

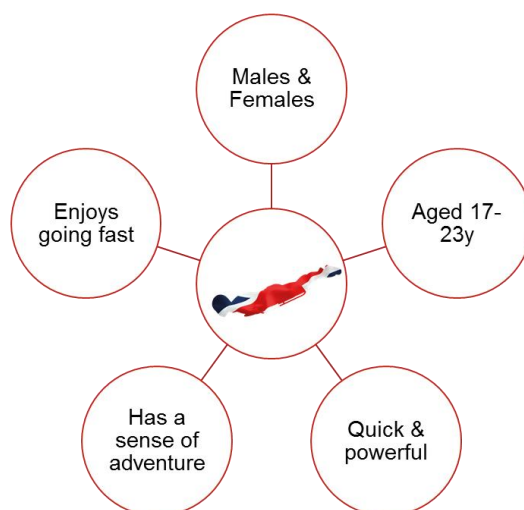
DISCOVER YOUR GOLD: SKELETON

What is Skeleton?

The sport of Skeleton involves competitors sliding head first down an ice track, with their face just inches from the ice. Athletes must negotiate a series of tricky twists and turns on a one-person sled that offers little protection from the ice or barriers, while reaching speeds of up to 140km/h. The track can be unforgiving - so athletes must stay focused or risk finding themselves on the cold ice. To be the best of the best, **athletes need lightning-fast reaction times, physical and mental strength** and a bit of help from the latest technology.

Who are we looking for?

Perhaps you are a sprinter, a long jumper, a team games player or a horse rider – Skeleton suits a range of athletes. The key sign-up criteria for #DiscoverYour Gold is outlined below:



What if I am younger or older than what you are looking for?

If you are 15 or 16 years old then we would still encourage you to sign up to #DiscoverYour Gold as British Skeleton are looking to run some taster sessions in 2018 and launch development opportunities for young athletes who are interested in the sport.

If you are over 23 years old but meet the below criteria then please contact Neil McCarthy, British Skeleton's Performance Pathway and Talent Manager on neil.mccarthy@thebbsa.co.uk

Test	24-28 years old		28+ years old	
	Male	Female	Male	Female
30m sprint	3.8 seconds	4.25 seconds	3.5 seconds	4.1 seconds
Countermovement Jump	55cm	45cm	65cm	55cm
Standing Long Jump	295cm	245cm	315cm	270cm

Campaign Graduates

Below are some examples of British Skeleton athletes who were selected for the sport after signing up to a campaign just like #DiscoverYour Gold.

Lizzy's story ...



Name: Lizzy Yarnold

DOB/ Age: 29y

Campaign: Girls4Gold 2008

Hometown: Sevenoaks

Previous sport: National level heptathlete

Career Highlight: Olympic champion in Sochi 2014

Twitter: @TheYarnold

Laura's story ...



Name: Laura Deas

DOB/ Age: 29y

Campaign: Girls4Gold 2008

Hometown: Wrexham

Previous sport: Professional eventer and international tetrathlete

Career Highlight: Multiple World Cup medal winner

Twitter: @skeletonlaura

Marcus' story ...



Name: Marcus Wyatt

DOB/ Age: 26y

Campaign: Power2Podium 2014

Hometown: Honiton, Devon

Previous sport: Club and University American Football (wide receiver)

Career Highlight: North American and Intercontinental Cup medallist

Twitter: @MarcusWyatt14

Maddy's story ...



Name: Madelaine Smith

DOB/ Age: 23y

Campaign: Power2Podium 2014

Hometown: Solihull

Previous sport: National level sprint hurdler

Career Highlight: Europa, North American and Intercontinental Cup medallist

Twitter: @MadelaineESmith

Brogan's story ...



Name: Brogan Crowley

DOB/ Age: 23y

Campaign: Power2Podium 2014

Hometown: Saddleworth, Oldham

Previous sport: Junior International heptathlete

Career Highlight: Europa, North American and Intercontinental Cup medallist

Twitter: @BroganCrowley

Craig's story ...



Name: Craig Thompson

DOB/ Age: 25y

Campaign: Power2Podium 2014

Hometown: Swindon

Previous sport: Club and county level footballer

Career Highlight: Europa, North American and Intercontinental Cup medallist

Twitter: @CraigTomo11