



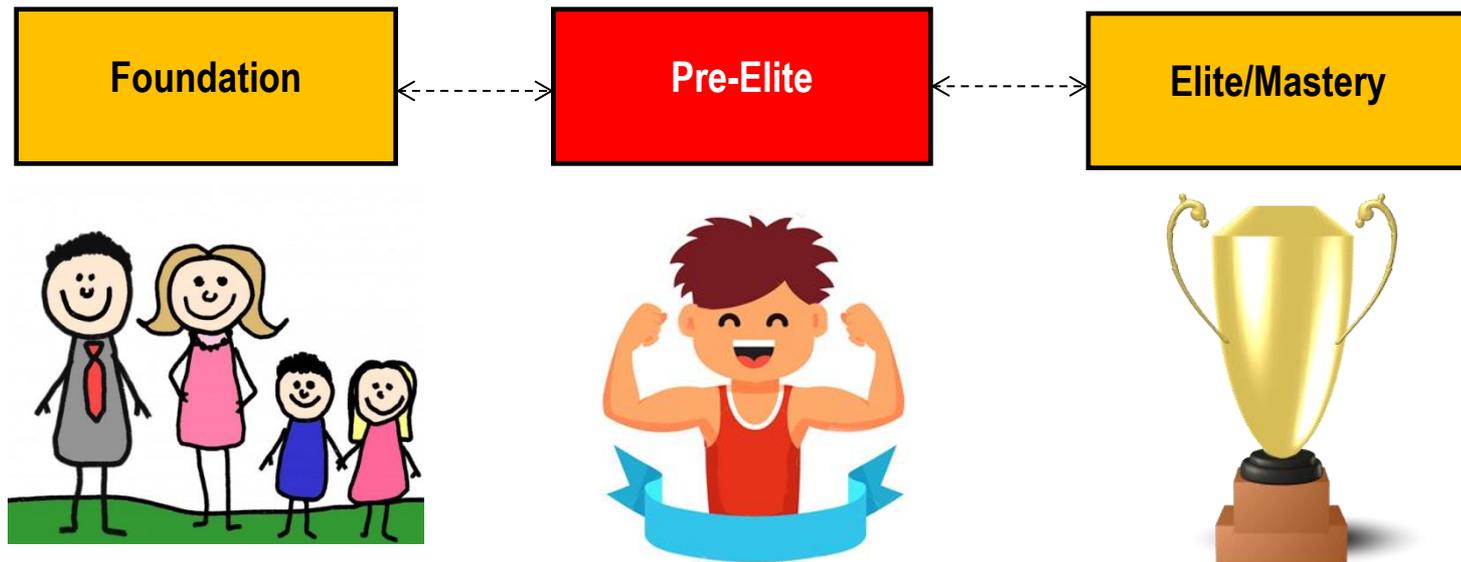
*From active lifestyle to sporting excellence:
Deconstructing the FTEM framework and
its applicability within Australia*

Dr Juanita Weissensteiner
Athlete Pathways and Development

NYSI Youth Athlete Development
Conference, November 2016

The Problem: An Unhealthy Athlete Pathway

- Questionable TID practice
 - Questionable support characterised by:
 - poor monitoring & case management
 - non-ecological training practices
 - mis-management of training load
 - poor awareness & management
 - Lack of pre-emptive transitional strategies
- Low conversion rates
 - Poor transition out of sport
 - Under utilised 'Athlete's Voice' and retention



Observed Constraints of Athlete Competency



Poor Transitional conversion, difficulty coping with dual career & maintaining sport-life balance, poor decision making & upholding NSO Values

Poor *self regulation*, coping skills & utilisation of strategies

Personal Excellence

Psychological characteristics

Limited Physical Literacy, Unfulfilled Talent Potential, Burn-out, Injury & Drop-out

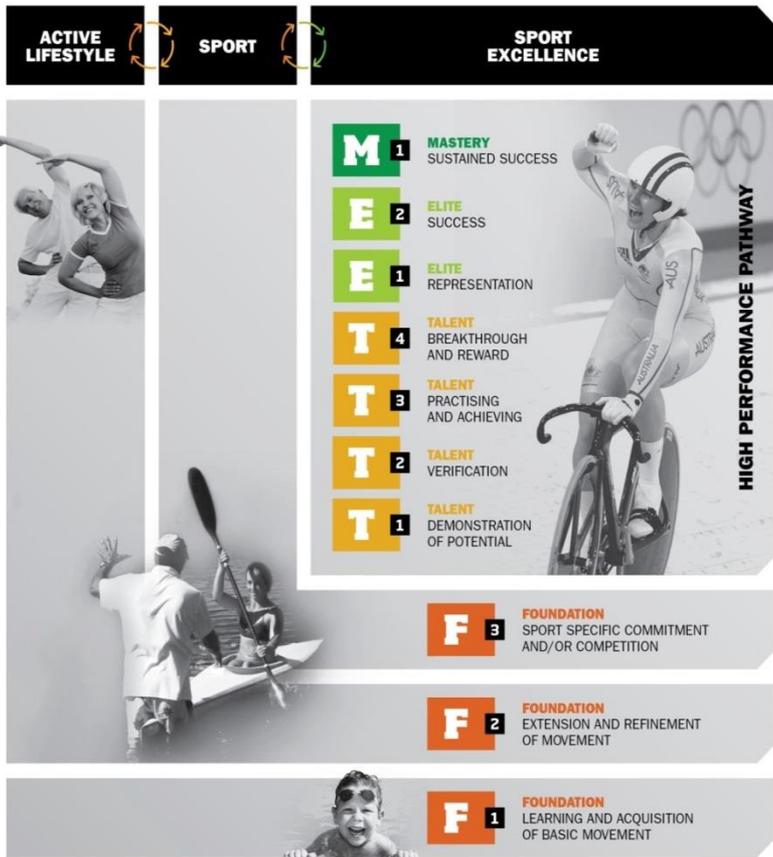
Limited FMS, coordinative profile & neuromuscular capability, over-loading, injury etc.

Sport-specific skills

Functional & Athletic Capability

Limits to adaptability, robustness & synchrony of technical, perceptual & cognitive components

The Solution: A system level strategic & coordinated approach



Consensus statement



Editor's choice
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International Olympic Committee consensus statement on youth athletic development

Michael F Bergeron,^{1,2} Margo Mountjoy,^{3,4} Neil Armstrong,⁵ Michael Chia,⁶ Jean Côté,⁷ Carolyn A Emery,⁸ Avery Faigenbaum,⁹ Gary Hall Jr,¹⁰ Susi Kriemler,¹¹ Michel Léglise,¹² Robert M Malina,^{13,14} Anne Marte Pensgaard,¹⁵ Alex Sanchez,¹⁶ Torbjørn Soligard,¹⁷ Jorunn Sundgot-Borgen,¹⁸ Willem van Mechelen,^{19,20,21} Juanita R Weissensteiner,²² Lars Engebretsen^{17,23}

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ABSTRACT

The health, fitness and other advantages of youth sports participation are well recognised. However, there are considerable challenges for all stakeholders involved—especially youth athletes—in trying to maintain inclusive, sustainable and enjoyable participation and success for all levels of individual athletic achievement. In an effort to advance a more unified, evidence-informed approach to youth athlete development, the IOC critically evaluated the current state of science and practice of youth athlete development and presented recommendations for developing healthy, resilient and capable youth athletes, while providing opportunities for all levels of sport participation and success. The IOC further challenges all youth and other sport governing bodies to embrace and implement these recommended guiding principles.

contributing factors such as overuse, overtraining and burnout.

There is also an urgent need to extend our views of youth athlete development to include the 'culture' of specific sports and youth sports in general, including the underlying philosophy for developing youth athletes, the systems of specific sports and interactions between athletes, coaching styles and practices, the effects on youth athletes from parental expectations and the view of youth athletes as commodities, which is often intrusive with a fine line between objectivity and sensationalism.

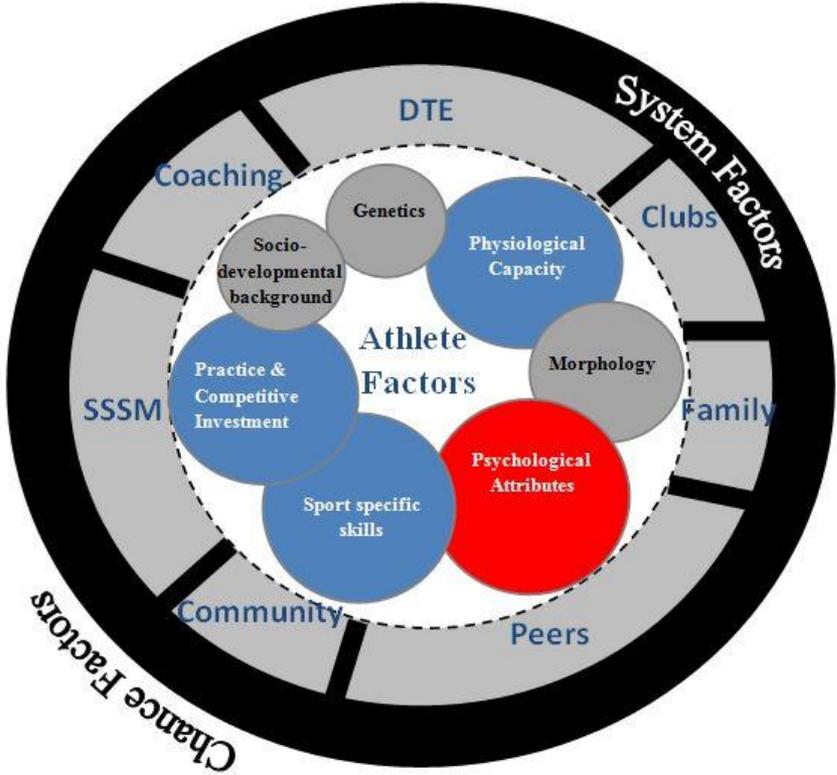
In an effort to advance a more unified, evidence-informed approach to youth athlete development, the IOC convened a consensus meeting of experts in the field in November 2014. The group was charged with providing

A National Pathway Strategy

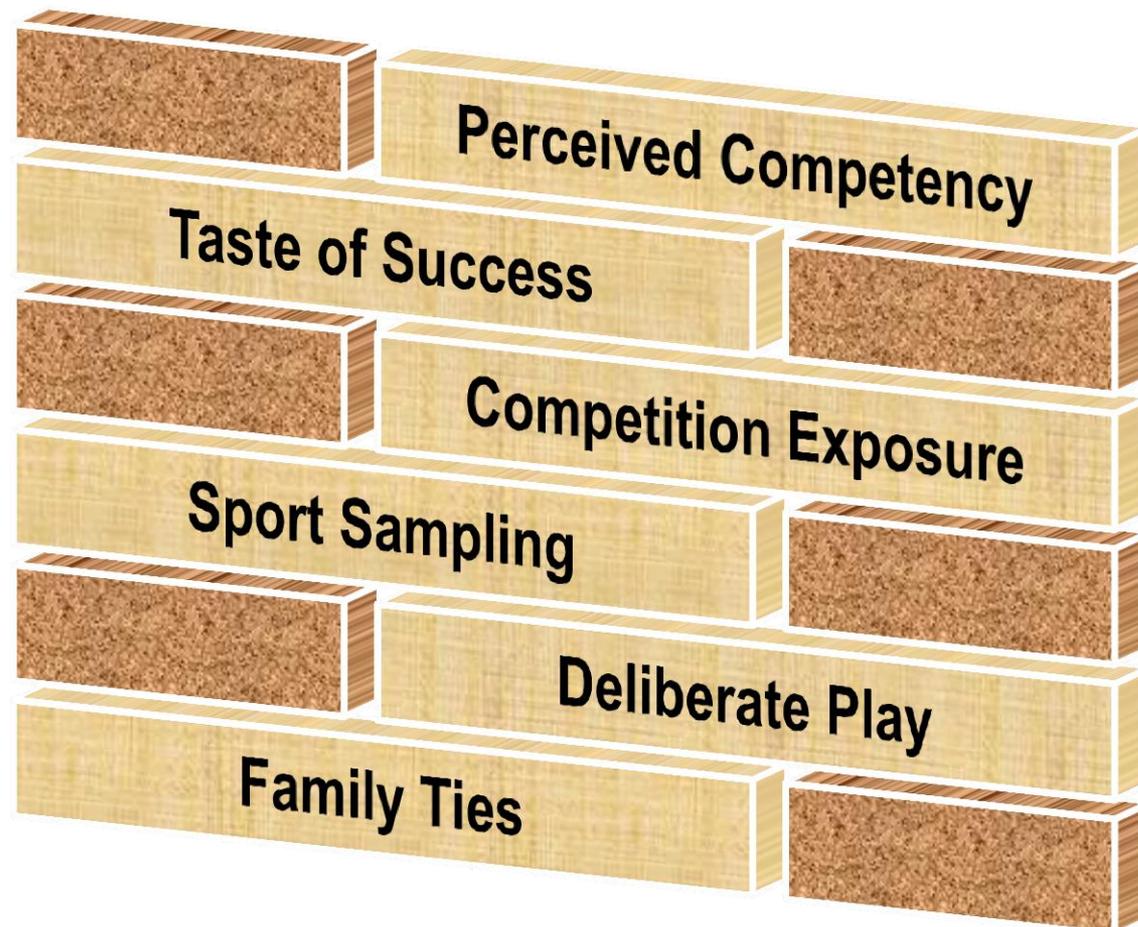


<http://community.cricket.com.au/australian-cricket-pathway>

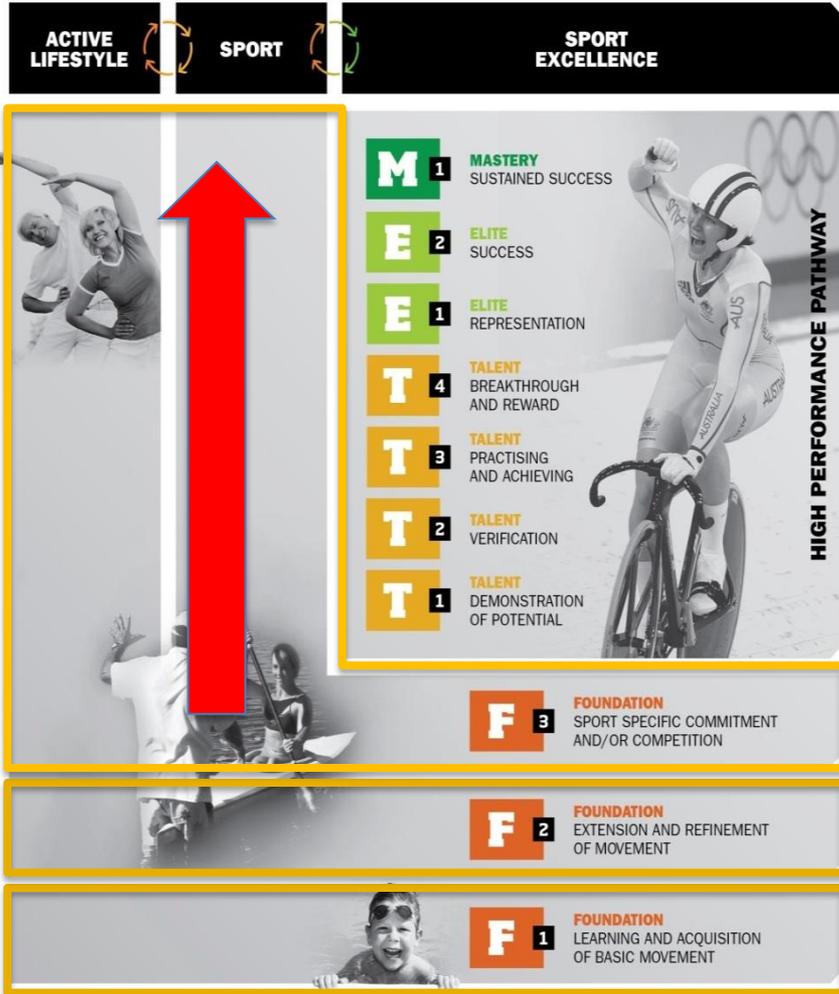
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EDUCATE, IMPLEMENT & COORDINATE united & holistic strategies facilitating the development of a full repertoire of appropriate FMS

EDUCATE, IMPLEMENT & COORDINATE united & holistic strategies facilitating the development of a full repertoire of FMS

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Top 10 tips for parents to nurture and support your child's foundational sporting development

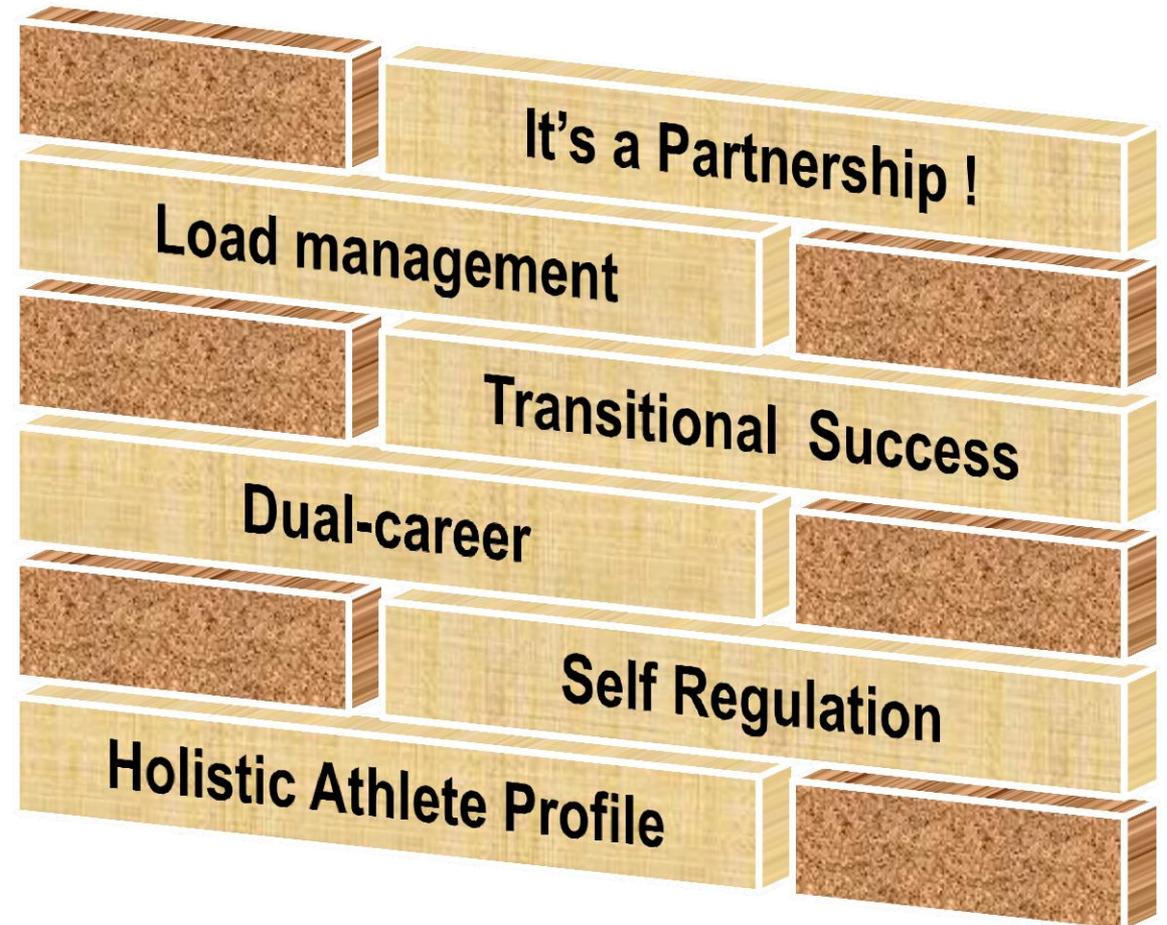


7 BE A POSITIVE ROLE MODEL

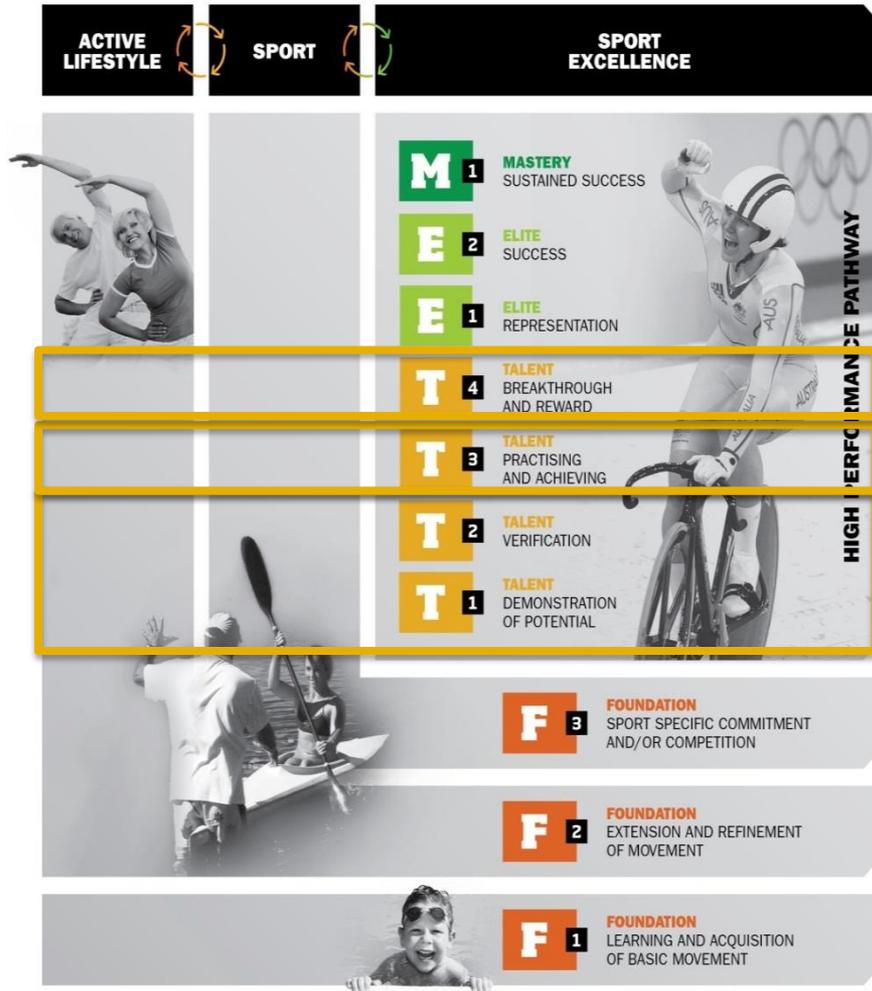
Top Tip #7 Be a positive role model

You're the greatest role model. Demonstrate good sportsmanship, respect the coaches and officials and importantly, be positive and supportive of your child's sporting efforts.

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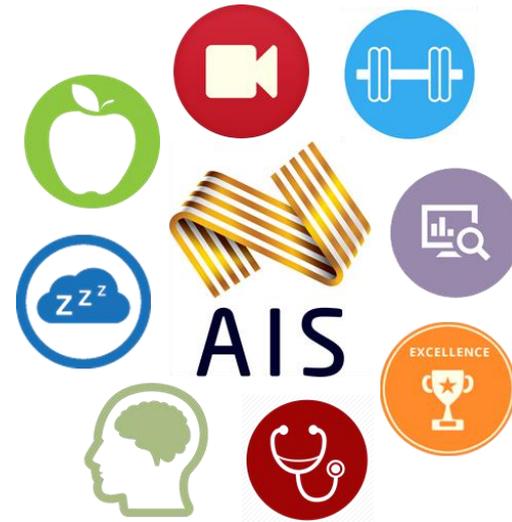
Pre-elite 'Best Practice'



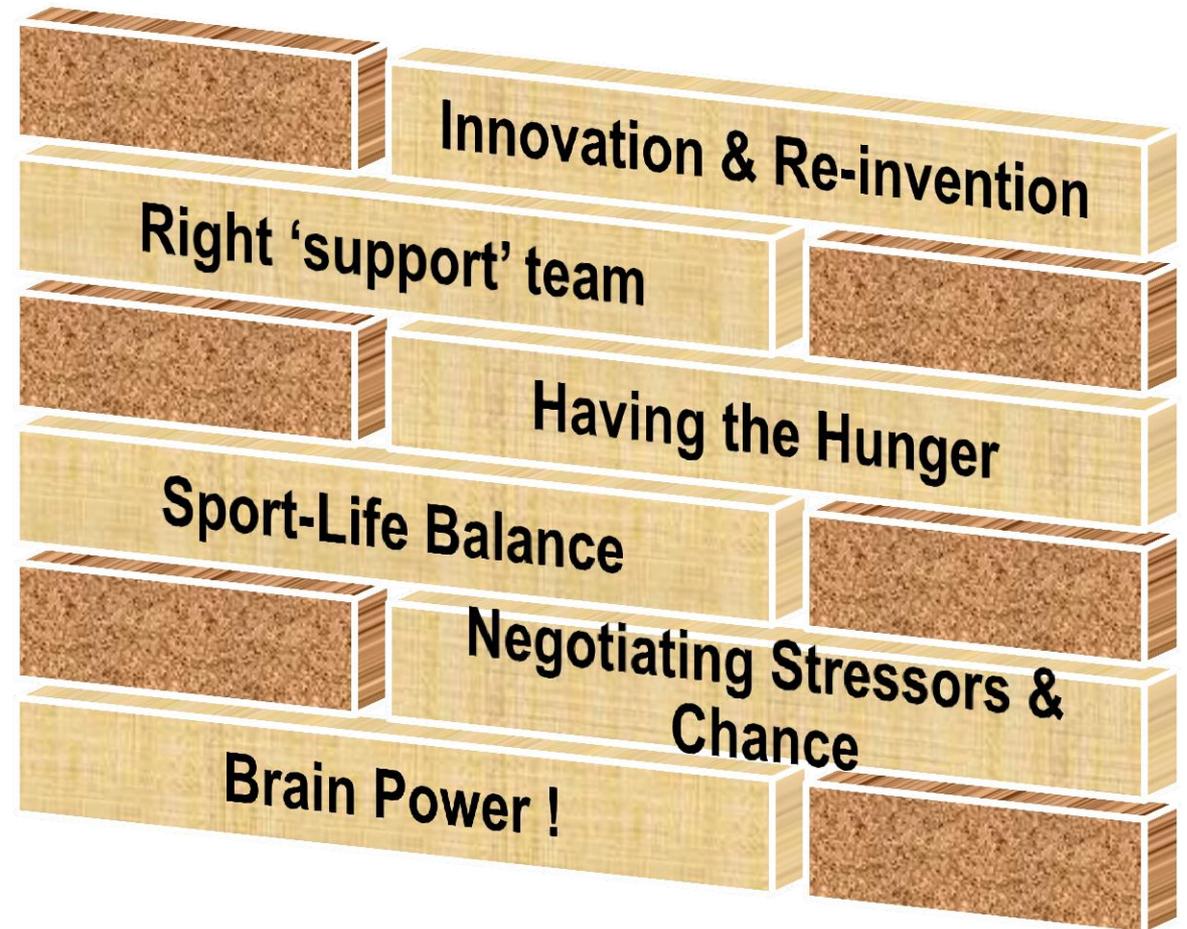
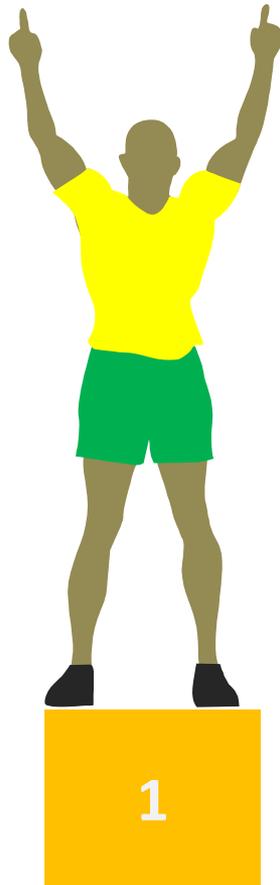
EDUCATE, IMPLEMENT & COORDINATE
evidence-based, holistic athlete case management through effective Deliberate Programming and monitoring

EDUCATE, IMPLEMENT & COORDINATE
evidence-based, holistic identification & confirmation strategies cognizant of an athlete's maturational & developmental status (i.e. Talent Transfer)

Enhancing the Talent Pipeline !

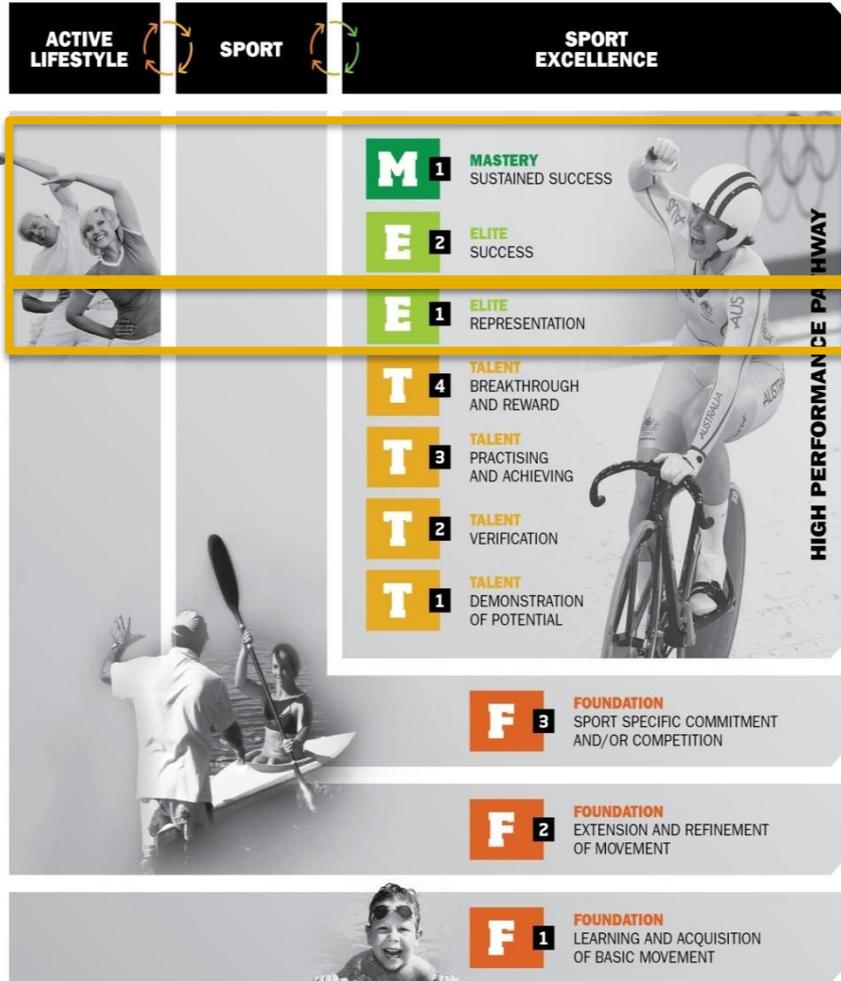


Reaching the top and staying there !



Source: My Sporting Journey Questionnaire (n>1000)

Elite & Mastery 'Best Practice'

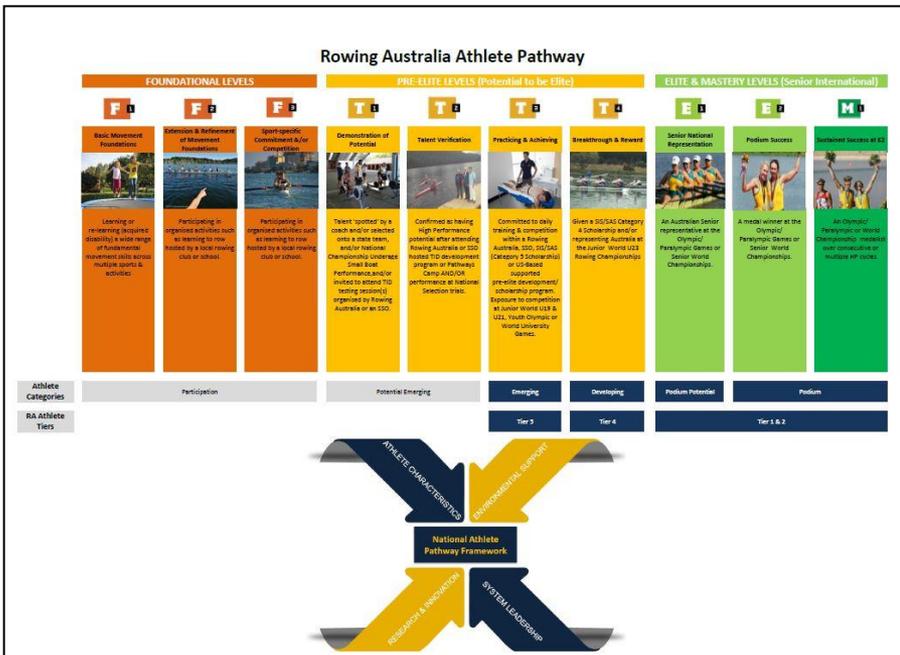


PROGRESSION/MAINTENANCE

EXPLORE potential for re-invention & innovation

ENGAGE the Athlete's Voice
PREPARE, EXPOSE & REFLECT in regard to
 UN to SM transition & elite competition experiences

Engaging the Athlete's Voice & Informing Pathway Strategy



swimming australia

ATHLETE INSIGHTS

MySporting Journey

The MySporting Journey Questionnaire showcases the developmental journey of an athlete and provides insight regarding their experiences. This comprehensive online survey adopts a deliberate structure with questions phased across the 10 stages of the FTEM Framework.

THE ABLE-BODIED SAMPLE

The MySporting Journey Questionnaire sample for swimming (able-body) included a total of 70 respondents ranging from the F3 to Mastery level.

MEN

28

FEMALE

42

Foundation (10%) | Talent (28%) | Elite (62%)

EVENTS

- 70% ▶ SPRINTS
- 25% ▶ ENDURANCE
- 5% ▶ OPEN WATER

Basketball Australia

What Player Are You?

- M1 - PERENNIAL PODIUM WINNER**
Multiple medals at Olympics or World Championships.
- E2 - INTERNATIONAL PODIUM**
Medal winner at all Olympics or WPMU Championships.
- E1 - SENIOR NATIONAL REP**
Assistant for the seniors or team team.
- T4 - SEMI-PRO BASKETBALLER**
NBL/AFL contracted or junior Australian team member.
- T3 - PRE-ELITE BASKETBALLER**
Committed to a NBL/AFL program or in the US college system.
- T1 & T2 - FUTURE TALENTED BASKETBALL**
Talent spotted and then talent verified by Basketball Australia.
- F3 - CLUB BASKETBALL**
Competes for local, school or university club.
- F2 - AGE MODIFIED BASKETBALL**
Participating in structured or unstructured modified games (e.g. Aussie Hoops).
- F1 - FULL FUNDAMENTALS**
Developed a full repertoire of fundamental movement skills.

From Aussie Hoops to Bogut or Jackson
see how you can progress through the pathway at www.basketball.net.au/pathways

Pathway framework based on the AIS Best Practice Model FTEM

Take home messages !



HEALTHY FOUNDATIONS

CONNECTED PATHWAY (F TO T TO E/M)

**HOLISTIC &
INCLUSIVE**

TALENT

MATURATION

SOPHISTICATION

VARIABILITY = ADAPTIVE, BEST PRACTICE APPROACH

TIMING

DEVELOPMENTAL STATUS = ADAPTIVE HOLISTIC SUPPORT

TENACITY

**PSYCHOLOGICAL
ATTRIBUTES**

**SUPPORT
TEAM**

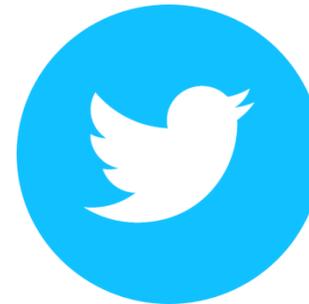
**EXPOSURE &
EXPERIENCE**

Thank-you !



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