

Canoe Slalom FTEM Pathway

FTEM Stages	Participation			Pre-Elite				Elite		
	F 1	F 2	F 3	T 1	T 2	T 3	T 4	E 1	E 2	M 1
	Learning and acquisition of basic movement	First introduction to Paddle sports and Canoeing	Life-long commitment and/or competition to Canoeing	Initial demonstration of Talent Potential	Verification of Talent Potential	Practicing and achieving as a recognised and supported pre-elite athlete	Breakthrough and Reward	Senior National representation	International Podium success	Sustained international Podium success
										
An athlete :	Is learning a repertoire of fundamental movement skills including aquatic skills such as swimming, balancing and paddling on a water craft (e.g. board etc). Confident and competent within different water environments.	Is introduced to basic water craft and paddling skills through fun, engaging and school-based and club programs/camps and Come and Try Days that are age/skill level appropriate (i.e., right fit of format, boat and equipment). High involvement in recreational 'free' paddling with friends and family.	Is attending organised coaching sessions at a local canoe club and participating in competitions (school, club, masters etc.). Sampling within other paddle sports and across other sports and continuing high involvement in 'free' paddling.	Is talent-spotted through 'Coaches eye' at a club/state/national slalom event, recruitment drive and/or invited/nominated to attend NDS confirmation camp/s.	Is confirmed as having future high performance potential after attending National Development Squad (NDS) camp/s and demonstrating required technical, tactical, physical and psychological competencies.	Is committed to daily training within a recognised and dedicated pre-elite program (e.g., SIS/SAS scholarship). Regularly participating in national competitions on higher graded water, selection to the NDS program and/or a Junior National Team.	Achieves an National Centre of Excellence (NCE) scholarship and/or selected to an U23 National Team and/or places within the top 10 at Junior World Championships.	Is representing Australia on the Senior National Team at a World Championships, Olympics or World Cup	Makes a semi-final at a World Cup event	A medal winner at a World Championships, Olympics or World Cup.
Athlete Categorisation	N/A	N/A	N/A	N/A	N/A	Emerging	Developing	Developing/Podium Potential/Podium ready	Podium	Podium
Focus & Intent	Fun and adventure. Development through play. Becoming comfortable and safe in and around water	Playing and exploring various water craft. Exploring the feel of propulsion with a paddle and the balance of a canoe/Kayak	learning a range of skills to improve ability to move and control the boat. Developing posture and balance. Playing with new skills in simple safe ww.	Refining basic skills and exploring more advance skills. Taking on the challenge of medium level ww. Taking on more training volume building some specific fitness	increaseing skills on medium ww with play and challenge. Testing skills in ww gates. Increase volume of ww.	focus on bringing skills into competition delivery. Building fitness and consistency in skills. Building confidence and ability on harder WW	introducing the highest level skills . Building specific high level fitness and exploring many varied ww situations. International competition experience	Learning about high level racing building experience of World Cup and World Championship racing. Exploring the hardest moves and fastest techniques. Developing a strategic approach.	Refining highest level skills. Building very high levels of specific fitness. Familiarity and confidence at full range of ww venues	Managing complex environments at major events. Exploring the limits of current skills and what's possible. Building a high functioning reliable team around you.
Skills/ Competencies	N/A	paddling forwards and backwards and basic turning strokes, safe exit from the boat	All the basic steering and control strokes and a competant roll. Basic manouvers needed to negotiate gates. Up, down, spin etc.	All the basic manouvers to negotiate gates on easy ww. Bomb proof roll. Ability to remember courses. Have good basic mechanics on the foundation strokes .	Ability to have multiple solutions for a gate sequence. Has good self awareness of ability to do various moves. Has good basic boat control on ww	Has a broad range of strokes and solutions for gate sequences. Consistency and control on medium ww. Basic ability at race preparation and delivery	Able to complete sequences in less strokes at high speed learning advanced upreams. Competancy on harder ww. Consistant deliver at Competition	Able to exciute all World cup standard courses with competence and consistency. High levels of control in hard WW. Strategic thinking in racing.	Excitues highest level skills consistantly under pressure. Extremely high levels of control on hard ww. High ability to read courses and diliver run under pressure	Multiple solutions to solve complex course solutions. High adapability in the moment under pressure. Extremely high level accuracy. Very high levels of feeling and connection with the water
Training Loads/Sessions	N/A	N/A	Paddling 2-3 times a week. Play and fun based activities aimed at learning skills and good foundations	2-4 times a week training mixture of skills and fitness aimed at building functional strength and movement patterns	4-5 x week specific skills training and intervals for fitness incorporating foundation skills. Introducing general strength and conditioning	6-8 xweek building on a periodised program with specific build up to key events. Introducing specific strength and conditioning	8-12 x week. Specific sessions targeting key areas of skill and fitness. Higher ww load .Developing more specific off water traing	10-16 x week increased intensity and increased ww volume. Specific targeted periodised plan.	12-16 x week increased ww quality. Specific targeted periodised plan focusing on key Benchmark event. Specific camps to prepare for key events	12-16 x week highly individualised load of ww quality. Specific targeted periodised plan focusing on key Benchmark event. Specific camps to prepare for key events. Potential for individualised interventions to challenge
Equipment	N/A	Club or borrowed. Sampling a range of craft but spending the most time in a size appropriate slalom or small plastic boat. Paddles with appropriate length and blade size	Purchase of a size appropriate boat and paddles. Whilst still using other craft for other disiplines	using both Canoe and Kayak. Extra sets of paddles.	evolving the size of the boat with maturation of athlete. Updating the size of canoe and kayak. Conservatively Increasing paddle size with strength development. Gear for training in cold conditions on WW	New equipment before the season with a design that suits body size and skill level. Aproprate size paddle in length and blade size, lightweight but robust.	New equipment before the season with a design that suits body size and skill level. Aproprate size paddle in length and blade size, lightweight but robust.	Extensive testing of new designs, commitment to new design significantly prior to benchmark event. Volume of boat and size of paddles tylored exactly to individual. Lightweight and robust. Full range of apparel for all conditions of training and racing	Individual input into the design of equipment. Multiple trials and tests to establish the correct set up. New boat available for benchmark event with identical spare. Strong relationship with manufactures to allow for priority support in all areas of equipment.	
Education	Safety in and around water. Awareness of others and social skills for effective play and exploration	Simple warm up routine. Correct care for equipment. Water safety. Good skills for communicating in the group on water.	Basic gate theory. Expectatins of the coaching group behaviour, approach to fun learning. Reasons behind simple warm up. Basic interaction with the coach	introduction in how to train, types of sessions and aim of training. Understanding of sound principles of ww safety. Basic understanding of mental skills and how they can be used in Slalom. Good nutrition.	Understanding of the types of training sessions and how to exciute them. Learning with the coach how the training plan works. Understanding more sofisticated warm up and how to report and deal with injury. WW safety	Learn to understand long term approach and how to map out training and competition program. More detailed knowledge of mental factors, S&C and how training interacts. Good skills at working with coacha and in a group.	Learning to manage life around training Career and education. improving skills for traveling and training overseas. Refining skills in recovery, injury prevention and competition preparation.	Building skills in self awareness. Practical approaches to addressing demands of specific campains eg World Championships.	Exploring avenues of self improvement. Partnering with coach and expert provider to challenge in new areas.	Challenge with exposure to other high achieving athletes and practitioners in other areas. Consistant learning driven by athlete and coach .Refine skills in dealing with media and appearances.
Support	Parents and family encouragement. Creating the right environmen t and making it happen.	Club or School program or family support for regular opportunities and supply of suitable equipment	Joining a Club for access to coaching and instruction and appropriate instruction	Training group providing more regular sessions on suitable venue. Purchase of own equipment.	move to more competitive training group with purchase of competition specific equipment and investment in travel and accomodation to interstate competitions. Recognition at state level squad.	Greater investment in travel to suitable WW training opportunities. Cost of attendance at national events. Reconition at NDS with camps and education.	Cost of overseas travel. Early recognition at state institute level. Support from home state for training planning and coaching. National camps. Support with water time .	State institute recognition, Categorization. Support from NCE with water, coaching and SSSM. Financial support for training and overseas competition.	Higher Categorization. Greater financial resourses for training and travel. Higher priority coaching and SSSM.	Highest Categorization. Greater financial resourses for training and travel. Highest priority coaching and SSSM.
Competitions	No Formal competition, informal fun play challenges	No Formal competition, informal fun games and fun competitive play	Local club based competition on flat or easy water. Based on effort and progress. Focus on meeting the challenge.	Attend club and State based slaloms building to attendance at the National Age group championships. Schools events in the states where appropriate.	Attend State slalom competitions, National age group championships building towards racing at Open National Championships and Junior Team selection. NZ Nationals if selected for NDS	Attend State slalom competitions, National age group championships building towards racing Oceania Champs, ECA Cup and Junior World Championships if selected to National Team	Open Nationals, Senior selection events, Aus Open, Oceania Champs. Junior and U23 Worlds, ICF ranking races in Europe building to World Cup substitute opportunities.	Open Nationals, Senior Selection and Oceania Champs, ICF Ranking races. World Cups and senior World Chamionships.	Open Nationals, Senior Selection and Oceania Champs, selected ICF ranking races. World Cups, World Championships and Olympic Games	Open Nationals, Senior Selection and Oceania Champs, selected IFC ranking races. World Cups, World Championships and Olympic games.
Paddle Australia Pathway Squads	No formal squads. Sporty play and activity	introduction group as part of a intro program. Club, school, or youth group based.	Club based training squad with regular sessions and slalom coaching	State squad eg WASPS	State Squad and potentially National Development squad	National Development Squad/ Junior Team	Junior/U23 Team, National Achademy(TBC) Squad. Categorised Developing Athlete.	National Team. National Center of excellence Categorised Podium potential Athlete	National center of excellence. Podium athlete	National Center of Excellence Podium Athlete