

## STRENGTH AND CONDITIONING

A survey was sent out before Christmas asking athletes, parents and coaches for their feedback on the training log. Thank you to those who have completed it. Overall, the feedback was positive, and it was great to get an insight into how athletes, parents and coaches have found the 2020 training log.

The feedback indicated that the log was seen as a useful tool as it was quick and simple to complete and help with planning and reflection.

The reports were seen as valuable as they provided feedback on the progression of their training by tracking rest days and monitoring training load. Some constructive suggestions were made in this survey and we will be taking some of those ideas and comments on board.

The training logs were designed and implemented into the NDS program in 2020 with the intention of providing athletes and their coaches the opportunity to develop a good habit of tracking and documenting their training.

It is a tool designed to assist athletes and their coaches by giving an overview of their training to learn the importance of managing load, including rest days and how their training can impact their performance. Furthermore, it is a steppingstone to what National Team athletes are expected and required to complete as they develop through the pathway.

The intention is to keep utilising the 2020 Training Log through to March to allow for you to receive a full 12-months overview of training using the 2020 Training Log.

Given Mike's departure we will still continue to produce the fortnightly and 3-month reports until March 2021. However, the technical coaching feedback will not be provided in those 3-month reports.

Between now and March we will seek further feedback in how best we implement the training log system to best maximise your performance and training monitoring.

To ensure that only you, your coach and your parents receive access and the reports we will be requesting confirmation of contact details following the NDS Selection Camp.

Continue to train hard and work towards those goals.

Katelyn Jones



2020 TEAM PHOTO COVID STYLE

The year 2021 has commenced with a very different feel to previous years. The Paddle Australia Age Championships, Nationals, Australian Open and Junior selection races have either been cancelled or postponed. For the first time the National Development Squad Selection camp was held in the home states.

Covid restrictions have certainly caused and will continue to provide a number of barriers to the Pathway program but it has also provided a greater focus on state-based activity and more opportunity for development close to home. Development remains a high priority and the pathway staff will continue to implement many exciting plans which are currently being reviewed and finalised.

We will endeavour to keep you informed of any developments as they are confirmed.

Although it is a sad to hear of Mike Druce's resignation as the Pathway Lead, it was fantastic to hear he will remain involved in the sport

*"I am extremely grateful for the help and support I have received over the years and I have enjoyed enormously working with everyone in Canoe Slalom and I will stay connected in the sport in the future"*

Mike has fulfilled many roles with Paddle Australia since 1999 including coaching at five Olympic games but it will be his commitment and guidance of the development of Canoe Slalom in Australia that will most remembered and appreciated.

A very big thank you to Mike for his commitment, passion and loyalty to the Pathway program.