AASE programme to me?

As a player you will benefit by having the knowledge to structure training and understand the importance of elements that could affect your performance, such as nutrition, mental skills and physiology. You will then be empowered to have a greater impact upon your own training and the outcome of each session, thus making the most of your potential.

### What will I gain at the end of the programme?

After the final completion of the AASE programme the player will have an Advanced Apprenticeship in Sporting Excellence. This includes: Certificate in Achieving Excellence in Sports Performance, Certificate in Understanding Sports Performance, Personal Learning and Thinking Skills (PLTS), Employee Rights and Responsibilities. Also you will have acquired vital knowledge needed to succeed at Senior International Level.

**For more information about the AASE programme, please visit [www.britishjudo.org.uk/AASE](http://www.britishjudo.org.uk/AASE)**