

Paddle Australia Canoe Slalom FTEM Stages

FTEM Phase	NON-ELITE FOUNDATION			PRE-ELITE (Potential to be Elite) TALENT				ELITE (Senior International)		MASTERY		
	F 1	F 2	F 3	T 1	T 2	T 3	T 4	E 1	E 2	M 1		
Description	Learning and acquisition of basic movement	First introduction to paddle sports and canoeing	Life-long commitment to canoeing and/or competition	Initial demonstration of talent potential	Verification of talent potential	Practicing and achieving as a recognised and supported pre-elite athlete	Breakthrough performance 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 in/on a watercraft (e.g. board etc.). Confident and competent within different water environments.	Is introduced to basic watercraft and paddling skills through fun, engaging school-based and club programs/camps and "Come and Try" days that are age/skill level appropriate (i.e. right fit or 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	May be spotted through "coaches' eye" at a club/state/national slalom event. May be invited to National Development Squad training camp	May be confirmed as having future high performance potential after attending National Development Squad (NDS) camp and demonstrating required technical, tactical, physical and psychological and emotional 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, aiming at selection to the Junior National Team. Can be selected to the National Emerging Squad.	Selected into a Junior/U23 National team and may achieve a significant international result (semifinal and preferably Final) at the Junior/ U23 World Championships. May be selected into the National Academy Squad depending on results.	Is representing Australia on the Senior National Team at World Championships, World Cups and potentially Olympics. Makes a semi-final at a World Cup/World Championship event. May be achieving outstanding results at Junior/ U23 World Championships (Top 10 or Top3)	Is a medal winner at a World Championships, Olympics and/or World Cup	wins multiple medals at multiple World Championships, or Olympics and World Cups		
Team Level	PARTICIPATION			PERFORMANCE				HIGH PERFORMANCE				
	N/A	Club Athlete	Club Athlete	State	State	Junior National team	Junior/ U23 National team	Senior National Team	Senior National team/ Olympic Team	Senior National team/ Olympic Team		
Categorisation								Emerging	Developing/ Podium Potential	Developing/ Podium Potential/ Podium Ready	Podium Ready/ Podium	Podium
Performance Squads				NDS Nominee	NDS	NDS/ NES	NES/ NPA	NPA/ NCE	NCE	NCE/ individual training unit		
Development Focus	Learning and acquiring the fundamental motor movement patterns common to most sports and preferably to outdoor water sports	Learning the basic movement patterns of canoeing and kayaking to move forward and backward, stop and turn on the flatwater	Refining forward stroke and practicing sculling, kinetics and basic strokes on flatwater. Introduction to moving water with live roll on moving water	Discovering and refining basic whitewater skills with strong focus on learning to read and use the whitewater. Learn and develop a wide range of skills in flatwater gates at various pace	Practising a broad range of canoe slalom techniques and ingraining effective skills through repetitions and deliberate practice. Introduction of racing skills through structured delivery sessions	Learning to perform under stress with increased consistency and accountability. Building efficient execution of previously learnt canoe slalom whitewater skills	Increasing exposure to various courses with international races and training camps. Apply a higher level of skills on different courses. Refine techniques with higher levels of coordination for enhanced boat speed in more complex courses. Develops adaptability	Achieving higher levels of technical efficiency in accordance with better adaptability, fitness and power-to-weight ratio. Performing consistently at potential on World Cups and World Championships to achieve Semifinal.	Evolving approach to racing & 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	Enabling continuous improvement and innovation in targeted parameters of performance. Aligning sport career with professional career and personal life to ensure well being and best performance outcomes at Olympics and World Championships. Lead change		
Training Load / Sessions			Paddling 2-3 times a week. Play and fun based activities aimed at learning skills and good foundations	2-4 times a week training with a mixture of skills and fitness aimed at building aerobic fitness, trunk integrity, and movement patterns	4-5 times a week specific skills training and intervals for fitness incorporating foundation skills. Introducing general strength and conditioning	6-8 times a week building through a periodised program with specific build up to key events. Introducing specific and progressive strength and conditioning.	8-12 times a week. Specific sessions targeting key areas of skill and fitness. Higher whitewater load. Developing more specific off-water training to meet racing needs	10-16 times a week increased intensity and increased whitewater volume. Specific targeted periodised plan tailored to senior performance	12-16 times a week increased intensity and increased whitewater quality. Specific targeted periodised plan focusing on key benchmark event. Specific camps to prepare for key events.	12-16 times a week highly individualised load of whitewater quality. Specific targeted periodised plan focusing on key benchmark event. Specific camps to prepare for key events. Potential for individualised interventions to challenge performance		
Equipment		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 disciplines	Using both Canoe and Kayak. Extra set of paddles in case equipment failure occurs.	Evolving the size of the boat with maturation of the athlete. Updating the size of athletes' canoe and kayak. Conservatively increasing paddle size with strength development. Gear for training in cold conditions on whitewater.	Boat that suits body size and skill level. Appropriate 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. Appropriate size paddle in length and blade size, lightweight but robust. Appropriate gear for international tour (weather)	Extensive testing of new designs, commitment to new design prior to benchmark event. Volume of boat and size of paddles tailored 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 manufacturers to allow for priority support in all areas of equipment.	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 manufacturers 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. Expectations of the coach around 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 white water safety. Basic understanding of mental skills and how they can be used in slalom. Healthy, everyday nutrition with whole foods.	Understanding of the types of training sessions and how to execute them. Learning with the coach how the training plan works. Understanding more sophisticated warm up and how to report and deal with injury.	Learn to understand long term approaches to training and how to map out a training and competition program. More detailed knowledge of mental factors, S&C and how training interacts. Good skills at working with a coach and in a group.	Learning to manage life around training, career and education. Improving skills for travelling and training overseas. Refining skills in recovery, injury prevention and competition preparation.	Building skills in self-awareness and self-regulation. Practical approaches to addressing demands of specific campaigns e.g. 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. Consistent learning driven by athlete and coach. Refining skills in dealing with media and appearances		
Support	Parents and family encouragement. Creating the right environment and making it happen.	Club, school program, or family support for regular opportunities and supply of suitable equipment.	Joining a club for access to coaching and safety instruction and appropriate introduction to moving water.	Training group providing more regular sessions on suitable venues. Purchase of own equipment.	Move to more competitive training group with purchase of competition specific equipment and investment in travel and accommodation to interstate competitions. Recognition at state/NDS level	Greater investment in travel to suitable whitewater training opportunities. Cost of attendance at national events. Recognition at NDS/NES with camps and education	Cost of overseas travel. Early recognition at state institute level. Support from home state for training planning and coaching. Potential NPA camps, more exposure to NCE program	State institute recognition, categorisation. Support from NCE with water, coaching, and SSSM. Financial support for training and overseas competition. Potential higher categorisation	Higher categorisation. Greater financial resources for training and travel. Higher priority coaching and SSSM.			
Competitions	No formal competition, informal fun play challenges	No formal competition, informal fun games and fun competitive play	school, club and state championship competitions, Age Nationals	State Championships, Age nationals, Local races	State Championships, Age Nationals, Nationals, Australian Open, Oceania Championship, potentially ECA Races.	Junior World Championships, ECA races, Aus Open, Oceania Open, Age Nationals, Nationals	Junior/ U23 Worlds, ECA Races, AUS Open, Oceania Champs, potentially World Cups (as substitute)	World Cups, World Championships, Olympics, ICF ranking races that may be important for preparation	World Championships, Olympics, World Cups			