

Aspire Performance Squad

Aim **To prepare young players to represent Wales in the near future**

Objectives

- Facilitate the design, delivery and monitoring of individualized holistic performance plans for players
- Maintain and develop technical skills
- Develop and instill robust and repeatable personalised tournament processes (pre, during, post and in between) suitable for international level competition

Programme Content

- Design of performance plans based on Data Collections session conducted by the GUW Performance Team
- Ongoing monitoring and adjustment of performance plan based on progression toward the player's personal performance goals
- Squad Training sessions with members of the GUW Performance Team

Eligibility to Apply

- U18 and 4 handicap or less

Click here to apply ... [ASPIRE Performance Squad](#)

CLOSING DATE FOR APPLICATIONS IS **FRIDAY 15th SEPTEMBER**