

National Athlete Pathway Framework Canoe Slalom

INTRODUCTION

WHO IS PADDLE AUSTRALIA?

Paddle Australia (PA) is the peak body for paddling in the country. It exists to:

- Support the State Member Associations in the general running of their regional paddling clubs.
- Enable competitive insurance scheme to run that covers paddle sports across the country.
- Manage accreditation of coaches, officials, instructors and guides.
- Promote the sport of paddling in all its disciplines across the states and territories.
- Organise national paddling events.
- Encourage the growth of paddling across the country.
- Administer funds for paddling from all sources in a transparent and fiscally responsible manner.
- Set up and maintain the Sport Performance (SP) program for Olympic and Paralympic disciplines.
 - Work with other providers (AIS, SIS/SAS and clubs) to develop athletes and gain success at World class levels;
 - Monitor the progress of athletes in these disciplines.
 - Develop pathways for the development of athletes from paddling introduction to podium finishes; and
 - Provide services for the successful implementation of these programs.

THE NATIONAL ATHLETES' PATHWAYS FRAMEWORK

The National Athlete Pathway Framework (NAPF) is a “roadmap” to guide all stakeholders in the development of the athlete from Foundation to Mastery. PA has used the Australian Institute of Sport (AIS) model for the development of its athlete pathways using the FTEM framework as its guide.

This document, along with various other support documents, provides pathways for athlete development so that athletes can enter the system at any point and know what is next in the expectation of success in the future.

PURPOSE AND SCOPE

The purpose of the National Athlete Pathway Framework (NAPF) is to outline and monitor the athlete development pathway from learning the basics of paddling right through to elite performances.

An athletes' development occurs as part of three distinct stages. The NAPF encompasses the **Non-elite stage** where athletes develop foundation level skills before being identified and confirmed as having high performance talent at the **Pre-elite stage** and as such are provided with targeted sport-specific support and coaching to enable them to reach their full potential and progress through to the **Elite stage**, during which athletes achieve podium performances and ultimately, sustainable success on the international stage.

Further details of each phase of this pathway are outlined with this framework.

Canoe Slalom outlines below:

Discipline	Events
Canoe Slalom	K1, C1

The PA NAPF provides an outline of the likely pathway progression or athletes' development within paddling. Each athlete will enter/progress and eventually exit the pathway at varying levels, thus it has been designed to accommodate individual development as required.

This framework is suggested as a guideline only and does not reflect athlete selections or categorisations.

PA's vision is to ultimately connect with all Australians through paddle sports, recreation and performance to become Australia's favourite water sport.

The NAPF, enables PA to connect our recreational and developing participants with our elite performers in the Sport Performance Program.

This framework was developed by the Sports Performance Pathway Project Committee after extensive consultation with the National Performance Director, sports performance coaches and pathway consultants.

While PA recognises the importance of the athlete pathway from foundation stages, this document represents the key sports performance components of the pathway.

SPORT PERFORMANCE PROGRAM

The Paddle Australia high performance program is focused upon achieving success at the Olympic Games through the Sprint and Slalom programs.

The high-performance program within PA includes a deep reach to ensure targeted athletes are identified and nurtured along the athlete pathway. As paddling is not one of the more popular participation sports in Australia the targeted approach adopted by the PA high performance program is essential to ensure selected talent is identified early and is managed through to senior levels. Therefore, the definition of high performance within the sport of paddling cannot be quantified, as the program nurtures any talent within the pathway. However, the structured high-performance programs include Seniors, U23's, Juniors. Each squad has selection criteria and clear pathways to ensure competition, coaching and training opportunities for all potential world-class athletes.

PA supports three major streams of paddling at the Olympic/Paralympic level including Canoe Sprint, Canoe Slalom and Paracanoe. This prioritised Olympic event categories for Slalom are listed below:

Discipline	Men	Women
Canoe Slalom	K1	K1
	C1	C1

McCarthy Lane Penrith, NSW is the National Centre of Excellence (NCE) for Canoe Slalom.

PATHWAY PRINCIPLES

WHAT ARE PATHWAYS AND FTEM?

PATHWAYS EXPLAINED SIMPLY

People participate in sport for a variety of reasons, these reasons can be reduced to three different but related pathways

1. Active lifestyle
2. Sport Participation (alternate and full sport formats)
3. Sport Excellence

The AIS developed a framework to represent these pathways in sport and direct research. It's called FTEM and stands for:

FOUNDATION

TALENT

ELITE

MASTERY

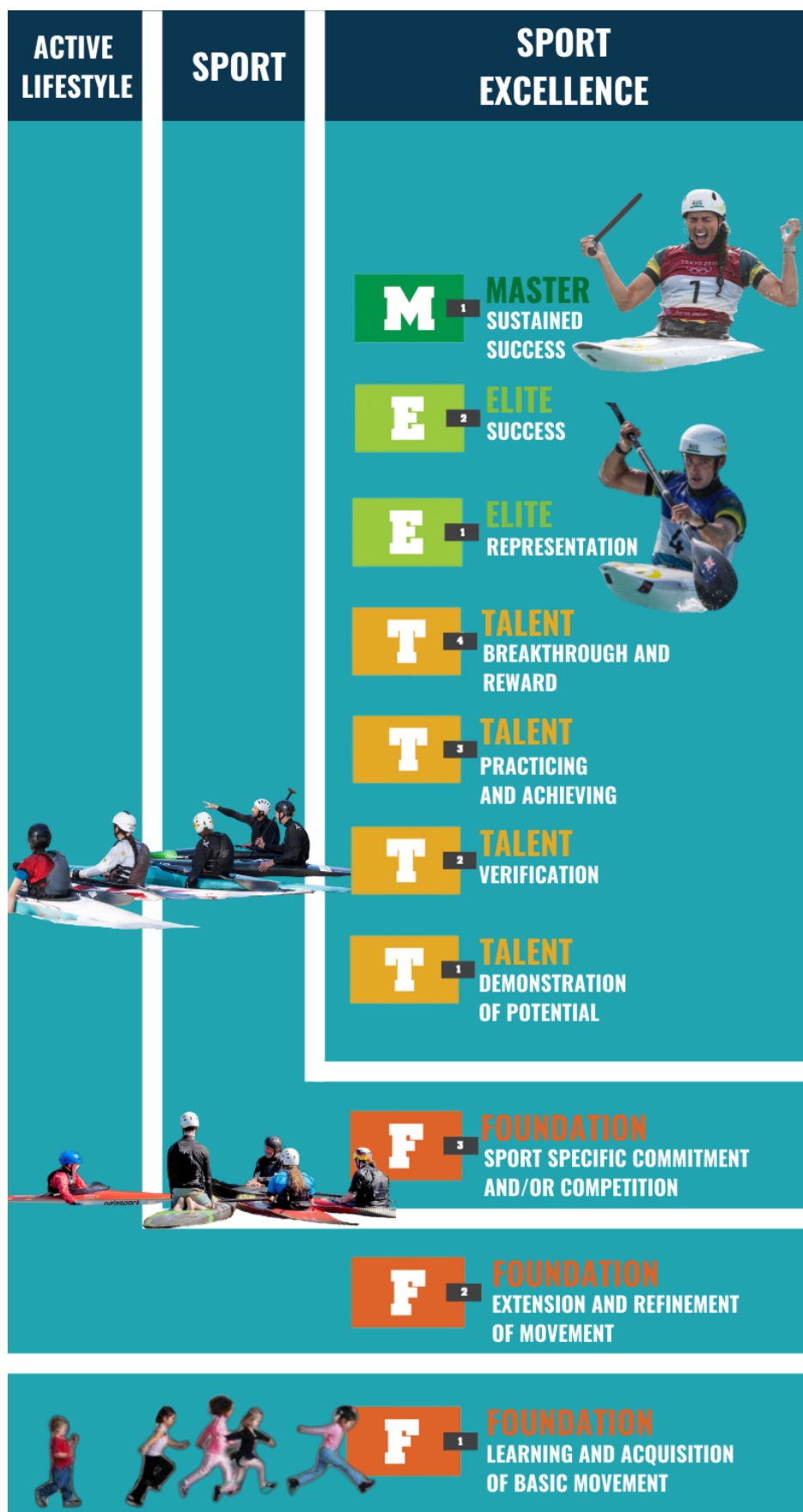
The first level (Foundation) represents those who participate for an active lifestyle and sport participation. The last three levels (Talent, Elite and Mastery) represent athletes' pathways for those who desire to excel in their chosen sport/s.

Furthermore, the model can be broken down into 10 micro phases.

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

FTEM Explained:

FTEM (representing Foundations, Talent, Elite and Mastery) is a framework of athlete development. As detailed in the graphic and table below, this model consists of the four, major developmental and performance levels which are then further broken down into ten separate phases. Paddle Australia has adopted the FTEM model to portray its National Athlete Pathway Framework.

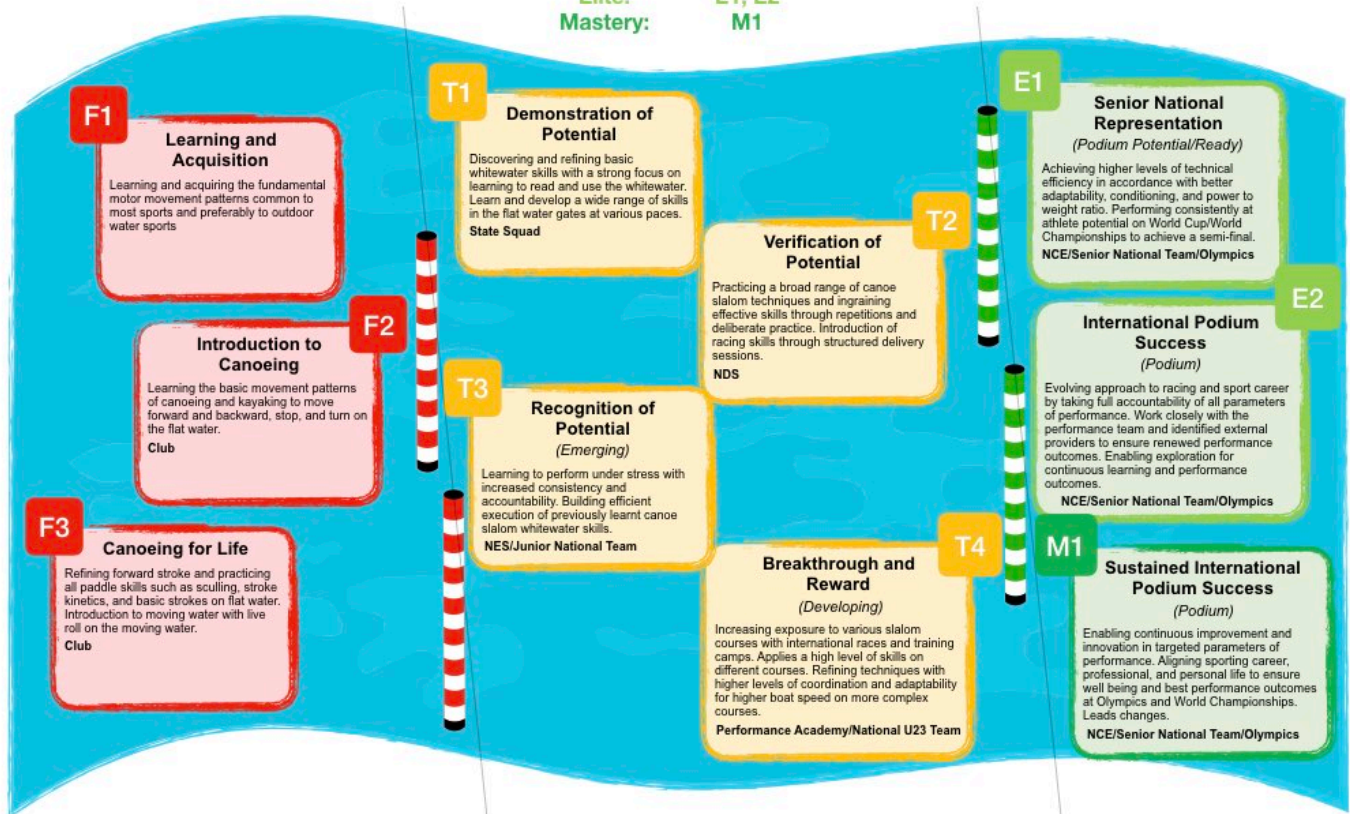


Canoe Slalom Performance Pathway



Athlete FTEM Model

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



FTEM Phase	Paddle Australia Canoe Slalom FTEM Stages									
	NON-ELITE FOUNDATION			PRE-ELITE (Potential to be Elite)				ELITE (Senior International)		
	F1	F2	F3	T1	T2	T3	T4	E1	E2	M1
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 and 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 event. May be achieving outstanding results at Junior/ U23 World Championship ships (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	N/A	N/A	N/A	N/A	N/A	Emerging	Developing/ Podium Potential	Developing/ Podium Potential/ Podium Ready	Podium Ready/ Podium	Podium
Performance Squads	N/A	N/A	N/A	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 ingrain 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 a 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, 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	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 times a week specific skills training and intervals for fitness incorporating foundation skills. Introducing general strength and conditioning	6-8 times a week building on periodised program with specific build up to key events. Introducing specific strength and conditioning.	8-12 times a week. Specific sessions targeting key areas of skill and fitness. Higher ww load. Developing more specific off-water training	10-16 times a week increased intensity and increased ww volume. Specific targeted periodised plan.	12-16 times a week increased intensity and increased ww 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 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 disciplines	Using both Canoe and Kayak. Extra set of paddles.	Evolving the size of the boat with maturation of the athlete. Updating the size of canoe and kayak. Conservatively increasing paddle size with strength development. Gear for training in cold conditions on ww.	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 to 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.	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
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 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 white water safety. Basic understanding of mental skills and how they can be used in slalom. healthy nutrition.	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 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 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. 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 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 introduction.	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 accommodation to interstate competitions. Recognition at state/NDS level	Greater investment in travel to suitable ww 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	

Paddle Australia endorses the use of the FTEM model for a description of the pathways framework for developing athletes in paddling. This document is an explanation of the National Athlete Pathway Framework for Canoe Slalom. It has been developed to provide a unified model of development that can be used by the stakeholders to classify and direct athletes as they progress through our sport from foundations to elite levels.

FOUNDATION 1: BASIC MOVEMENT FOUNDATIONS

F1

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

PHASE DETAILS F1

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.
Development Focus	<p>Fun and adventure. Development through play. Becoming comfortable and safe in and around water.</p> <p>The focus at the F1 stage is to engage the individual and make it fun and enjoyable. The individual should concentrate on developing gross motor skills such as movement patterns, balance in a variety of positions, and strength which can be applied across a multitude of sports.</p>
Technical Development	<p>It is expected that the individual lives an active lifestyle. An individual should be able to move at a variety of speeds, move with rhythm, balance in a variety of environments, and can hold posture and bear their own weight on arms including tumbling movements.</p> <p>An individual should be comfortable in the water and move through the water with minimal fear. Therefore, any background in water sports such as swimming, snorkelling, playing in/on a watercraft (inflatable kayaking, rafting, surf, SUP, boogie board) is of added value to the future development in the discipline of canoe slalom.</p> <p>It is critical in Australia that all children know how to swim.</p>
Physical Development	<p>All relevant physical ability within this level will be gained through the engagement in the initial stages of the sport. No added formal training is necessary within this level. It is expected that an athlete within this category is enjoying an active lifestyle. The athlete should be encouraged to explore a range of sporting activities to build awareness of their body during growth.</p> <p>Sports that are ideally engaged in within this level include</p> <ul style="list-style-type: none"> • Canoeing • Swimming • Gymnastics • Dancing • Aerobically demanding sports (running, cycling, swimming etc.) • Any sport which allows unstructured play involving their body

FOUNDATION 2: EXTENSION AND REFINEMENT OF MOVEMENT FOUNDATIONS – SLALOM

F2

PRIMARY AIMS: Learning the basic movement patterns of canoeing and kayaking to move forward and backward, stop and turn on the flatwater

PHASE DETAILS F2

An Athlete	Is introduced to basic watercraft 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 or format, boat and equipment). High involvement in recreational 'free' paddling with friends and family.
Development Focus	<p>Playing and exploring various watercraft. Exploring the feel of propulsion with a paddle and the balance of the canoe/kayak.</p> <p>The child is not required to paddle a slalom boat at this stage, although it can be of value. Learning should occur through game-based activities with exploratory open tasks. A constraint led approach is favoured to allow the child to discover preferred movements patterns by themselves. A problem-solving approach rather than directive coaching should be favoured at this stage to promote effective learning through long-term athlete curiosity and self-experimentation.</p>
Technical Development	<p>At this stage, a paddler should be able to control their craft with basic strokes on the flat water and be able to move forward and backward, turn and stop. They should be able to perform a safe wet exit from the boat while being introduced to rolling technique.</p> <p>It is expected that a child will actively seek physical activities in, on and/or off the water. A child at this stage should enjoy spending time in the water to informally refine general water-based movement patterns. Although the simple but effective activity of swimming should be encouraged, ideally activities in open moving water (ocean, lakes, rivers) should be introduced. Safety should remain a key priority when engaging in those activities to ensure the child has a positive experience.</p>
Physical Development	<p>A paddler within this level will be coached through the importance of a warm-up and cool-down to help structure their physical activity. This will be facilitated through the coach early through dry land stretching to prepare the athletes to learn the appropriate skills for their level. Once an athlete is comfortable on the water and towards the end of their time in F2, the coach will take athletes through more progressive, on-water, and structured warm-up games and tasks to prepare for each session.</p> <p>It is expected that an athlete within this category is continuing to enjoy an active lifestyle in all ways possible. The athlete should be encouraged to explore a range of sporting activities (as mentioned in the F1 overview) to build awareness of their body during growth and improve their physical literacy.</p> <p>An athlete at the F2 level should be able to:</p> <ul style="list-style-type: none"> • Perform all relevant moving strokes as requested by their coach, for the entire session. • Can use their learnt paddling skills to adapt to basic unstructured play within the boat (canoe polo/tag) • Able to run, crawl, roll, jump, hang, swing during an unstructured play session • At a basic level, understand where their body is within space on land and in water
Pathway Squads	Introduction group as part of an intro program. Club, school, or youth group based.

TECHNICAL SKILLS

Boat Control	<ul style="list-style-type: none"> • Move forward and backward, turn and stop with basic strokes such as forward/ reverse strokes, sweep, bow draw.
Paddle	<ul style="list-style-type: none"> • Use the paddle with an even handgrip and paddle with the concave side of the blade.
Posture / Transmission	<ul style="list-style-type: none"> • Develop forward stroke catch to pull and move in the desired direction.
Lines	<ul style="list-style-type: none"> • Maintaining forward propulsion with a yaw deviation equivalent of 10 and 2 o'clock.
Safety	<ul style="list-style-type: none"> • Safe wet exit, swim to shore and practice rolling if confident • Basic knowledge of risks involved in practice (weather conditions, rocks, branches...).
Equipment	<ul style="list-style-type: none"> • Any buoyant craft and paddle can be utilized but equipment matching the size of the paddler should be favoured to allow early effective movement patterns.

FOUNDATION 3: PADDLESPORT COMMITMENT AND/OR COMPETITION – SLALOM

F3

PRIMARY AIMS: Refining forward stroke and practising sculling, kinetics and basic strokes on flat water. Introduction to moving water with live roll on the moving water.

PHASE DETAILS F3

An Athlete	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.
Development Focus	Learning a range of skills to improve the ability to move and control the boat. Developing posture and balance. Playing with new skills in moving water
Technical Development	<p>Kinetics and sculling drills are a staple of this stage of the paddler's development. The forward (FWD) stroke is expected to be technically proficient on flat water (FW) with adequate posture. The paddler should be able to perform most of the basic strokes, kinetics and sculling without gates. The paddler is expected to be able to transfer them at a basic level on flatwater gates.</p> <p>The paddler is introduced to moving water with a focus on a live roll. The paddler starts transferring newly gained flatwater skills over to moving water (balance, stroke, boat control and posture). To be clear, gates are not a priority at this stage, rather focus should be brought to using the water features.</p>
Physical Development	<p>An athlete within the final foundational stage should now be comfortable performing an on-water warm-up and cool down for each of their training sessions. This is now an aspect that the athlete understands can help to prepare them physically and cognitively for their training sessions.</p> <p>The athlete should be able to and want to complete 2 - 3 structured training sessions per week of a paddling specific nature. As it is the case with the technical development, the athlete is encouraged to engage in as much unstructured "play" time within the boat as possible at this stage. This unstructured play has a large ability to help physical development at the early stages and allows technical skills to be the main priority.</p> <p>The athlete is continuing to explore sporting endeavours outside of paddling, ideally, the sports mentioned within the F1 overview. This is continuing to be encouraged to allow a broad range of movement patterns to be developed across multiple sports, planes of motion, and situations. Paddling, and more specifically canoe slalom, is a very diverse and continuously changing sport, therefore exposure to continually changing scenarios will benefit the athlete in their sporting career and throughout their life.</p>
Excellence Development	<p>Overall, children may exude heightened levels of motivation once they are immersed in the task as well as a great degree of excitement and joy while involved in an activity.</p> <p>At this stage, family and friends network play a massive role in bringing an optimistic twist to all activities which the children can relate to in a positive way. The paddler engages well with the group and/or family during the activity.</p> <p>The paddler learns and exhibits commitment by being on time and ready to start the session with the coach.</p> <p>Self-reflection should be encouraged with positive non-judgmental questions that stimulate the young paddlers to think for themselves. For example: What have you learnt today?</p>
Coaching Level	Foundation Coach.
Training Camps	Club Squad Training Camps.
Targeted Competitions	School, club and state championship competitions, Age Nationals
Pathways Squads	Club squad

TECHNICAL SKILLS	
Boat Control	<ul style="list-style-type: none"> • Edge and Yaw: Understand and control edges and yaw. Control full range of edging without capsizing, both with and without a paddle. • Pitch: Introduction to pitch through pivots
Paddle	<ul style="list-style-type: none"> • Strokes: Effectively perform all types of basic strokes, sculling and kinetics on the flat water • Blade kinetics: perform sculling and kinetics to move the boat in all directions • Stroke timing: Introduction to and awareness of basic stroke timing and shaft techniques on flatwater. The paddler can adjust the paddling pace on-demand with basic efficiency; can also position the shaft in various ways to perform different techniques in the gates (shaft around or underneath the pole)
Posture / Transmission	<p>Basic dissociation upper and lower body. Can hold effective posture while paddling</p> <ul style="list-style-type: none"> • Upper body: Full awareness of space available. Reach full range in all directions by moving chest, head, arms and paddle in all planes without capsizing. • Lower body: Basic understanding and use of the outfits available in the boat (knee cups/block, seat, footrest) primarily to enhance the forward stroke and edging.
Lines	<ul style="list-style-type: none"> • Read and plan: The paddler should be able to recall a course of 10 to 15 gates or a course between natural obstacles • Rehearse/Visualise: Basic mental rehearsal of a chosen line with associated feelings
Safety	<ul style="list-style-type: none"> • Live roll and swim to shore with equipment when possible. • Bring their own equipment for the session (helmet, clothes shoes, buoyancy vest, paddle, boat and airbags). • Identify potential risks due to weather conditions on a river or training spots.
Equipment	<ul style="list-style-type: none"> • Equipment that fits the size of the paddler is preferred to enable effective and efficient learning of basic technique of canoe slalom as well as developing the “correct” sensations of the water and the equipment.
Other	<ul style="list-style-type: none"> • Introduction to other classes e.g. Canoe Sprint, Canoe Polo, Wild water, Freestyle, Creeking, etc.

TALENT 1: DEMONSTRATION OF POTENTIAL AS A SPORT PERFORMANCE PADDLER – SLALOM

T1

PRIMARY AIMS: 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 flatwater gates at various pace

PHASE DETAILS T1

An Athlete	May be spotted through “coaches’ eye” at a club/state/national slalom event. May be invited to a National Development Squad training camp
Development Focus	Fully proficient with basic strokes, sculling and kinetics drills; exploring more advanced skills on flatwater and taking on the challenge of whitewater. Taking on more training volume and building general fitness.
Technical Development	<p>At this stage, the paddler learns to read the whitewater with the clear intention of using it to their advantage. Attention is brought towards water features (eddies, stoppers, waves, curls, flumes, holes, etc.) and how to paddle in sync with them whilst developing proficient dynamic balance. The paddler can move faster than the current with minimal effort through timely use of their boat, paddle, and body.</p> <p>River trips are important because they expose paddlers to a variety of water features (natural and artificial) and broaden water reading skills and the scope of specific movement patterns, which are valuable for future technical development. Gates are introduced on moving water or whitewater depending on the training site.</p> <p>On the flat water, the paddler masters the skills of sculling, kinetics, and basic strokes. The paddler also learns all the techniques used in upstream and downstream gates to broaden the technical skills toolkit for future development. They practice flatwater gates focusing on pacing strategies and developing a wide range of techniques both in downstream and upstream gates.</p> <p>When possible, the paddler should be encouraged to continue participating in a wide variety of paddle disciplines such as sprint, downriver, freestyle, creeking, and surf ski to broaden general canoeing movement patterns. The paddler is encouraged to train regularly in both canoe and kayak.</p>
Physical Development	<p>An athlete who has moved into the T1 development phase is now at the early stages of development along the performance pathway. As mentioned above, the level of training that they may be engaging in increases, and the racing strategy changes also to being more directed (pacing strategies). This requires athletes' physical ability to become more of a focus to solve these performance problems.</p> <p>Aerobic capacity is the foundation of all physical ability and should be treated as the foundation of the athletes training. Alongside the athlete’s technical development, in conjunction with the athlete’s coach, the athlete should be engaging in two blocks of aerobic training - format to be determined by the coach in their training sessions, comprising 30 minutes of duration each. The athlete should also engage in a format of exercise out of their canoe slalom boat - can be another watercraft or on land, that allows them to perform a further 30 minutes of exercise throughout the week. This form of cross training can help to add value to the athlete’s development while also allowing a change from their canoe slalom boat.</p> <p>Through the previous levels an athlete has been engaging in unstructured play to improve their movement literacy. Now as they enter the pathway, we want to begin to make sure that the athlete can perform movements of a slightly more athletic nature. The reason for this is to begin the foundation for if the athlete moves through the performance pathway, they are better prepared for what they will need to do later in their career.</p>
Excellence Development	<p>At this stage, the paddler exudes excitement to paddle anytime and is always keen to jump on the water. Generally, transitions confidently to the challenge of whitewater; demonstrates early signs of self-regulation by effectively overcoming fear of white water (get back in the boat) as well as managing frustrations when learning new skills (stays composed and tries again)</p> <p>The paddler already shows a sense of commitment by tirelessly experimenting to achieve the task and regularly asks questions or observes others to reinforce learning.</p> <p>The paddler is praised for effort at school and/ or other areas of interest; can often end up fully focused on a task at the end in a natural flow state.</p> <p>Happy, excited, and connected to people around them.</p>
Coaching Level	Foundation coach/Talent Coach
Training Camps	State Based Training Camps
Targeted Competitions	State Championships, Age nationals
Pathways Squads	State squads, potentially NDS Nominee.

TECHNICAL SKILLS	
Boat Control	<p>Starts using the boat as a tool to enhance boat speed on flatwater by generating and releasing energy.</p> <ul style="list-style-type: none"> Edge and Yaw: enhance boat speed with refined yaw and edge. Improved tracking with better use of outside edge (railing) in flatwater gate in sync with stroke timing and pacing through the gates Pitch: Proficient pivots on flatwater; starts using pitch to paddler's advantage in gates by generating and releasing energy in the tail (pop).
Paddle	<p>Forward stroke efficiency in whitewater with timely strokes on water features.</p> <ul style="list-style-type: none"> Strokes: perform all types of strokes in flatwater gates and transfer strokes to whitewater. The paddler can pick the best stroke according to water features. Paddler maximises use of propulsive strokes and steering strokes to turn the boat on wide open lines. Can paddle with a minimal amount of reverse and brace strokes. Blade kinetics: Learn to hold a vertical shaft and perform the catch with a full blade to transmit forces. Sculling techniques are refined and the paddler can pick up subtle differences of blade orientation on flatwater and how it affects boat speed and rotation. Performs C1 stroke both sides Stroke timing: often puts the blade in the most effective areas to hold/create boat speed (catch in eddy, behind water features) where the water is the most stable. On forward stroke, can actively accelerate the blade through the water to move faster than the current and change pace in sync with water features.
Posture / Transmission	<p>Basic dissociation of upper and lower body on white water. Can hold a basic forward stroke posture on whitewater to transmit forces.</p> <ul style="list-style-type: none"> Upper body: Able to turn the shoulders and perform strokes with minimal disturbance of boat balance on basic whitewater moves. Shift weight forward and backward in sync with strokes to optimise boat glide. Lower body: Understand and use outfits to create balance on whitewater. Athletes can dissociate left and right legs to maximise the effect of upper body movements on whitewater. The use of the core and transmission through the sit bones becomes more important.
Lines	<ul style="list-style-type: none"> Read and plan: Read the river and plan for a basic line on an entire course/ section of river. Rehearse and visualise: Visualise a move with associated feelings on whitewater. Mentally rehearse a full-length run-on whitewater
Safety	<ul style="list-style-type: none"> Able to roll 100% of the time on whitewater, may still use airbags The paddler can identify potential dangers around them before and during a session. Paddler has high awareness of other paddlers and applies water etiquette (priority to paddler above) to allow everyone to paddle safely.
Equipment	<ul style="list-style-type: none"> May consider purchasing their own equipment. Evolves equipment size with athlete maturation (boat size, paddle length and width, buoyancy jacket, and in boat flotation) to enable optimal learning of best techniques.

DESIRED PHYSICAL COMPETENCIES				
General Movement Competencies:				
Push-up on knees (3) []	Prone hold (front) forearms (30sec) []		Bodyweight Squat []	
Push-up on toes (3) []	Side (Right) Prone hold forearms (20sec) []		Step and return lunge (2 each leg) []	
	Side (Left) Prone hold forearms (20sec) []		Dowel hip to knee hinge (5) []	
	Prone hold (back) forearms (30sec) []			
Specific Physical Minimum Standards				
Physical Test	K1M Standard	K1W Standard	C1M Standard	C1W Standard
60m Test	All athletes at this level should be able to complete these tests to an exertion level of 7/10 minimum. Standards at this level are not important, but the ability to know how to push hard for 30 seconds and also for close to 3 minutes will become an important skill to have for improving their development. If an athlete is invited to an NDS camp, depending on the developmental goals of the camp, the athletes might be subject to these tests on water, so having exposure to these tests is important prior to the camp.			
300m Test				

TALENT 2: VERIFICATION OF POTENTIAL AS A SPORT PERFORMANCE PADDLER – SLALOM

T2

PRIMARY AIMS: 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

PHASE DETAILS T2

An Athlete	May be confirmed as having future high performance potential after attending National Development Squad (NDS) camp and demonstrating required technical, tactical, physical, psychological, and emotional competencies.																									
Development Focus	Increasing skills on moving water with play and challenge. Testing skills in whitewater gates. Increase volume of whitewater; learn broad range of techniques in the gates																									
Technical Development	<p>The paddler significantly increases the volume of training on whitewater and can efficiently paddle in sync with water features to maximise boat speed on whitewater with no gates. On whitewater with gates, the athlete practices the whole range of techniques (not only the winning techniques) and starts to use video for feedback and to build new levels of self-awareness.</p> <p>At this stage, reinforcing the correct skills through proficient coaching cues is critical to ensure the paddler builds effective techniques.</p> <p>The paddler is exposed more often to racing situations, mostly through timed training efforts and more consistent racing to emulate high performance habits.</p>																									
Physical Development	<p>As we can see from the above technical and development focus, the overall principle of this phase is being able to use and continue your skill development, but to also do more of this in more situations (more volume). This requirement from a technical perspective, requires the athlete to further improve their physical aerobic capacity. This will require extension of the previous sessions from being 30min in total for each component that focuses on aerobic capacity, to now become 30-60min. The cross training, however, is able to be maintained at 30min per session.</p> <p>It is important to note that aerobic capacity is not only the foundation of physical ability, but it is also the most important contributor physiologically when it comes to recovery and the ability to complete the volume of training that someone is being asked to engage in.</p> <p>From a volume perspective, an athlete should be able to comfortably complete the following weekend and weekly structure with no decrease in technical ability due to fatigue:</p> <table border="1"> <thead> <tr> <th></th><th>Weekly Session Contents</th><th>Weekend Camp Session Contents</th></tr> </thead> <tbody> <tr> <td>Sessions completed</td><td>Six (6) sessions</td><td>Four (4) sessions</td></tr> <tr> <td>Volume (RPE x duration)</td><td>2500 units</td><td>1530 units</td></tr> <tr> <td>Whitewater sessions</td><td>Two (2) sessions</td><td>Three (3) sessions</td></tr> <tr> <td>Flatwater sessions</td><td>One (1) session</td><td>One (1) session</td></tr> <tr> <td>Cross-training sessions</td><td>One (1) session</td><td>-</td></tr> <tr> <td>Gym sessions</td><td>Two (2) sessions</td><td>-</td></tr> <tr> <td>Rest days</td><td>One (1)</td><td>-</td></tr> </tbody> </table> <p>As the athletes are potentially part of the NDS squad during their time in the T2 stage, they will be exposed to flat water testing procedures, off water aerobic assessment (running), and further movement competencies. Making sure that within your training you can incorporate these into your training plan with your coach will be beneficial to ensure any performance problems can begin to be solved.</p>			Weekly Session Contents	Weekend Camp Session Contents	Sessions completed	Six (6) sessions	Four (4) sessions	Volume (RPE x duration)	2500 units	1530 units	Whitewater sessions	Two (2) sessions	Three (3) sessions	Flatwater sessions	One (1) session	One (1) session	Cross-training sessions	One (1) session	-	Gym sessions	Two (2) sessions	-	Rest days	One (1)	-
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Excellence Development	<p>At this stage, the paddler can show a strong level of drive and commitment to any sport activities and specifically canoeing within a structured environment (club, squad, family). The level of ownership increases with more deliberate practice on water. Paddler commits to the training schedule led by the coach over a few weeks or months and routinely shows up ready to train with positive intent.</p> <p>The commitment to follow a training plan helps the athlete to develop an appreciation for effort and hard work, a building block of excellence and growth mindset</p> <p>Athletes are now able to do a full whitewater session by themselves and hold focus on a technical goal. They also develop the ability to be coached by a variety of coaches and learn to listen and engage with each of them.</p> <p>Paddlers demonstrate race acumen with basic ability to block out distractions and cope with pressure. To a basic level, they remain composed on race day (pre, during, post).</p> <p>Engage in a short yet impactful brief/debrief process on race day and in training with the coach to evaluate, review and learn. Able to switch off, and/or reset after a setback on race day or in training.</p> <p>Paddler shows clear organisational skills to manage school, training, and other extra school activities.</p> <p>Paddler should and is encouraged to actively seek support in all life domains to solve daily issues arising from a busier life. Asking questions becomes important at this stage through all life endeavours.</p>
Coaching Level	State Coach/Talent Coach
Training Camps	All State Training Camps, potentially NDS Camps
Targeted Competitions	State Championships, Age Nationals, Nationals, Australian Open, Oceania Championship. potentially ECA Races.
Pathways Squad	State squad and potentially NDS

TECHNICAL SKILLS	
Boat Control	<p>Starts using the boat as a tool to enhance boat speed on whitewater by generating and releasing energy (proficient on flatwater).</p> <ul style="list-style-type: none"> • Edge and Yaw: Identify use of the outside rail while breaking into upstream gates and breaking out to the mainstream. • Pitch: Refine tail control in upstream gates and start using tail control in downstream gates.
Paddle	<p>Use paddle in sync with water features with increased fluency.</p> <ul style="list-style-type: none"> • Strokes: Use of various strokes and introduce punting and choking techniques. • Blade kinetics: Orientate the blade towards the target. Refined kinetics on the whitewater; can modify the orientation and inclination of paddle on a stroke to adapt to constraints. • Stroke timing: Proficient synchronisation of stroke to water features. Start developing fluency in gate negotiation with better accuracy of catch pre/post and in the gate line in open courses.
Posture / Transmission	<p>Better use of the whole transmission chain with better use of core and legs. In general, the athlete looks more fluent on the water with better transition between each stroke, and when breaking in and out eddies.</p> <ul style="list-style-type: none"> • Upper body: Times chest movements to clear the gates while maintaining maximal speed and flow through the gate sequence. Maintains body alignment on open courses. • Lower body: Uses core, hips, and legs to hold balance on more difficult whitewater sections.
Lines	<ul style="list-style-type: none"> • Read and plan: Can select and plan different techniques to negotiate upstream and downstream gates. • Rehearse and Visualise: Remembers and rehearses a full length run with good fluency and accurate picture in mind. • Introduction to formal mental rehearsal techniques (1st person, 3rd person, inserting senses into visualisation).
Safety	<ul style="list-style-type: none"> • According to the individual level of confidence and competence, paddler may remove airbags to enhance feeling in turns.
Equipment	<ul style="list-style-type: none"> • Expected to own their equipment. • Equipment should fit the paddler's size to allow the best learning outcomes regarding the use of the tail and latest "pop" techniques.

PHYSICAL PERFORMANCE STANDARDS				
Movement Competencies:				
Push-up on toes (10) []	Prone hold (front) forearms (45sec) []		Bodyweight Squat (10) []	
Pull-up overhand (3) []	Side (Right) Prone hold forearms (30sec) []		Step and return lunge (5 each leg) []	
	Side (Left) Prone hold forearms (30sec) []		Dowel hip to knee hinge (10) []	
	Prone hold (back) forearms (45sec) []			
On Water Conditioning Capacity				
Physical Test	K1M Standard	K1W Standard	C1M Standard	C1W Standard
60m Test	< 28.08sec	< 32.13sec	< 31.42sec	No available data to produce conditioning values
300m Test	< 173.08sec	< 194.68sec	< 175.55sec	
Off Water Aerobic Capacity				
The cooper’s run is an assessment to determine if an athlete, for their age, possesses an aerobic capacity (running) that is comparative to the average for their age bracket. The test is a 12min continuous run and should be completed without any sharp turns. The goal is to achieve the furthest distance in 12 minutes.				
12min Coopers Run Age Distance		Male Standard	Female Standard	
14yo	2200m 12 minutes		1600m 12 minutes	
15yo	2300m 12 minutes		1700m 12 minutes	
16yo	2400m 12 minutes		1700m 12 minutes	
17yo	2500m 12 minutes		1800m 12 minutes	
18yo +	2500m 12 minutes		1800m 12 minutes	

TALENT 3: PRACTICING AND ACHIEVING SUCCESS AS A SPORT PERFORMANCE PADDLER – SLALOM

T3

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

PHASE DETAILS T3

An Athlete	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.																
Development Focus	Focus on performing skills in a competition environment. Building fitness and consistency in skill execution. Building confidence and technical abilities on more challenging whitewater.																
Technical Development	<p>The athlete is now aware of all possible techniques on whitewater and is actively developing consistency through repetition.</p> <p>Technical skills are challenged with various external constraints to build robust and up-to-date techniques. Athletes consistently pick the fastest technique and should be encouraged to do so to consolidate winning lines.</p> <p>The athlete learns what it takes to progress to the highest level mentally and technically through greater levels of execution and accountability. The athlete is expected to focus on the effective “race ready” methods to turn into a better performer such as race day routines, stress management strategies and emotional control.</p>																
Physical Development	<p>A T3 athlete is engaged in a training program over a few months to prepare key events. As mentioned above in the technical and developmental focus, there is now an emphasis on racing and being able to deliver the technical, tactical, and mental ability of the athlete during racing. This now requires a focus not only on the aerobic capacity of the athlete but moving up the scale and improving the aerobic power and anaerobic capacity of the athlete in a progressive manner.</p> <p>The athlete should be able to complete stand-alone conditioning sessions that incorporate interval intensities of an anaerobic nature for 60-90 seconds as prescribed by their coach in their training environment. Regarding the importance, an athlete should still maintain an aerobic bias during their training program, but with an element of anaerobic (high intensity) throughout the training week.</p> <p>From a training volume perspective, an athlete should be able to build towards, and by the end of the T3 phase, be able to consistently maintain a training week that includes:</p> <table border="1"> <thead> <tr> <th></th><th>Weekly Session Contents</th></tr> </thead> <tbody> <tr> <td>Sessions completed</td><td>Nine (9) sessions</td></tr> <tr> <td>Volume (RPE x duration)</td><td>3200 units</td></tr> <tr> <td>Whitewater sessions</td><td>Three (3) sessions</td></tr> <tr> <td>Flatwater sessions</td><td>Three (3) sessions</td></tr> <tr> <td>Cross-training sessions</td><td>One (1) session</td></tr> <tr> <td>Gym sessions</td><td>Two (2) sessions</td></tr> <tr> <td>Rest days</td><td>One (1)</td></tr> </tbody> </table> <p>Regarding resistance training, an athlete at this level will ideally be involved with a dedicated pre-elite program (State driven or SISAS program). This program will begin the athlete’s introduction to official gym-based training. The canoe slalom high-performance program emphasises movement ability and efficiency over all else at this stage, and this will be continued in the strength progressions.</p> <p>Movement, bodyweight, on water aerobic, and off water aerobic competencies increase to a level that allows athletes to maximise their current technical ability, while also providing them the potential to improve without physical ability being a limiting factor. In this phase of their development the athlete and their coach will be guided towards some of the crucial elements of physical development to complement their on water technical ability:</p> <ul style="list-style-type: none"> • Shoulder reinforcement to promote athlete availability • Hip control to align with the on-water skill of three-dimensional boat control • Trunk integrity and mobility to allow the athlete to promote transmission, control, and efficiency 		Weekly Session Contents	Sessions completed	Nine (9) sessions	Volume (RPE x duration)	3200 units	Whitewater sessions	Three (3) sessions	Flatwater sessions	Three (3) sessions	Cross-training sessions	One (1) session	Gym sessions	Two (2) sessions	Rest days	One (1)
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Excellent Development	<p>At this stage, paddlers are proactive in their approach to training and become solid operators in daily and weekly practice. The athlete builds a strong work ethic through the process of applying effective training routines, hard work, and repetition. They have fully developed a clear appreciation for mental and physical effort. The athlete develops focus, confidence, and self-esteem within their zone of influence and focuses on the controllables with greater accountability.</p> <p>The athlete successfully works through both the challenges of increased school load and training commitments. They display strong organisational and time management skills paired with ongoing communication with family, friends, SIS/SAS, and teachers to achieve expected training and racing commitment at this stage.</p> <p>The athlete reinforces the enquiring mind stimulated in T2. They are actively encouraged to become critical thinkers and develop their own style and preferred approach to training in agreement with the lead coach and national guidelines.</p> <p>Paddler develops and practices self-regulation strategies to bring the level of excellence up, especially on delivery sessions. Minimising mistakes during the run is now second nature and actively uses recovery strategies both for big and small mistakes.</p> <p>Can be coached by various coaches and responds positively to challenges proposed during sessions. Develops a strong on water etiquette and understands the challenges and opportunities of working as a group within a session (respect others and self)</p> <p>They may rely on mimicking behaviours of role models in the sport, such as current top Australian athletes, and watching international race footage.</p>
Coaching Level	Talent Coach, Performance Pathway Coach
Targeted Competitions	Junior World Championships, ECA races, Australian Open, Oceania Open, Age Nationals
Training Camps	Junior Team Training Camp, All States Camps, potentially NES camps
Pathways Squad	Potentially NDS or NES
Categorisation	Emerging

TECHNICAL SKILLS	
Boat Control	<p>Often produce boat speed through use of the hull (tail, rail), although not fully proficient. Better synchronisation between paddle and boat:</p> <ul style="list-style-type: none"> • Edge and Yaw: Use outside edge in downstream gates. Introduces the use of upstream edge (roll on top) on stoppers and waves to follow the contours of the water. Learns to control rotational speed. • Pitch: Proficient use of tail in upstream gates (in and out). Start using tail (pivots) in downstream gates.
Paddle	<p>Increased fluency while clearing gates at a variety of paces:</p> <ul style="list-style-type: none"> • Strokes: Less strokes but more efficient (improve according to strength gains with age maturation). • Blade kinetics: better use of blade orientation on more advanced courses with better anticipation of upper body to support blade placement. • Stroke timing: Proficient synchronisation of strokes in clearing gates on open course. Increased level of fluency in clearing gates on more advanced courses. Refine synchronisation of strokes/boat to maximise boat speed.
Posture / Transmission	<p>The athlete can maintain body alignment on more advanced courses. They can lead with their hips or shoulders depending on the constraints determined by the gate sequence and water. Develop fine dissociation (e.g., leaning upstream while turning shoulders downstream). Mostly transmits power from blade to boat.</p> <ul style="list-style-type: none"> • Upper body: Develop better transmission of forces from the torso to the boat. • Lower body: Actively push the hips in the gates.
Lines	<ul style="list-style-type: none"> • Read and plan: Plan mostly at a technical and tactical level. Athletes can generally spot and choose the best options according to their skill level, primary water features and demands of competition. • Rehearse/Visualise: Remember and rehearse a full-length course in real time with good fluency and basic feelings associated. Use both 1st person and 3rd person rehearsal to vary points of view and gain insights into the run before racing.
Equipment	<ul style="list-style-type: none"> • Expected to tailor boat and fit out to body parts to maximize surface of contact and optimise boat control (knee cups, foam on sides of seats, wider foot platform, hip chocks, toe chocks) • May look for the best boat design according to individual preference. • Assist in fixing personal equipment

Physical Performance Standard				
Movement Competencies:				
Push-up on toes (30) []	Prone hold (front) forearms (90sec) []		Bodyweight Squat with hands behind head (10) []	
Pull-up overhand (10) []	Side (Right) Prone hold forearms (70sec) []		Step and return lunge (5 each leg) []	
	Side (Left) Prone hold forearms (70sec) []		Dowel hip to knee hinge (10) []	
	Prone hold (back) forearms (70sec) []			
On Water Conditioning Capacity				
Physical Test	K1M Standard	K1W Standard	C1M Standard	C1W Standard
60m Test	24.97sec	29.11sec	29.59sec	34.0sec
300m Test	159.34sec	175.21sec	173.07sec	211.12sec
Off Water Aerobic Capacity				
The cooper’s run is an assessment to determine if an athlete, for their age, possesses an aerobic capacity (running) that is comparative to the average for their age bracket. The test is a 12min continuous run and should be completed without any sharp turns. The goal is to achieve the furthest distance in 12 minutes.				
12min Coopers Run Age Distance	Male Standard		Female Standard	
14yo	2400m 12 minutes		1900m 12 minutes	
15yo	2500m 12 minutes		2000m 12 minutes	
16yo	2500m 12 minutes		2000m 12 minutes	
17yo	2700m 12 minutes		2100m 12 minutes	
18yo +	2700m 12 minutes		2100m 12 minutes	

TALENT 4: BREAKTHROUGH AND REWARD AS A SPORT PERFORMANCE PADDLER – SLALOM

T4

PRIMARY AIMS: 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

PHASE DETAILS T4

An Athlete	Selected into a Junior/U23 National team and may achieve a significant international result (semi-final and preferably Final) at the Junior/ U23 World Championships. May be selected into the National Academy Squad depending on results.
Development Focus	Introducing highest level skills. Building specific high-level fitness and exploring many varied whitewater situations. International competition experience. Athletes expand their understanding of “what it takes to win” and promote delivery in training. Practice and refine effective racing routines. Develops instinctive adaptability
Technical Development	<p>At this stage, the athlete has shown a proficient level of execution in racing as they break through on the international stage with significant results as Juniors or U23.</p> <p>The paddler knows and can potentially use all canoe slalom gates techniques. Technique is effective (often choose the fastest way) and is being refined towards a higher level of efficiency. The athlete is aware of what to do and may be mostly limited by physical aptitudes at a race pace (strength level and or fitness). Both racing and technical skills improve through more regular exposure to international races and various courses; paddler applies skills on a wider scope of water features and consistently more complex courses.</p> <p>On a full length, the athletes develop their adaptation skills and more specifically the ability to adjust effectively to subtle and unexpected changes on the run by instinctively using their broad skillset developed previously in T2-T3</p> <p>The paddler is race ready</p>
Physical Development	<p>An athlete within this phase of development has matured technically to the level where physical preparation is a key contributor to performance. Technical learning and execution will never become less important; however, physical intent and physical improvement has now become a very important part of performance. It is important to respect the potentially different stages of physical maturation athletes in this stage could be at. Athletes in this phase can range from 17-23yo and also could come from very different backgrounds of development depending on their daily environment. At this stage, athletes will be assessed across all areas of preparation (conditioning, speed, strength, movement etc.) to ensure that the progression and development will not cause injury and is suitable for their current level of progression.</p> <p>Athletes are now aerobically adept to a level where their annual plan progresses through aerobic capacity/power, anaerobic capacity/power, and then also incorporates acceleration and maximal velocity sessions as determined by their coach for their training plan.</p> <p>Conditioning is now targeted towards racing specific profiles. In conjunction with the athletes daily coach and the performance pathways coach, conditioning will be tailored to solve specific performance problems that the athletes possess during racing and alongside this, aligning this to the known factors of what it takes to win at the senior level.</p> <p>Potentially being part of the National Performance Academy (NPA), training volume during certain weeks will be increased to optimise learning while in camp, and also for prolonged times while in an international camp. Preparing for this is important and athletes should be able to complete a variation of the following training week consistently for three weeks in order to prepare physically for the training volume athletes will be progressed to on camp:</p> <p>Athletes will fall under either a SISAS strength coach or the NCE strength coach depending on their situation. This will allow consistent coaching of the athlete in a controlled manner and for progression to be individualised to the athletes. This phase will also introduce consistent monitoring of the key lifts that will form the basis of their senior strength and conditioning programs. Movement competencies now increase in difficulty to ensure that movement competency is always improving, and stagnation is limited as much as possible.</p>

Excellence Development	<p>At this stage, the paddler is fully invested in their paddling career and demonstrates strong “can do” attitude, self-belief, discipline, and confidence to consistently hit sessions with intent and purpose. Coachable with good listening skills and the ability to trust and work with coaches. Understands that success and performance come from hard work and daily commitment, therefore make simple yet effective daily choices towards better performance.</p> <p>Through ongoing evaluation and review of goals, the athletes develop a growth mindset and learn to turn challenges into learning opportunities</p> <p>Applies consistent organisational and time management skills to successfully achieve at school and in sport. Understands the need to prioritize at times to maximise positive outcome and manage energy levels.</p> <p>Refines pre-race routine and puts it to the test on international courses</p> <p>Develops adaptability in training: athletes instinctively use their broad array of technical skills to back themselves up and optimise any performance outcomes. Also learns to adapt to challenges of group dynamic and touring internationally.</p> <p>Shows proficient use of all the mental and emotional management techniques they have been taught to block distractions in training and racing to optimise output.</p> <p>Expands the performance network and builds partnerships within a growing performance team (Well-being staff, other coaches, S&C coaches, operation manager). Communicates clearly and positively with staff and teammates on tour to maximise basic performance outcomes. Aware of the impact of actions/behaviours on others and team.</p> <p>Is a racer and exudes a sense of urgency to perform and challenges hierarchy in place on the water (“it’s in my hands”).</p>
Coaching Level	Performance Pathway Coach, Talent Coach, High Performance Program Coach
Targeted Competitions	Junior World Championships, U23 World Championships, ECA Races, Australian Open, Oceania Champs, potentially World Cups
Training Camp	Junior/U23 Training Camp. NES or NPA camp
Pathways Squad	National Performance Academy
Categorisation	Developing and potentially Podium Potential

TECHNICAL SKILLS	
Boat Control	<p>Boat is proficiently used as a propelling tool with timely application of forces on the hull. Athletes may be limited in more difficult courses. May be limited by physical aptitudes at a race pace (strength level and or fitness).</p> <ul style="list-style-type: none"> • Edge and Yaw: Effective use of edging (both inside and outside) for best speed outcome. Refine control of over rotation through better anticipation and optimal blade kinetics • Pitch: At race pace, minimal disturbance of boat. Loss of boat control may occur in more complex courses and due to fatigue
Paddle	<ul style="list-style-type: none"> • Strokes: Optimal use of all strokes to move the boat forward on each stroke on open courses. • Blade kinetics: refine orientation and able to increase power output on each stroke. • Stroke timing: Adapt pacing to racing strategy and best use of the water. Develop a preferred paddling style with favoured techniques and body segment organisation.
Posture / Transmission	<p>Become proficient in extreme amplitudes and recover swiftly from unbalanced postures. Transmits forces effectively and efficiently from boat to blade.</p> <ul style="list-style-type: none"> • Upper body: Anticipate the next move with clear intent from hips and/or shoulders moving towards the next gate. • Lower body: Use of subtle pressure with feet, knees, and hips in sync with upper body to hold or lengthen grip on water.
Lines	<ul style="list-style-type: none"> • Read and plan: Start planning at a strategic level. Can successfully spot and choose the best options according to their skill level, primary water patterns and demands of competition. Develop better race plans due to increased awareness of secondary water patterns and impact of various stressors (physical, emotional, mental, and cognitive). • Rehearse and Visualise: Remember and rehearse a full-length course in real time with full sensorimotor immersion (water forces, kinaesthetic cues, sounds). Can fully picture “the race day” and its layout.
Equipment	<ul style="list-style-type: none"> • Customise boat and paddle size and expected to be aware and have an opinion regarding best suited equipment. • Test various boat designs and critically evaluate to form informed opinions regarding best equipment and open-minded to different feelings. • Assist or fix personal equipment. • Accountable and act ahead of equipment control on race day.

PHYSICAL PERFORMANCE STANDARDS				
Movement Competencies:				
The strength movements below do not have a strength target on them. Intensity at this level in the gym should be in a progressive manner that allows the athletes to develop and refine their lifting technique over time without chasing weight they are not ready for. At this level, the athlete should be guided by either their SISAS strength coach or the NCE strength coach depending on their training location.				
Strength movements to be monitored	Bench Press []	Bench Pull []	Neutral Grip Pull-up []	Deadlift []
Trunk integrity competencies	Prone hold (front) arms straight (90sec) []	Side (Right) Prone hold arms straight (70sec) []	Side (Left) Prone hold arms straight (70sec) []	Prone hold (back) arms straight (70sec) []
Lower body function		Overhead Squat (10) []	Walking lunge (5 each leg) []	Single Leg Squat to Bench (5) []
On Water Conditioning Capacity				
Physical Test	K1M Standard	K1W Standard	C1M Standard	C1W Standard
60m Test	22.99sec	26.68sec	27.21sec	31.2sec
9 Lap Test	85.74sec	94.14sec	95.21sec	104.99sec
300m Test	146.78sec	159.84sec	161.93sec	177.8sec
Off Water Aerobic Capacity				
The coopers run is an assessment to determine if an athlete, for their age, possesses an aerobic capacity (running) that is comparative to the average for their age bracket. The test is a 12min continuous run and should be completed without any sharp turns. The goal is to achieve the furthest distance in 12 minutes.				
12min Coopers Run Age Distance	Male Standard		Female Standard	
14yo	2400m 12 minutes		1900m 12 minutes	
15yo	2500m 12 minutes		2000m 12 minutes	
16yo	2500m 12 minutes		2000m 12 minutes	
17yo	2700m 12 minutes		2100m 12 minutes	
18yo +	2700m 12 minutes		2100m 12 minutes	

ELITE 1: SENIOR NATIONAL REPRESENTATION AS A SPORT PERFORMANCE PADDLER – SLALOM

E1

PRIMARY AIMS: 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 Semi-final

PHASE DETAILS E1

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An Athlete	Is representing Australia on the Senior National Team at World Championships, World Cups and potentially Olympics. Makes a semi-final at a World Cup event. May be achieving outstanding results at Junior/ U23 World Championships (Top 10 or Top3)																									
Development Focus	At this level, the technical level should be highly developed. Learning with racing experience on the World Cup and World Championship with the aim of gaining exposure to medal winning positions in Finals. Exploring the hardest moves and fastest techniques. Developing a strategic approach to racing.																									
Technical Development	<p>At this stage, the newly gained strength levels are expected to positively impact the skill development of the athlete with increased acceleration, core control and rotational speed. The athlete will likely spend time adjusting to higher levels of speed in gates and attention should be focused on maintaining accuracy at top speed.</p> <p>Focus during training will be placed on:</p> <ul style="list-style-type: none"> greater levels of consistency in daily practice in more challenging situations. Consolidation of known techniques on open to medium complexity courses at higher speed will ensure greater levels of execution are possible during racing. Push current skill levels by exploring greater levels of control in the most difficult moves to straighten the lines and maintain downstream speed. Individual needs that are limiting race output. 																									
Physical Development	<p>An athlete who is within the elite categories, now has the training and physical maturity to sustain consistent advanced physical training methods throughout the training cycle and their physical training is tailored towards peaking for specific Benchmark events throughout the season.</p> <p>This level of athlete is now at the stage where they have a standard of physical ability capable of an international senior semi-final. The athlete and their coach are focusing technically on how to produce a straighter line through the course, focusing on keeping the athlete moving forward, and the physical conditioning should now shift to reflect this change in philosophy.</p> <p>Complementary to an athlete's individual needs throughout their program, some of the key physical pillars of performance that the physical development will aim to improve include:</p> <ul style="list-style-type: none"> Maximal strength to promote improved efficiency at the catch position of the forward stroke Advanced trunk integrity to allow the athlete to hold an effective posture throughout the run and control the boat in a three-dimensional fashion more accurately when they are travelling at maximal speeds Accelerative strength to reduce the time spent with minimal forward propulsion Provide a level of strength that allows the athlete to use their technical ability to attempt, progress, and ultimately achieve the highest level of technical execution. <p>From a conditioning perspective, the athlete should have now engaged in 5+ years of aerobic conditioning and is ready to sustain a higher level of intensity during conditioning sessions designed to enhance racing performance. Aerobic stimuli will still be present, however, the shift towards higher intensity is required to begin bridging the gap towards the fastest paddlers in the world.</p> <p>Athletes are now engaging in training volumes that are consistently at a level that can promote senior international performance outcomes. An approximate weekly training volume that an athlete should be able to engage in and then a higher level that should be possible at specific periods of the year to promote performance improvement include:</p> <table border="1"> <thead> <tr> <th></th><th>Normal Volume Training Week (Weekly training volume)</th><th>High Volume Training Week (Specific planned periods of the plan)</th></tr> </thead> <tbody> <tr> <td>Weekly sessions completed</td><td>Eleven (11) sessions</td><td>Fourteen (14) sessions</td></tr> <tr> <td>Weekly volume (RPE x duration)</td><td>4800 units</td><td>5500 units</td></tr> <tr> <td>Weekly whitewater sessions</td><td>Five (5) sessions</td><td>Eight (8) sessions</td></tr> <tr> <td>Weekly flatwater sessions</td><td>Two (2) sessions</td><td>Two (2) sessions</td></tr> <tr> <td>Weekly cross-training sessions</td><td>One (1) session</td><td>-</td></tr> <tr> <td>Weekly gym sessions</td><td>Three (3) sessions</td><td>Four (4) sessions</td></tr> <tr> <td>Weekly rest days</td><td>One (1)</td><td>One (1)</td></tr> </tbody> </table>			Normal Volume Training Week (Weekly training volume)	High Volume Training Week (Specific planned periods of the plan)	Weekly sessions completed	Eleven (11) sessions	Fourteen (14) sessions	Weekly volume (RPE x duration)	4800 units	5500 units	Weekly whitewater sessions	Five (5) sessions	Eight (8) sessions	Weekly flatwater sessions	Two (2) sessions	Two (2) sessions	Weekly cross-training sessions	One (1) session	-	Weekly gym sessions	Three (3) sessions	Four (4) sessions	Weekly rest days	One (1)	One (1)
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Excellence Development	<p>At this stage, the paddler makes conscious choices every day to optimise excellence. Paddler fully trusts training routines and able to minimise anxiety on race day to deliver best potential by using clearly defined individual routines.</p> <p>The athletes put all skills learnt in the previous years to the test of the international senior tour. They actively refine various skills on a day-to-day basis in a greater variety of contexts. May reach out to best available provider to maximise outcomes.</p> <p>With the help of the performance team, the athlete builds a very clear picture of the performance gap and becomes accountable to it which results in hitting each session with strong intent and purpose.</p> <p>Remains open to discussion with the team regarding performances and displays a willingness to experiment and move forwards despite setbacks and challenges. The athlete develops perseverance towards progressions and resilience to setbacks at the senior level.</p> <p>The athlete actively works through the challenges of life balance (training, travelling, working, education) and may engage in designing a balanced life to the benefit of performance. Works actively with the Wellbeing staff if required and may clarify personal philosophy, values, and purpose in sport</p> <p>Shows effective signs of adaptability on overseas tours with the capacity to focus on what matters to perform despite external challenges and team life. Actively minimizes mistakes on water by instantly refocusing; this process brings rewards on international races where performance gaps are very small.</p>
Coaching Level	High Performance Program Coach
Targeted Competitions	World Cups, World Championships, Olympics, ICF ranking races that may be important for preparation
Training Camps	National Team camps, NCE Squad Training Camp, potentially Olympic Training Camp.
Pathways Squad	NCE
Categorisation	Podium Potential, Podium Ready.

TECHNICAL SKILLS	
Boat Control	<ul style="list-style-type: none"> • Smoother transitions from edge to edge. • Refine “pop” and bounce effect in most complex turns. • Create boat grip within a shorter time window. • Consolidate technique under stress (fatigue, emotional, cognitive).
Paddle	<ul style="list-style-type: none"> • Pick up subtle differences at the catch in all positions to adapt orientation and intensity to maximise synchronisation with the boat. • Stroke timing is consistently smooth and measured. • Consolidate under stress (fatigue, emotional, cognitive).
Posture / Transmission	<ul style="list-style-type: none"> • Posture and body control should support and enhance the use of the boat in most cases. • Refines body dissociation and transmission in the most complex courses.
Lines	<ul style="list-style-type: none"> • Can pick, visualise, and plan for the fastest line. • Adapts lines according to racing strategy and individual skills level.
Equipment	<ul style="list-style-type: none"> • Opinionated and critically analyses best equipment for self. Expected to have tested various boats to make informed decisions. • Maintains equipment in good condition to allow best on water performances. • Accountable and acts ahead of equipment control on race day.

PHYSICAL PERFORMANCE STANDARDS				
Movement Competencies				
Trunk integrity competencies	Prone hold (front) arms straight at 45 degrees (90sec) []	Side (Right) Prone Star hold arms straight (70sec) []	Side (Left) Prone star hold arms straight (70sec) []	Prone hold (back) arms straight at 45 degrees (70sec) []
Lower body function	Barbell Back Squat (10) []	Overhead Squat (10) []	Overhead Walking lunge (5 each leg) []	Single Leg Squat no bench (5) []
On Water Physical Capacity				
Physical Test	K1M Standard	K1W Standard	C1M Standard	C1W Standard
60m Test	22.7sec	25.29sec	26.72sec	30.91sec
9 Lap Test	83.99sec	90.08sec	95.97sec	103.21sec
300m Test	144.28sec	153.27sec	162.04sec	172.02sec
6min Max Distance	Values to these tests are currently being developed and once there is sufficient data to provide reliable and relevant information, this document will be updated accordingly to reflect the capacity for each class of athlete.			
20m Sprint				
Relative Strength Standards				
The standards below are to be used as a secondary target to technical execution. If an athlete cannot perform the movement correctly, they should not be attempting to reach the strength standards. The athlete also does not have to test a 1RM if they do not want to, there are many prediction equations that have been scientifically validated. If you would like access to these, please reach out to the high-performance team for assistance and guidance.				
Physical Test	Male Standard		Female Standard	
Bench Press (1RM)	1.5 x Bodyweight		1.3 x Bodyweight	
Bench Pull (1RM)	1.5 x Bodyweight		1.3 x Bodyweight	
Trap Bar Deadlift (1RM)	2.0 x Bodyweight		1.7 x Bodyweight	
Neutral Grip Pull-up (1RM)	1.5 x Bodyweight (Lifting 50% of athlete’s bodyweight)		1.3 x Bodyweight (Lifting 30% of athlete’s bodyweight)	
Off Water Aerobic Capacity				
Now that the athlete is at a senior international standard and is pushing towards World Championship and Olympic performances, focus becomes more specific to solve the performance problems. The assumption is that an athlete in this phase of their career can still maintain an off water aerobic capacity to the level of a T4 athlete to supplement their on-water performance training.				

ELITE 2: PODIUM SUCCESS AS A SPORT PERFORMANCE PADDLER – SLALOM

E2

PRIMARY AIMS: 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.

PHASE DETAILS E2

An Athlete	Is a medal winner at a World Championships, Olympics and/or World Cup.
Development Focus	Refining the highest level of skills. Familiarity and confidence at a full range of whitewater venues to execute medal winning performances. Engaging proactively with the performance team at a strategic level to tailor DTE. Reframing events to maximise learning outcomes.
Technical Development	<p>Maximises all aspects of technique to the athlete's full potential in all conditions and all international venues at each stage of competition. Develops state of the art technique and tactics that are fully reliable under stressful conditions.</p> <p>Relentlessly improves skills (analytical or holistic) and may be enhanced by innovative equipment.</p> <p>Execution of skills may be put to the test every day in training in overreaching/challenging/unusual conditions to consolidate ability to perform against the odds and optimise adaptability.</p>
Physical Development	<p>Physical preparation at this level is now driven by the athlete and coach as a combined team since the athlete is now able to perform at a level which is of an international medal standard. With success at achieving an international podium now possible, continuing to dive into what is causing losses in time is maintained as the main method to create training plans.</p> <p>At this stage of development, the athlete has had many years (5+) of aerobic base training to build the foundation and this is of a suitable level all year round for the sport of canoe slalom. Although this can always be improved, the need for aerobic capacity may decrease and be replaced for aerobic power instead.</p> <p>Deep investigation to determine elements of physical preparation that are causing time loss during racing. This will then form the basis of the physical development plan instead of a generic plan that is based on developing an athlete's physical qualities progressively. This causes a rise in the intensity and specific time domains that are present in racing and intervals that reflect either the requirements of racing, or the athlete's deficiencies. For example, if an athlete is struggling towards the end of the run, or if an athlete needs to work on their 10sec efforts where the course is extremely open.</p> <p>Physical development is now also seen as a potential back seat modality as it is developed to a podium standard. Meaning that maintenance should ensure that this level is always present, with the smallest level of fatigue possible, enabling maximisation of whitewater training to improve specific racing deficiencies that will determine winning ability.</p> <p>At this stage, given the need to increase the intensity, and maintain the quality of the execution, recovery for this level of athlete becomes a high priority within the training plan. Given the maturation of the athlete, training history, performance ability to get to this point, and the gaps that are present in racing, focusing on details and letting the athlete recover, and learn from the extra time is a critical element of the training plan.</p>
Excellence Development	<p>The athlete has mastered all the skills to achieve medal winning performances at the World Championships and Olympic Games. The biggest challenge may well be to be able to keep learning after a first success.</p> <p>For continuous improvement and self-actualization, athletes reassess all parameters of performance with a realistic evaluation process and identify areas to further develop or start exploring.</p> <p>Can actively provoke change even in uncomfortable but necessary areas to the benefit of performance.</p> <p>Hold themselves accountable for change and use the performance team to stay on track and monitor behaviours</p> <p>Might need to (re)discover the sport from a new angle to maintain excitement and passion</p>
Coaching Level	High Performance Program Coach
Targeted Competitions	World Championships, Olympics, World Cups
Training Camps	NCE Squad Training Camp, Olympic Training Camp, individualised national and international training camps.
Pathways Squad	NCE Squad, Australian Olympic Team
Categorisation	Podium Potential, Podium Ready

TECHNICAL SKILLS	
Boat Control	<ul style="list-style-type: none"> Embraces continuous improvement in each section, either with an analytical/forensic approach (purely technical) or a holistic approach (integrating various parameters). Spends time improving every day for marginal gains. Understands that minimal gains or leap of faith in performance can be achieved at the crossroad of many fields and states of mind.
Paddle	
Posture / Transmission	
Lines	
Equipment	<ul style="list-style-type: none"> Explores new designs, materials, and technologies to fit individual style and increase performance gains.

PHYSICAL PERFORMANCE STANDARDS				
Movement Competencies				
Trunk integrity competencies	Prone hold (front) arms straight at 45 degrees (90sec) []	Side (Right) Prone Star hold arms straight (70sec) []	Side (Left) Prone star hold arms straight (70sec) []	Prone hold (back) arms straight at 45 degrees (70sec) []
Lower body function	Barbell Back Squat (10) []	Overhead Squat (10) []	Overhead Walking lunge (5 each leg) []	Single Leg Squat no bench (5) []
On Water Physical Capacity				
Physical Test	K1M Standard	K1W Standard	C1M Standard	C1W Standard
60m Test	22.7sec	25.29sec	26.72sec	30.91sec
9 Lap Test	83.99sec	90.08sec	95.97sec	103.21sec
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6min Max Distance	Values to these tests are currently being developed and once there is sufficient data to provide reliable and relevant information, this document will be updated accordingly to reflect the capacity for each class of athlete.			
20m Sprint				
Relative Strength Standards				
The standards below are to be used as a secondary target to technical execution. If an athlete cannot perform the movement correctly, they should not be attempting to reach the strength standards. The athlete also does not have to test a 1RM if they do not want to, there are many prediction equations that have been scientifically validated. If you would like access to these, please reach out to the high-performance team for assistance.				
Physical Test	Male Standard		Female Standard	
Bench Press (1RM)	An athlete in this phase should maintain the minimum standards from the E1 phase (1.5 x Bodyweight for each lift). However, to ensure that we are not wasting time, the standard for E2 and M1, is a cumulative average of 1.7 x bodyweight across all three upper body lifts. This allows the athlete to improve their stronger lifts according to their program needs.		An athlete in this phase should maintain the minimum standards from the E1 phase (1.3 x Bodyweight for each lift). However, to ensure that we are not wasting time, the standard for E2 and M1, is a cumulative average of 1.5 x bodyweight across all three upper body lifts. This allows the athlete to improve their stronger lifts according to their program needs.	
Bench Pull (1RM)				
Neutral Grip Pull-up (1RM)				
Trap Bar Deadlift (1RM)	2.2 x Bodyweight		2.0 x Bodyweight	
Off Water Aerobic Capacity				
Now that the athlete is at a senior international standard and is pushing towards World Championship and Olympic performances, focus becomes more specific to solve the performance problems. The assumption is that an athlete in this phase of their career can still maintain an off water aerobic capacity to the level of a T4 athlete to supplement their on-water performance training.				

MASTERY 1: SUSTAINED SUCCESS AS A SPORT PERFORMANCE PADDLER – SLALOM

M1

PRIMARY AIMS: Enabling continuous improvement and innovation in targeted parameters of performance. Aligning sport career, professional and personal life to ensure well-being and best performance outcomes at Olympics and World Championships. Lead change

PHASE DETAILS M1	
An Athlete	Wins multiple medals at multiple World Championships, or Olympics and World Cups,
Development Focus	Managing complex environments at major events and making the necessary behavioural changes. Exploring the limits to current skills (on and off water) and what's possible. Building a high functioning reliable team around them.
Technical Development	<p>The athlete is highly skilled and expected to be a natural leader on the international stage. Paddler makes deliberate efforts to innovate by using forward thinking (trend setter). Trains with different world class training partners to immerse themselves in best practices and puts a personal twist to new information to fuel innovation.</p> <p>Relentlessly improves skills (analytical or holistic) and may be enhanced by innovative equipment.</p> <p>Execution of skills may be put to the test every day in training in over overreaching/challenging/unusual conditions to consolidate ability to perform against the odds and optimise adaptability.</p>
Physical Development	<p>An athlete in this phase of their career can win medals and has shown the ability of this. Physical development is at a level where it can support winning.</p> <p>High levels of analysis will be taken to determine any potential areas of physical preparation that may be a limiting factor to future success that aren't apparent right now. Analysis will also be driven towards any potential areas that cause the athlete to not be able to express their winning potential. For example, when pushing the limits of new technical avenues, does the athlete's current range of motion limit their ability to innovate and therefore this is a new performance problem that needs to be solved.</p> <p>The athlete is now able to compete and perform comfortably throughout the annual periodisation and to ensure adequate time to develop as such an advanced athlete, peaking is limited to once or at max, twice per year to ensure training adaptation and skill acquisition/execution is maximised.</p>
Excellence Development	<p>The athlete focuses on developing a strategy for a full Olympic cycle or more. The athlete works on long term life balance to ensure long term successes by aligning sport career, professional career, and personal life. In doing so, they develop a clear sense of purpose in sport AND life.</p> <p>Athletes devote themselves to continuous learning through the toughest times and complex environments. They can follow up with powerful behavioural changes, if necessary, not only for themselves but for the team around them.</p> <p>Is naturally self-aware and applies self-regulation strategies not only in sport but also in life and professional career.</p> <p>Backs themselves up with confidence in the most complex environments through highly trusted routines on and off the water.</p> <p>Gain exposure to wider community and successfully manages growing expectations from the media especially on major events. Develops the ability to balance growing off water expectations with training constraints and maximise performance outcomes on major events.</p> <p>Through showing by examples and acting, the athlete is a natural role model and leader which displays Paddle Australia's values as well as strong personal values. Inspires others to better themselves.</p>
Coaching Level	High Performance Program Coach, identified external provider expert in targeted fields.
Targeted Competitions	Olympics, World Championships and World Cups.
Training Camps	NCE Squad Training Camp, Olympic Training Camp, individualised national and international training camps.
Pathways Squad	NCE Squad, Australian Olympic Team, individualised team unit.
Categorisation	Podium

TECHNICAL SKILLS	
Boat Control	<ul style="list-style-type: none"> Embraces continuous improvement in each section, either with an analytical/forensic approach (purely technical) and/or a holistic approach (integrating various parameters). Spends time improving every day for marginal gains. Understands that minimal gains or leap of faith in performance can be achieved at the crossroad of many fields and states of mind.
Paddle	
Posture / Transmission	
Lines	
Equipment	<ul style="list-style-type: none"> Explores new designs, materials, and technologies to fit individual style and increase performance gains.

PHYSICAL PERFORMANCE STANDARDS				
Movement Competencies				
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Trap Bar Deadlift (1RM)	2.2 x Bodyweight		2.0 x Bodyweight	
Off Water Aerobic Capacity				
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