

# National Canoe Slalom Performance Pathway Squad Programs: Canoe Slalom (2022-2024)

From 2022, Paddle Australia will utilise 3 different National Squad Programs throughout the Paris 2024 Olympic Games cycle, the following National Squads will exist within the Performance Pathway.

Paddle Australia will utilise Athlete Categorisation to inform National Squad selection. The purpose of this new framework is to provide an environment and a structure to support future medal success over the next 4yr, 8yr or 12yr Olympic cycles.

This structure will be led by the Performance Pathway Coach, Titouan Dupras. Titouan Dupras is principally responsible for the National Pathway Squad program and its athletes, while driving all performance pathway activities within Penrith and during associated camps.

This role will include assisting any identified performance pathway athletes categorised as Developing or Emerging located and/or visiting Penrith.

## 1. NATIONAL PERFORMANCE ACADEMY (NPA) (6-9 YEAR HORIZON)

The primary aim of the newly established National Performance Academy squad is to support young developing athletes between 17 and 23 years who have demonstrated high performance potential. The Academy will develop a learning environment and exposure to higher levels of training and competition to assist the transition into the NCE squad. The squad will have exposure to both NCE and Development training sessions (including whitewater and coaching), whilst in Penrith under the supervision of the Performance Pathways Program Coach.

**AIS CATEGORISATION: DEVELOPING**

### SUPPORT BENEFIT

Support provided by Paddle Australia's Performance Pathway in Penrith:

#### Access to NCE sessions

- When joining these sessions, NPA athletes will follow the structure of the Senior Coaches and Senior athletes.
- NCE sessions are a great opportunity to watch and learn from Senior and Olympic athletes.

If an NPA athlete does not want to follow the NCE program then this needs to be communicated ahead of the NCE sessions with the National Performance Pathways Coach

#### Access to the NCE gym

- If an NPA athlete requests to use the NCE gym in Penrith an agreement is required from Paddle Australia's High Performance Canoe Slalom's Physical Performance Specialist
- This agreement is to outline the strength and conditioning program for the NPA athlete and the agreed times to access the NCE

### **Physiotherapy**

- If an NPA athlete requires to see the NCE Team Physiotherapist this needs to be communicated in advance through the National Performance Pathways Coach

### **Video Review**

- Video review will be available for some training sessions, and this is at the discretion of the National Performance Pathways Coach
- Video review will be provided after a National race where the National Performance Pathways Coach is supporting the NPA athlete in that competition

### **Delivery sessions**

- NPA athlete will be able to access targeted delivery sessions in the NCE sessions alongside the NCE athletes. Access to these sessions are at the discretion of the National Performance Pathways Coach

### **Training Tool**

- As part of the NPA, athletes will be given access to a basic training monitoring tool that will allow the athlete, daily training environment coach, and Performance Pathway coach and staff to collaborate on the athletes training plan.

### **Coach Guidance**

- The NPA athletes will receive guidance from the National Performance Pathway Coach in various fields of performance that are identified as important for each athlete. This guidance will occur during the weekly meetings organise in Penrith. The Performance Pathway Coach will use the training monitoring tool to inform the discussion.

## **CAMP OPPORTUNITIES**

The National Performance Academy is a development squad who will gain access to the following development opportunities in 2022:

National Performance Academy (NPA) Training Camps and activities

1. NPA/NES camp in Brady's Lake, Tasmania, April 2022
2. NPA International training camp in Paris and Krakow, June and July 2022
3. All National Pathway Squad International camp (NZL), 2022\*

*\*(subject to international travelling restrictions)*

## **NATIONAL PERFORMANCE ACADEMY SUBSIDY**

National Performance Academy athletes will receive a subsidy to attend targeted domestic camp activities and training opportunities.

## 2. NATIONAL EMERGING SQUAD (NES) (9-12 YEAR HORIZON)

The aim of the NES is to provide targeted training camps with high level coaches to improve technique and experience to identified development level athletes aged U21.

The Squad is a camp-based program with monitoring of training throughout the year. The objective is to enhance foundations skills, attitude, and physical development to move up to the NPA.

The NES Squad, which has a 9–12-year horizon and is focussed on athletes who are U21, who will have access to domestic camps, along with a Performance Pathway Coach whilst in Penrith during prearranged times in the season.

**AIS CATEGORISATION: EMERGING**

### SUPPORT BENEFIT

Support provided by Paddle Australia's Performance Pathway in Penrith:

#### **Access to NCE Sessions:**

- Opportunity to paddle in targeted NCE sessions at the discretion of the National Performance Pathways Coach

#### **Coaching Support**

- Coaching in NCE sessions when invited
- Occasional Coaching support on local club Whitewater session
- Regular contact with the National Performance Pathways Coach.

#### **Training Tool**

- As part of the NES athletes will be given access to a basic training monitoring tool that will allow the athlete, daily training environment coach, and Performance Pathway coach and staff to collaborate on the athletes training plan.
- In collaboration with their daily training environment coach, the NES athletes will receive guidance from the National Performance Pathway Coach in various fields of performance that are identified as important for each athlete. This guidance will occur during camps or organised meetings in Penrith and the Performance Pathway Coach will use the training monitoring tool to inform the discussion.

### CAMP OPPORTUNITIES

The National Emerging Squad is a development squad who will gain access to the following development opportunities in 2022:

National Performance Academy (NPA) Training Camps and activities

1. NPA/NES camp in Brady's Lake, Tasmania, April 2022
2. All National Pathway Squad International camp (NZL), 2022\*

*\*(subject to international travelling restrictions)*

## NATIONAL EMERGING SQUAD ATHLETE SUBSIDY

National Emerging Squad athletes will receive a subsidy to attend targeted domestic camp activities and training opportunities.

## 3. NATIONAL DEVELOPMENT SQUAD (NDS) (9-12 YEAR HORIZON)

The aim of the NDS is to identify U21 athletes are identified as having the potential to progress to NES. It will largely be a self-funded squad who will be provided some development opportunities focussed on building the required foundation skills, experience, and education towards being a high-performance athlete.

**AIS CATEGORISATION: N/A**

## SUPPORT BENEFIT

### Training Tool

- As part of the NDS, athletes will be given access to a basic training monitoring tool that will allow the athlete, daily training environment coach, and Performance Pathway coach and staff to collaborate on the athletes training plan. This will help to inform further education for coaches on training methods to improve developmental athletes, as well as provide a tool to implement best practice for the long-term development of the athlete.
- In collaboration with their daily training environment coach, the NDS athletes may receive guidance from the Performance Pathway Coach in various fields of performance that are identified as important for each athlete. This guidance may occur during camps, as well as in-between camps if required. The Performance Pathway Coach will use the training monitoring tool to inform the discussion.

## CAMP OPPORTUNITIES

The National Developing Squad is largely a self-funded development squad who will gain access to the following development opportunities in 2022:

1. National Development Squad (NDS) Training Camps and activities
2. NDS camp being held within the All States training camp in Brady's Lake, Tasmania, April 2022
3. Access to the All States training camp in Penrith, October 2022
4. All National Squad international camp (NZL), 2022\*  
*\*(subject to international travelling restrictions)*

## NATIONAL DEVELOPING SQUAD ATHLETE SUBSIDY

National Developing Squad athletes will receive a one-off subsidy to attend the NDS training Camp in Brady's Lake, Tas.