



Australian Sailing Performance Pathways Strategy Update

'Planning to be the best HP development program in the World by Paris 2024'



Performance Pathways Strategy Overview

- Context – Where we sit
- Alignment to HP strategy
- Performance Pathways 2021-22
- Key Changes
- Categorisation and selection
- What will you see



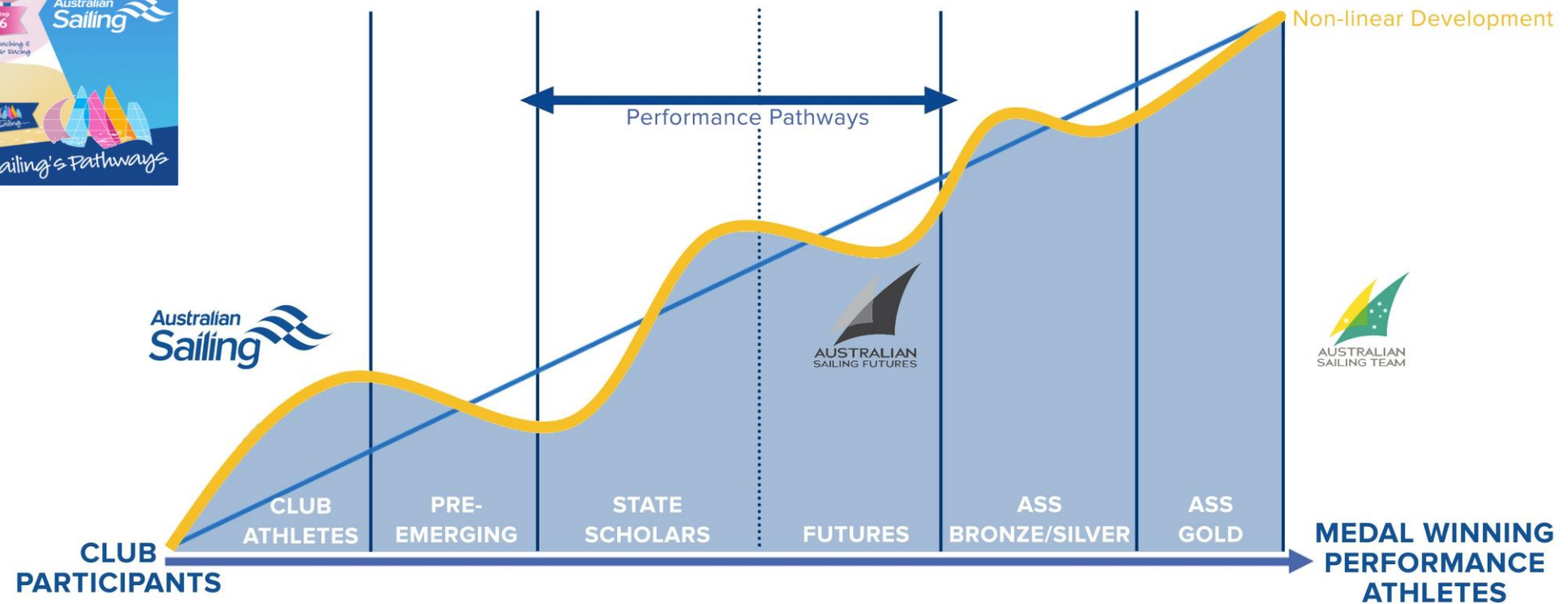
Performance Pathways - Context

Where Performance Pathways sit



PERFORMANCE PATHWAY - CONTEXT

Where Performance Pathways Sit



Performance Pathways – Alignment to Strategy

11 Point Plan:

Program Philosophy

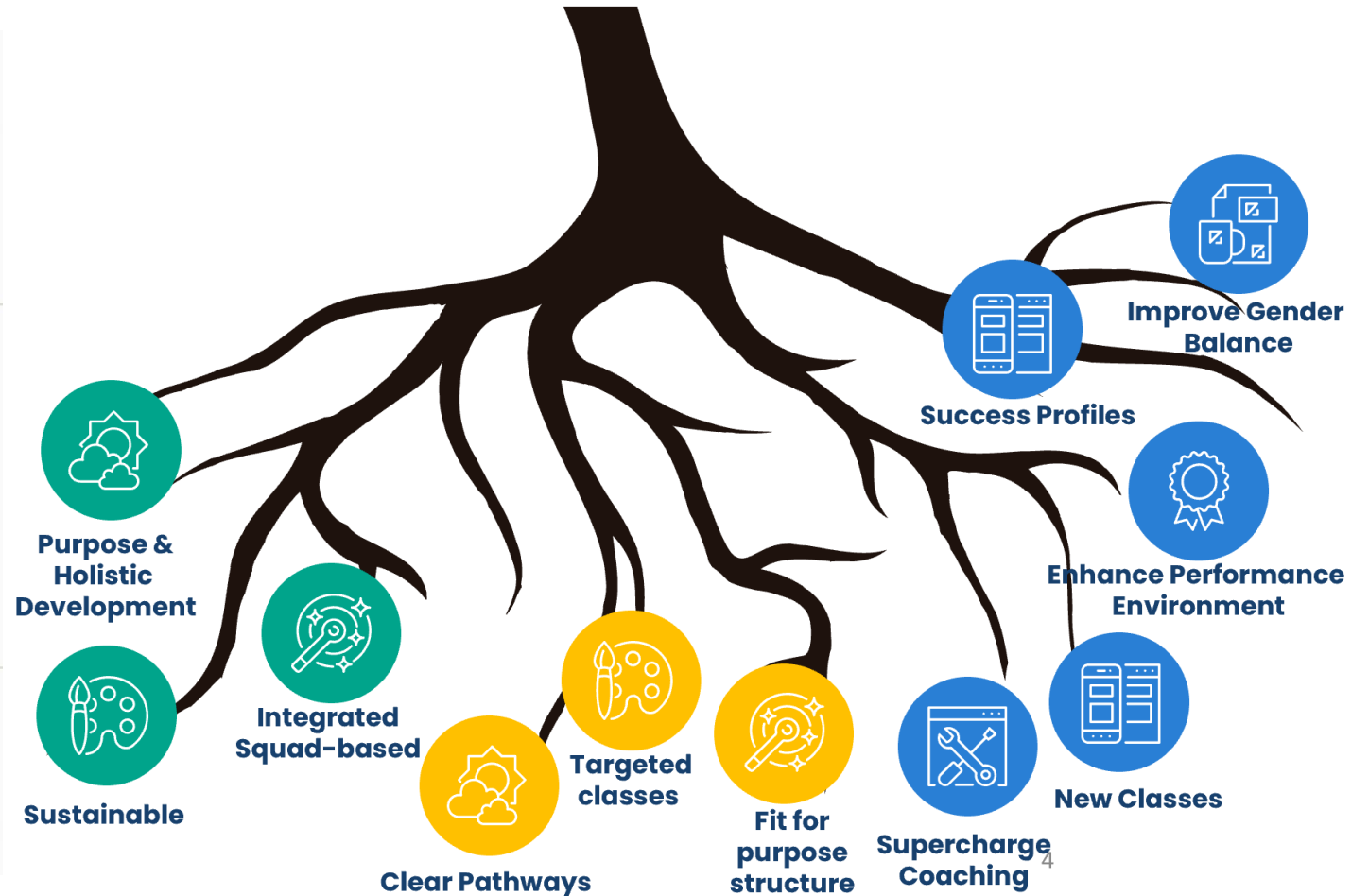
1. Higher-order program purpose & holistic development
2. Sustainable integrated medal winning HP System
3. Squad-based performance model

Strategic Priorities

4. Effective use of athlete success profiles
5. Supercharge coaches & coaching
6. Stepping up quality & consistency of the performance environment – campaign planning, tech & operational excellence
7. Improve gender balance in HP pathway & increase medal winning women
8. Build new capability in kites & boards over longer term & specialised offshore approach

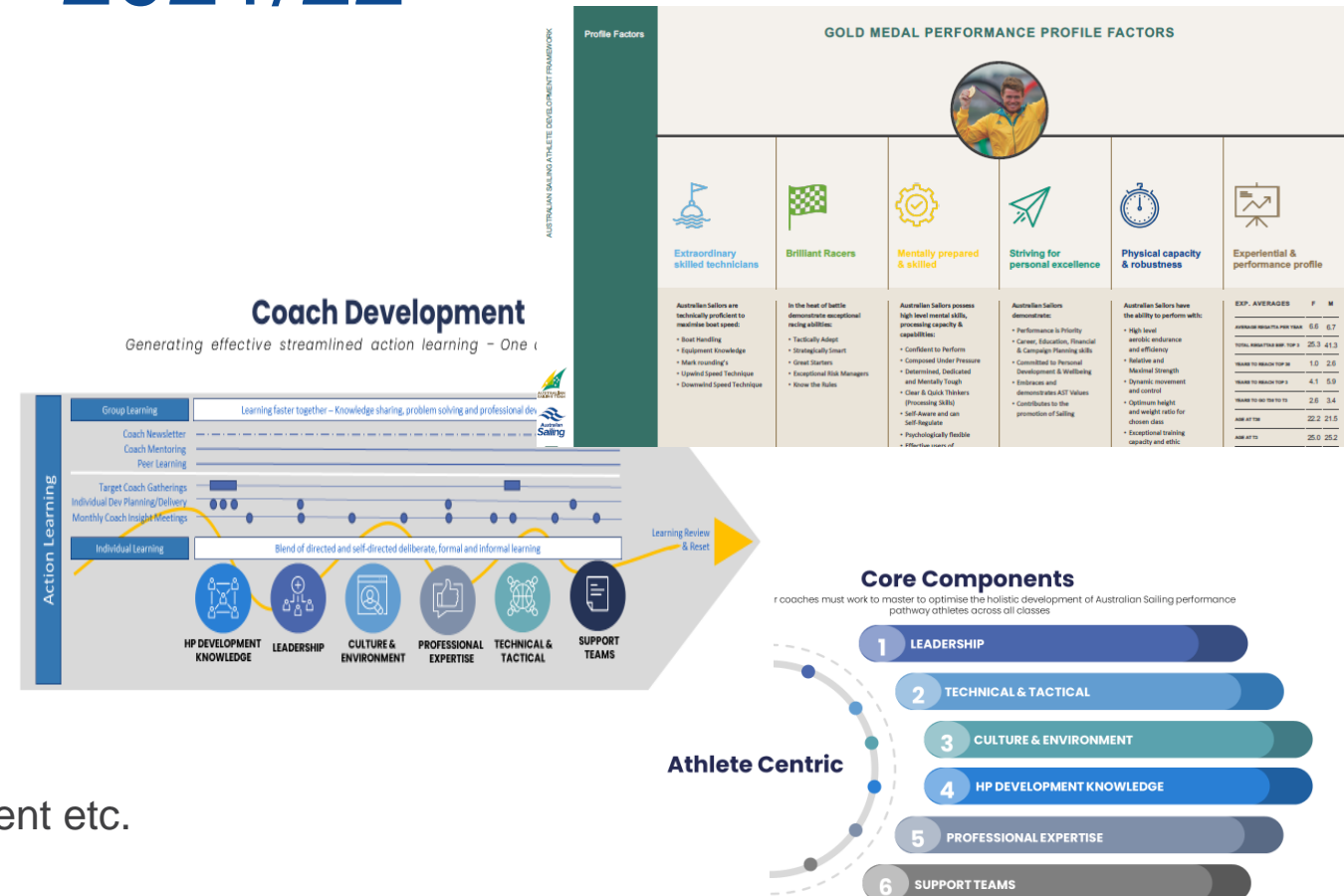
Delivery Model

9. Prioritised medal class portfolio & enhance repeatability
10. Clear Performance Pathways & NIN & Patron partnerships
11. Deliberate fit for purpose structure aligned to new strategy



Performance Pathways – 2021/22

- Athlete Development Framework
- Coach Development Framework and Programs
- Enhanced
 - Daily Training Environments
 - Performance Support
 - Enhanced Integration (Internal and across performance support)
- New Classes additional support
- Intro and development of Futures Program
- Other Projects: Talent ID, AIS Coach/Staff Development etc.



Key Areas of Change

Coaching

- Support for aspiring coaches
 - Advanced Fleet Coaches, state clinics professional development and mentoring
 - #Nextlevel Coach Program
 - Coach Advance Program and Individual Development Plans (IDPs)

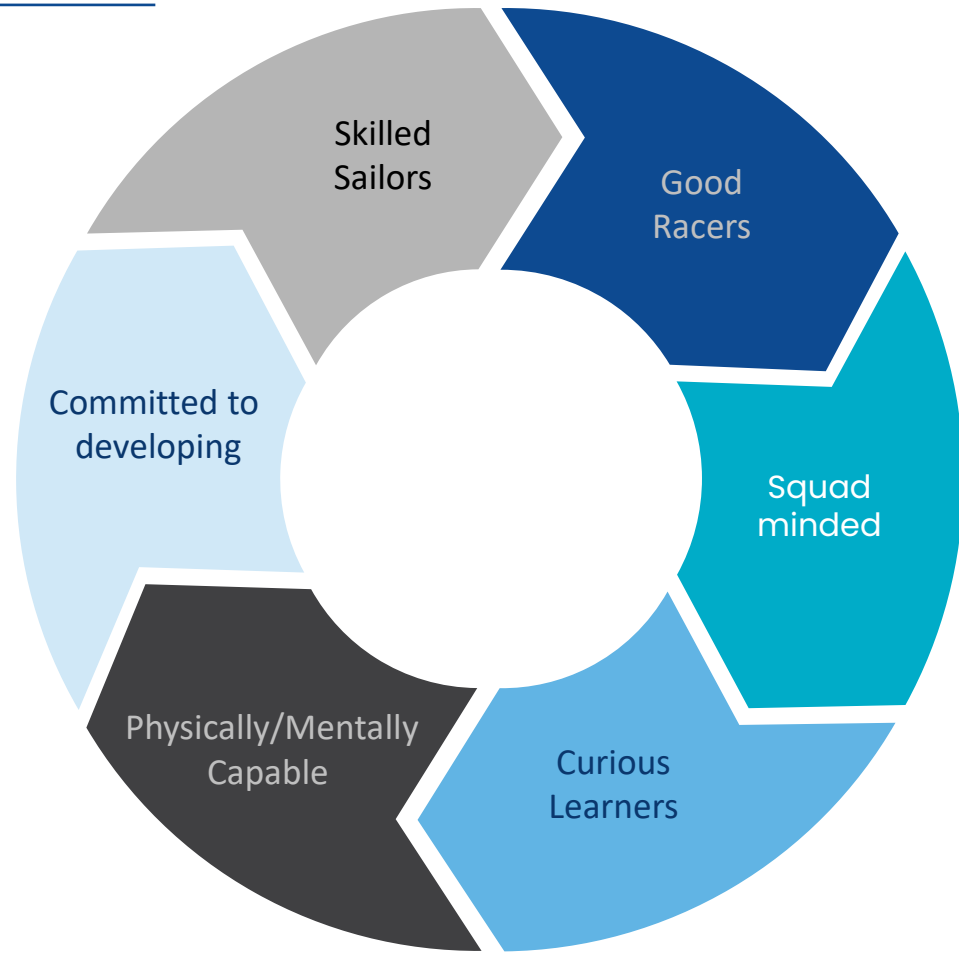
System

- IDPs aligned to Athlete Development Framework (ADF)
- More informed athlete selection processes
- Increased pathway visibility
- Greater system alignment

Programs


- Focused attendance at Youth Class Worlds instead of World Sailing Youth Worlds, for more effective development of young sailors – bigger fleets, more athletes, better quality coaching
- Enhanced Youth/pre-emerging opportunities – state clinics plus invite based integration opportunities, #nextgen
- Enhanced state programs with additional embedded performance support
- Enhanced Futures program – supporting coaching at targeted international events, campaign plan development and support for identified athletes in Olympic classes


What we are looking for




Profile Factors

GOLD MEDAL PERFORMANCE PROFILE FACTORS







Extraordinary skilled technicians




Brilliant Racers




Mentally prepared & skilled



Striving for personal excellence



Physical capacity & robustness



Experiential & performance profile

Australian Sailors are technically proficient to maximise boat speed:

- Boat Handling
- Equipment Knowledge
- Mark rounding's
- Upwind Speed Technique
- Downwind Speed Technique

In the heat of battle demonstrate exceptional racing abilities:

- Tactically Adept
- Strategically Smart
- Great Starters
- Exceptional Risk Managers
- Know the Rules

Australian Sailors possess high level mental skills, processing capacity & capabilities:

- Confident to Perform
- Composed Under Pressure
- Determined, Dedicated and Mentally Tough
- Clear & Quick Thinkers (Processing Skills)
- Self-Aware and can Self-Regulate
- Psychologically flexible
- Effective users of psychological coping skills

Australian Sailors demonstrate:

- Performance is Priority
- Career, Education, Financial & Campaign Planning skills
- Committed to Personal Development & Wellbeing
- Embraces and demonstrates AST Values
- Contributes to the promotion of Sailing

Australian Sailors have the ability to perform with:

- High level aerobic endurance and efficiency
- Relative and Maximal Strength
- Dynamic movement and control
- Optimum height and weight ratio for chosen class
- Exceptional training capacity and ethic

EXP. AVERAGES

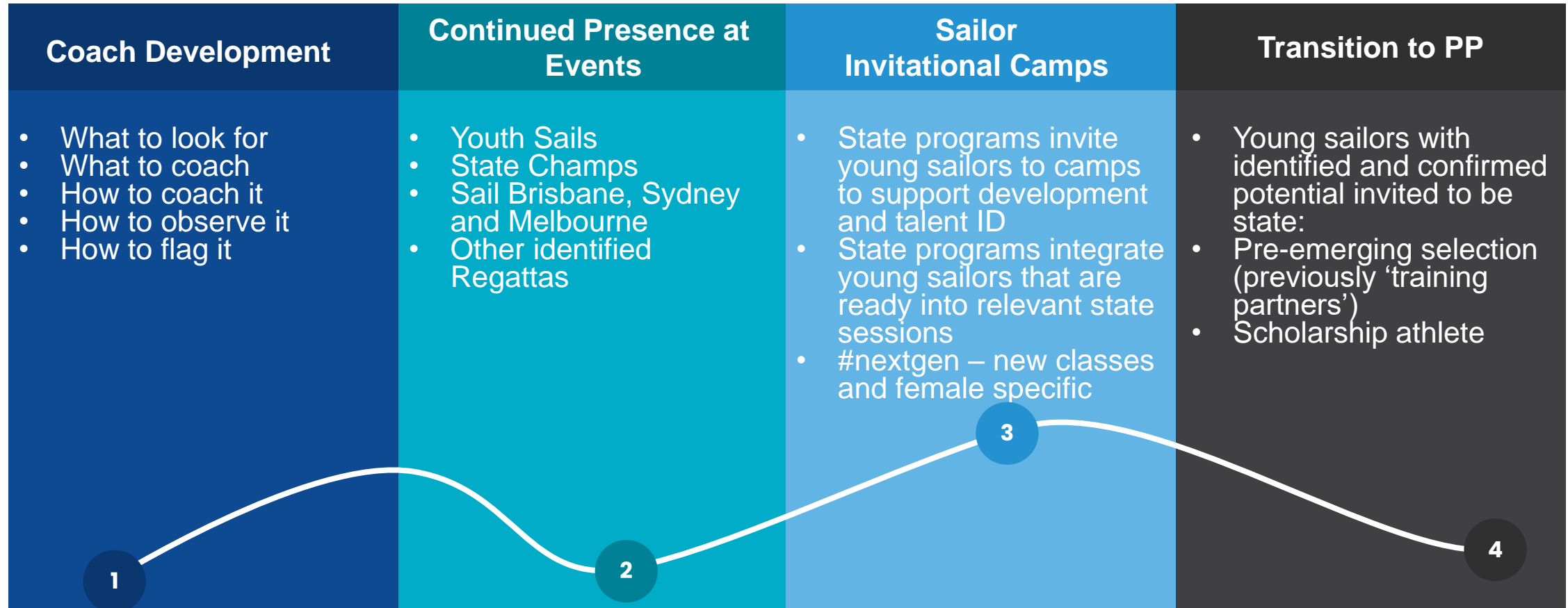
	F	M
AVERAGE REGATTA PER YEAR	6.6	6.7
TOTAL REGATTAS BY TOP 3	25.3	41.3
YEARS TO REACH TOP 10	1.0	2.6
YEARS TO REACH TOP 3	4.1	5.9
YEARS TO GO TO TOP 10	2.6	3.4
AGE AT T10	22.2	21.5
AGE AT T3	25.0	25.2

CONTENTS

Next steps – Youth Teams/Selection and Support

- Performance Pathways group convene to ensure we maximise the youth class worlds experience
- Work with class associations to understand the most effective structure, support and numbers of boats etc.
- Generate clarity on how boats are to be selected and what those boats then access as part of our support
- Create a clear calendar to better enable sailors, coaches and parents plan for the upcoming events and seasons

What people will see



AIS Categorisation

		Description & Criteria
National Performance Pathway Categorisation	Podium	<p>Olympic/Paralympic Pathway – Athletes have won a medal at an Olympic/Paralympic Games, World Championships or agreed event in the previous 24 months AND must be assessed against the sport-specific matrix as being capable to win a medal at the next Olympic/Paralympic Games.</p> <p>Commonwealth Games Pathway (CG-only sports) – Athletes have won a medal at the Commonwealth Games, World Championships or agreed event in the previous 24 months AND must be assessed against the sport-specific matrix as being capable to win a medal at the next Commonwealth Games.</p>
	Podium Ready	<p>Olympic/Paralympic Pathway – Athletes have placed 4-8th at the most recent Olympic/Paralympic Games/World Championships OR by exception an agreed equivalent alternative (ie an objective, data verified performance or World Ranking) AND must be assessed against the sport-specific matrix as being capable to progress to PODIUM level, targeting a medal at the next Olympic /Paralympic Games.</p> <p>Commonwealth Games Pathway (CG-only sports) – Athletes have placed 4-8th at the most recent Commonwealth Games, World Championships or agreed event AND must be assessed against the sport-specific matrix as being capable to progress to PODIUM level, targeting a medal at the next Commonwealth Games.</p>
	Podium Potential	Athletes will have achieved agreed performance benchmarks which, alongside international competition performances, reliably indicate their future potential for podium success. Athletes must be assessed against the sport-specific matrix as being capable to progress to at least PODIUM READY level within the agreed sport-specific matrix timeframes.
	Developing	<p>Athletes have progressed through a reliable national talent confirmation phase and placed within a dedicated national development program.</p> <p>Athletes must be assessed against the sport-specific matrix as being capable to progress to at least PODIUM POTENTIAL level within the agreed sport-specific matrix timeframes.</p>
	Emerging	Athletes have been identified by an NSO via a valid and reliable talent identification profiling method (agreed in advance and with future podium potential characteristics identified) and are going through a set, time-limited talent confirmation period.

Selection Snapshot 2022 – State Programs (SSPP)

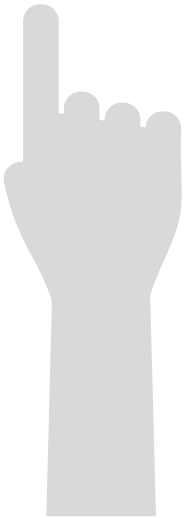
To be considered for selection	Overall Male/Mixed Sailors	Overall Female Sailors
Selection to the Australian Sailing Youth Team (1) and/ or top 3 placing and top 20% of the fleet for Youth Class Pathway Class Nationals U19 (4)	✓	✓
Top 10 overall placing and top 20% of the fleet based on World Sailing Youth Categories Class World Championships (2)	✓	✓
Top 10 overall placing and top 20% of the overall fleet at World Sailing Youth World Championships (3&4)	✓	✓
Sail Sydney and Sail Melbourne which will include placing, fleet size and depth of field into consideration	✓	✓
Top 10 (single handed) or top 6 (double handed) placing and top 30% of fleet at Australian Olympic Class Championship (4)	✓	✓
Top 10 (single handed) or top 6 (double handed) overall placing and top 30% of the fleet at Olympic Class Junior World Championships and/or European Championships (5)	✓	✓

Selection Snapshot 2022 – Futures

To be considered for selection	Overall Male/Mixed Sailors	Overall Female Sailors
Top 30% of the overall fleet at the Junior Worlds “U21 – U23”	✓	✓
Top 50% of the overall fleet at the Olympic - Class Worlds	✓	✓
Top 40% of the overall fleet at the Open Europeans	✓	✓
Sail Sydney and Sail Melbourne which will include placing, fleet size and depth of field into consideration	✓	✓
Top 8 (single-handed) or Top 6 (double-handed) overall AND top 20% fleet at Olympic Class Nationals (10 entries minimum)	✓	✓
Youth Pathway Classes. Top 3 overall placing and top 20% of the fleet based at Class Nationals. (10 entries minimum)	✓	✓
Youth Pathway Classes. Top 10 overall placing and top 20% of the fleet based on World sailing Youth Categories Class World Championships.	✓	✓

What people will see

**Enhanced
coaching**



**Enhanced
alignment
along the
pathway**



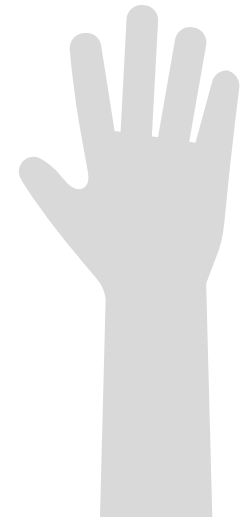
**Increased
opportunities
for more
developing
sailors**



**More systematic
ID and
development
practices**



**Targeted
competition
entry and
support plus a
squad
approach**





Thank you



For any additional questions contact any of the
performance pathways team.

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