Canoe Slalom Performance Pathway

Athlete FTEM Model

Paddle Australia

Foundation:	**F1, F2, F3**
Talent:	**T1, T2, T3, T4**
Elite:	**E1, E2**
Mastery:	**M1**

F1

Learning and Acquisition

Learning and acquiring the fundamental motor movement patterns common to most sports and preferably to outdoor water sports

F2

Introduction to Canoeing

Learning the basic movement patterns of canoeing and kayaking to move forward and backward, stop, and turn on the flat water.

Club

F3

Canoeing for Life

Refining forward stroke and practicing all paddle skills such as sculling, stroke kinetics, and basic strokes on flat water. Introduction to moving water with live roll on the moving water.

Club

T1

Demonstration of Potential

Discovering and refining basic whitewater skills with a strong focus on learning to read and use the whitewater. Learn and develop a wide range of skills in the flat water gates at various paces.

State Squad

T3

Recognition of Potential
(Emerging)

Learning to perform under stress with increased consistency and accountability. Building efficient execution of previously learnt canoe slalom whitewater skills.

NES/Junior National Team

T2

Verification of Potential

Practicing a broad range of canoe slalom techniques and ingraining effective skills through repetitions and deliberate practice. Introduction of racing skills through structured delivery sessions.

NDS

T4

Breakthrough and Reward
(Developing)

Increasing exposure to various slalom courses with international races and training camps. Applies a high level of skills on different courses. Refining techniques with higher levels of coordination and adaptability for higher boat speed on more complex courses.

Performance Academy/National U23 Team

E1

Senior National Representation
(Podium Potential/Ready)

Achieving higher levels of technical efficiency in accordance with better adaptability, conditioning, and power to weight ratio. Performing consistently at athlete potential on World Cup/World Championships to achieve a semi-final.

NCE/Senior National Team/Olympics

E2

International Podium Success
(Podium)

Evolving approach to racing and sport career by taking full accountability of all parameters of performance. Work closely with the performance team and identified external providers to ensure renewed performance outcomes. Enabling exploration for continuous learning and performance outcomes.

NCE/Senior National Team/Olympics

M1

Sustained International Podium Success
(Podium)

Enabling continuous improvement and innovation in targeted parameters of performance. Aligning sporting career, professional, and personal life to ensure well being and best performance outcomes at Olympics and World Championships. Leads changes.

NCE/Senior National Team/Olympics