

SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022

**From Youth to Elite Sport:
Harnessing Potential and the Pursuit of Excellence**

2nd - 4th November 2022

Organised by



SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022

From Youth to Elite Sport: Harnessing Potential and the Pursuit of Excellence

Building a Development Pathway – A Case Study of ActiveSG Canoe Academy

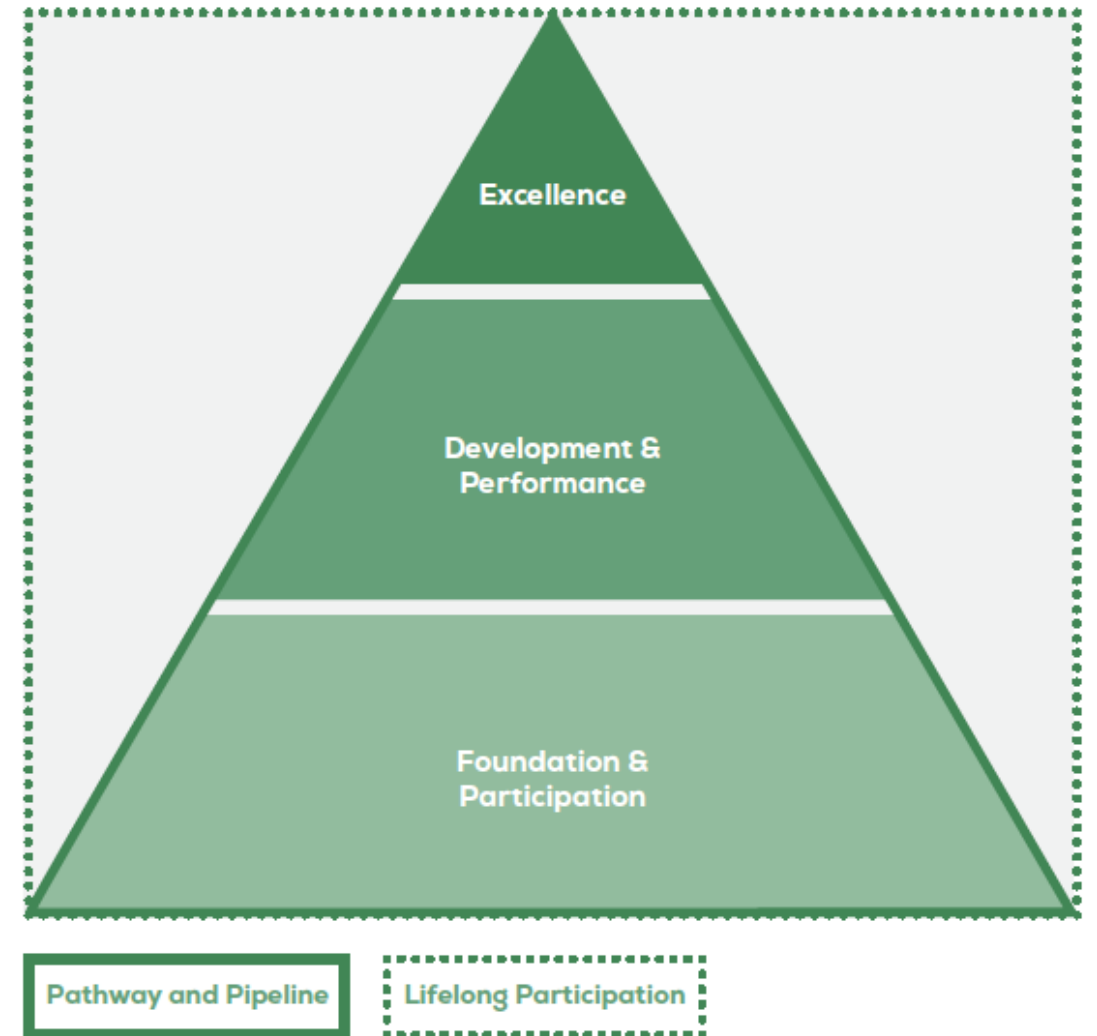
Dr Cheryl Tay

Team Lead, Sport Development

Sport Singapore

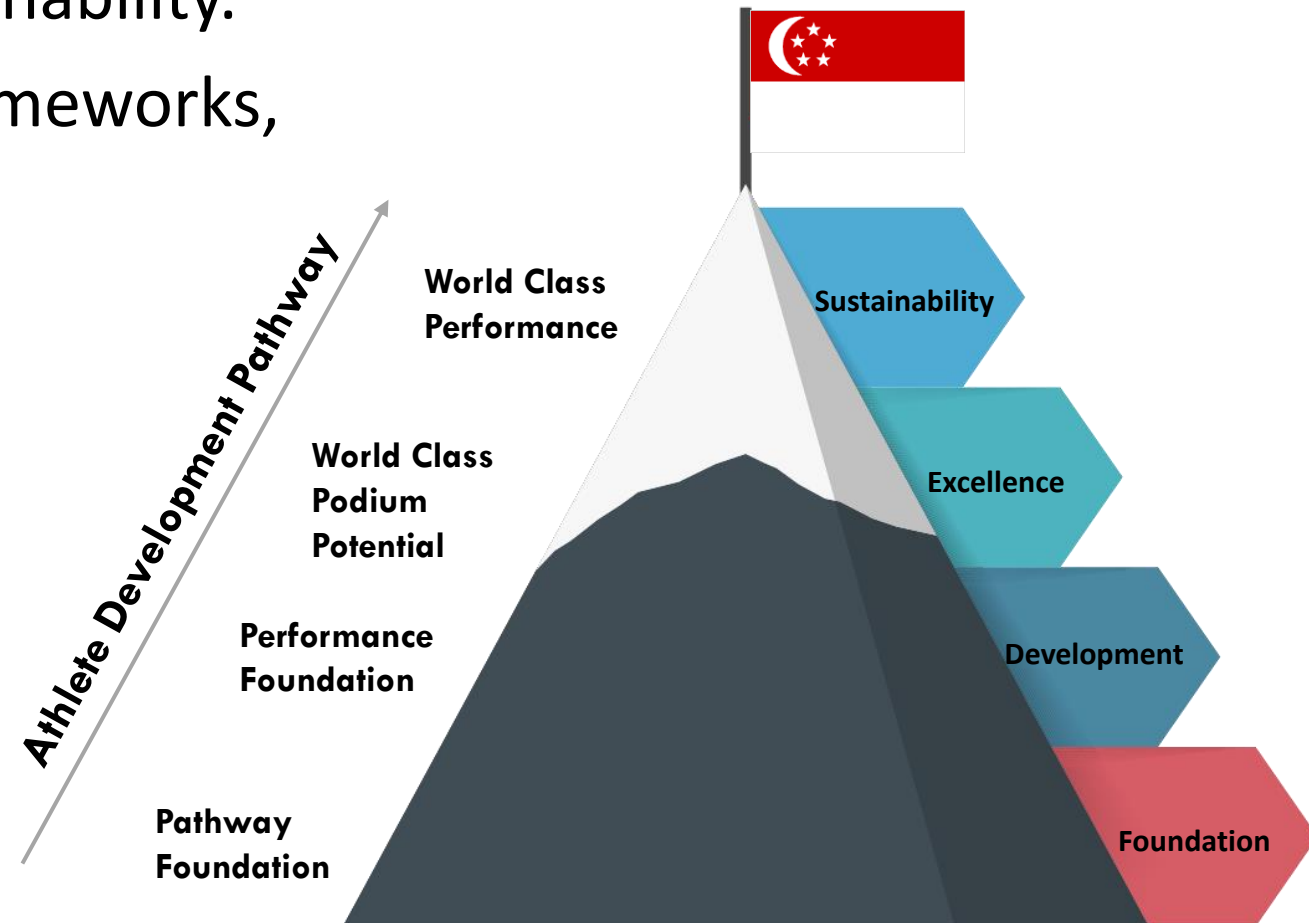
What is a Development Pathway?

- Traditional pyramid model implies that many drop out of sport.
- Importance of lifelong participation – multipliers and enablers of the ecosystem.



Singapore's Athlete Development Pathway

- Underpinned by the FDES Framework – Foundation, Development, Excellence and Sustainability.
- Adaptation of other models and frameworks, including FTEM.



The FDES Framework

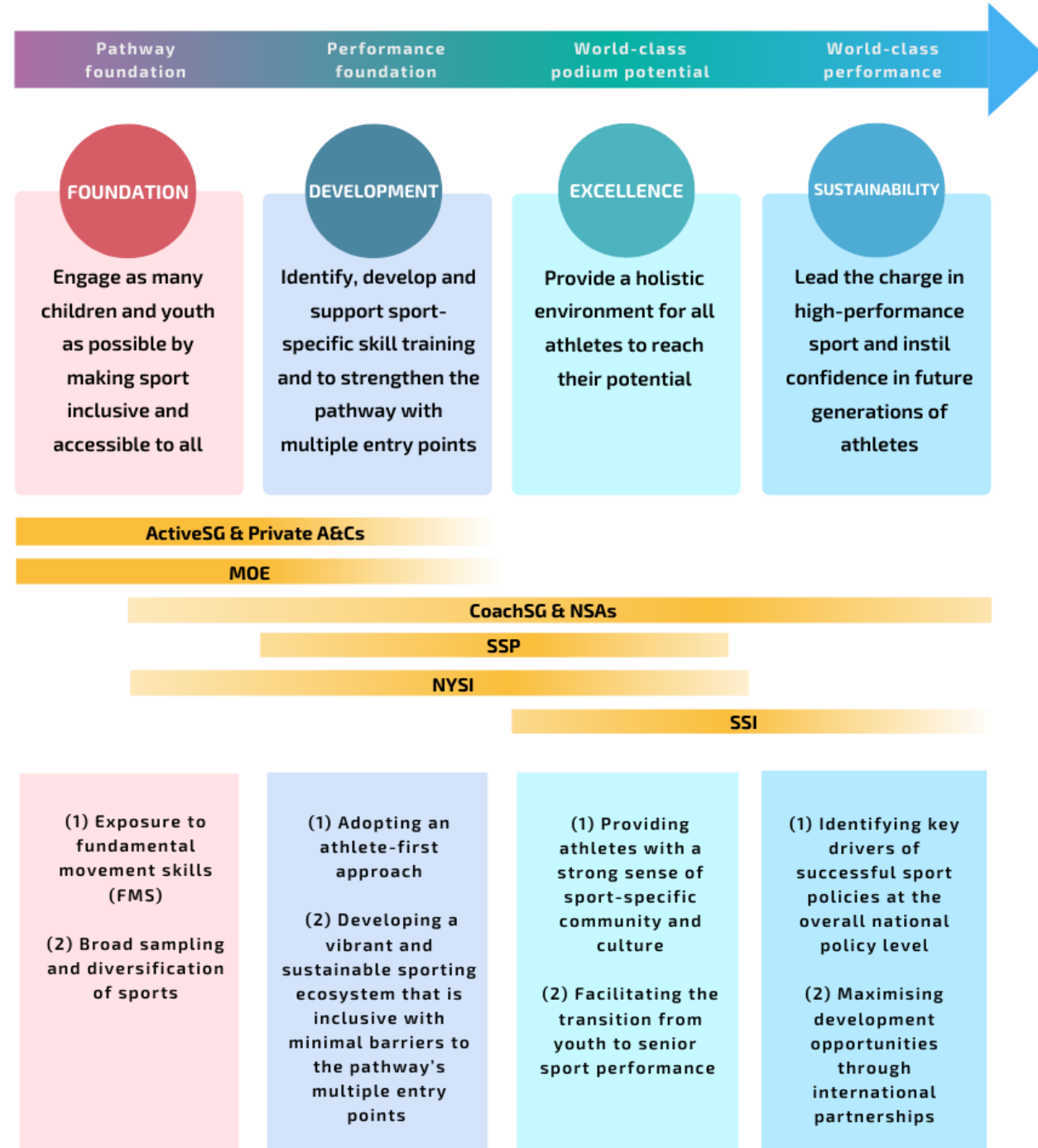
- Key guiding principles for athlete development to suit Singapore's ecosystem.

Developmental Stages

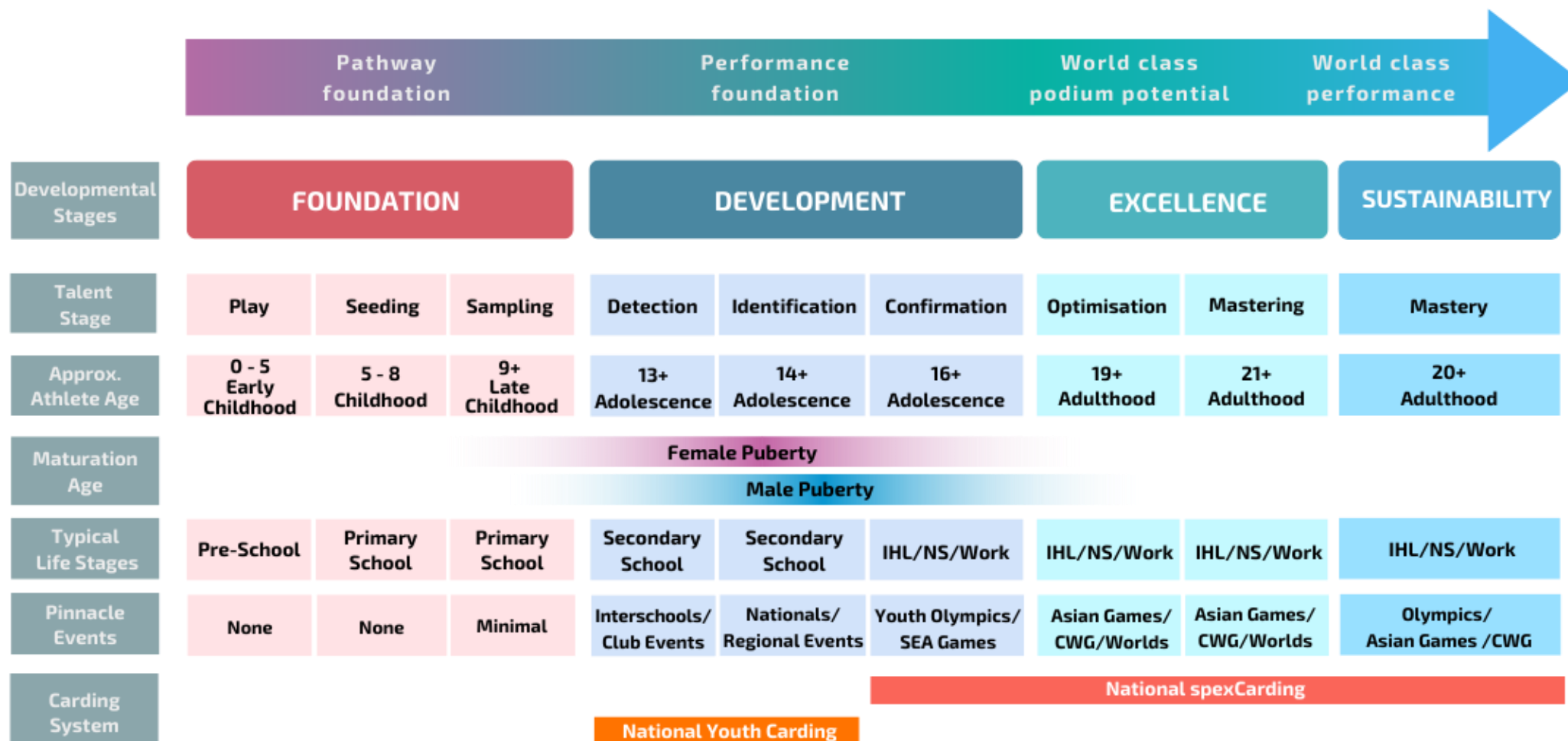
Aims

Key Stakeholders

Role of Stakeholders



Stages of the FDES Framework



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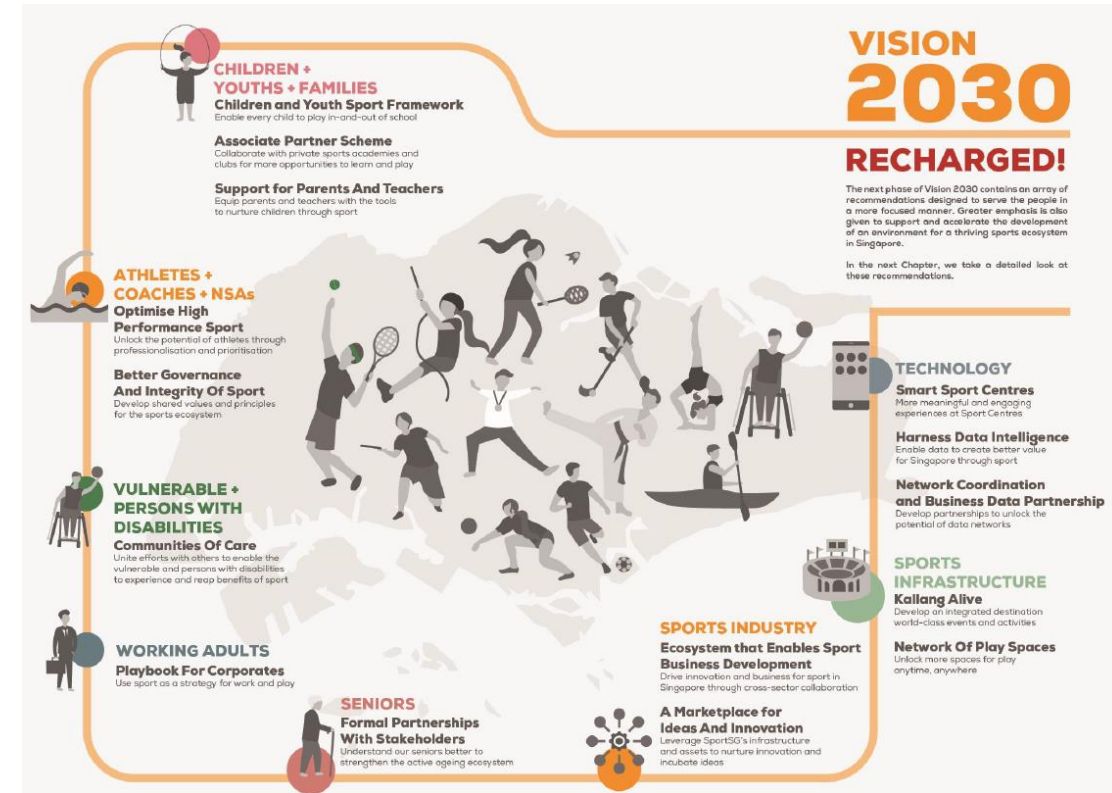
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ActiveSG Academies & Clubs

- Part of the Children & Youth Framework.
- Enable each child to play out of school.
- From broad base sport participation to high performance pathway.
- Coaching and curriculum quality underpinned by strong value-based proposition.



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ActiveSG Canoe Academy

- Started our first season on 4th July 2020.
- **29 seasonal programmes at 3 centres with 518 athletes** (mostly 10-14 yo).
 - In the past 2 years, qualified 27 out of 28 athletes to the NJT.
- Quality team of **22 ACA Assistant Coaches**.
 - 10 are current or former Team Singapore athletes, including SEAG Champions, AG finalists, AG medallist and an Olympian.
- **Established ties with partners** including PAssion WaVe (Jurong Lake and future expansion to Bedok) and PUB (future expansion to Punggol).
 - **Collaboration Agreement with Singapore Canoe Federation.**

ACA Development Pathway

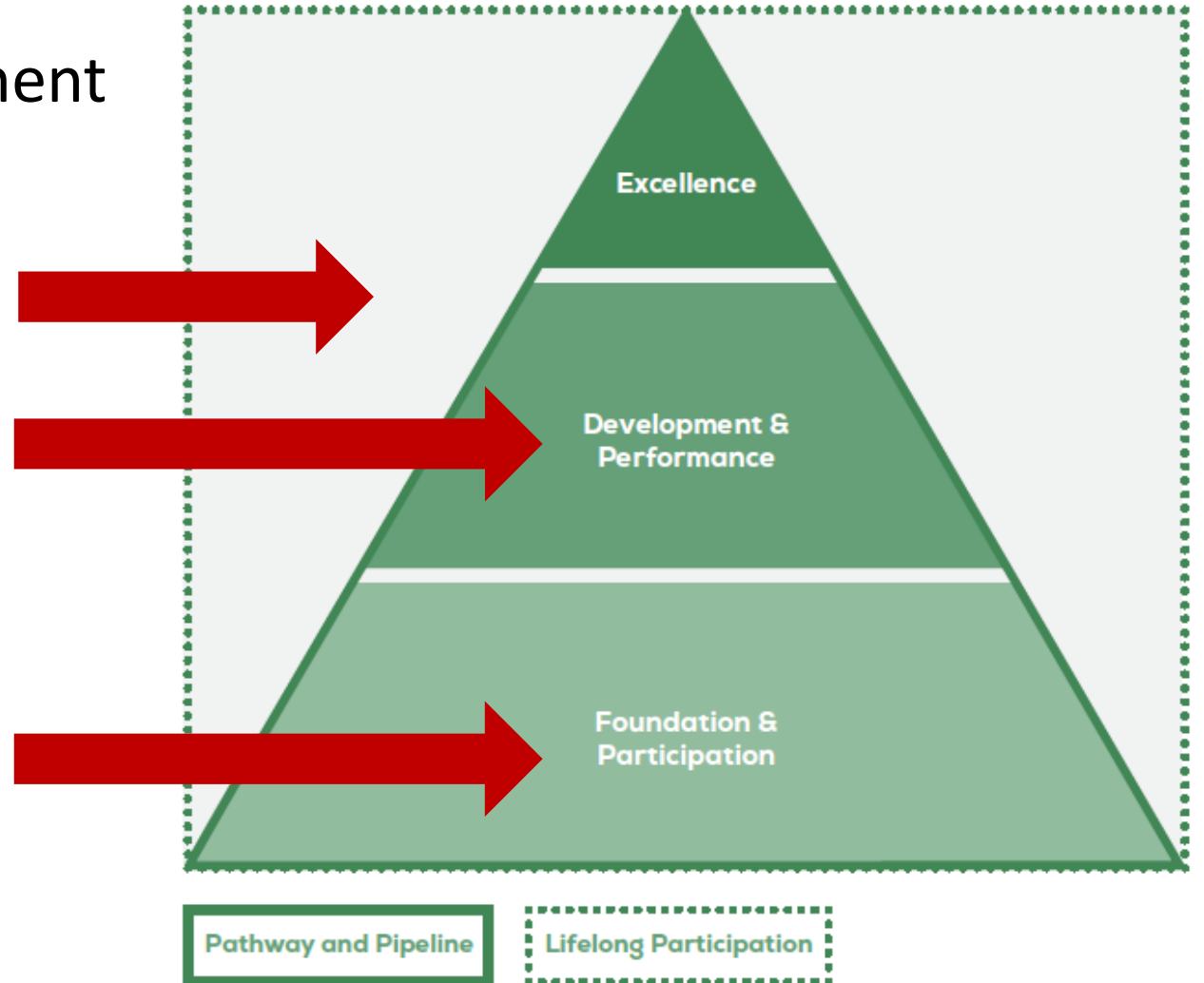
- Paddle-for-Life as parallel development pathway, and Paracanoes for PWDs.

Paddle-for-Life

KIAK Squad

Paracanoes

**KIAK Upsized
Kid-in-a-Kayak (KIAK)**



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Adapted from SportSG (2019). Vision 2030 Recharged.

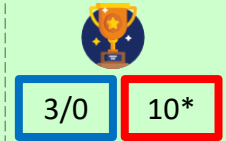
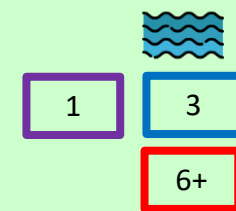
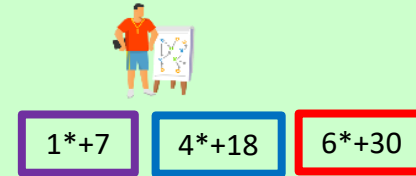
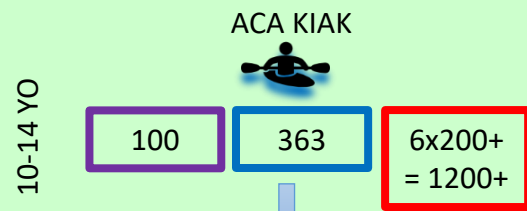
Multi-Year Sports Plan

Athlete Pathway 2018 / 2022 / Ideal

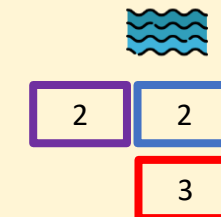
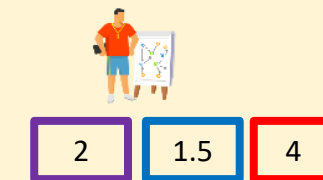
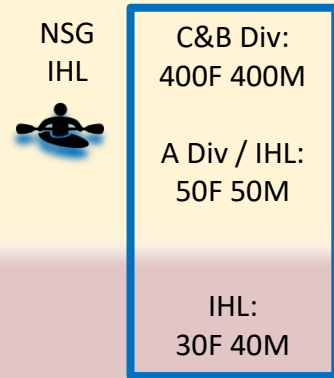
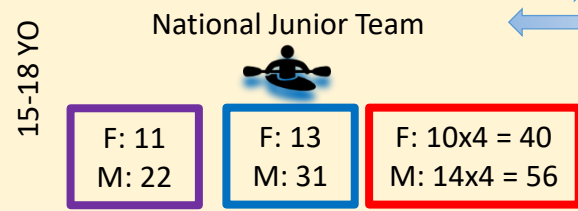
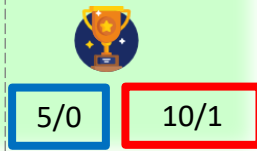
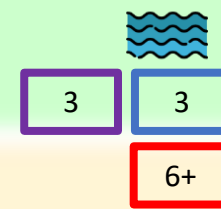
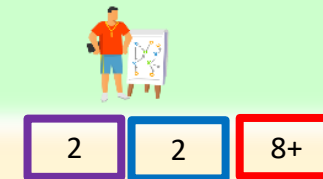
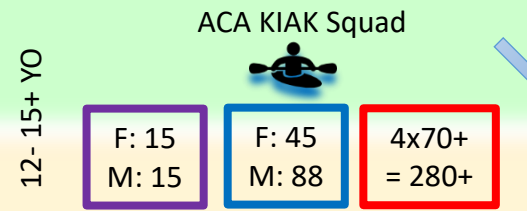
Coaches 2018 / 2022 / Ideal

Environment 2018 / 2022 / Ideal (Facilities & Competitions)

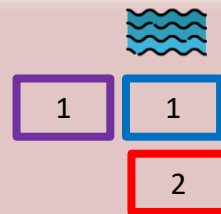
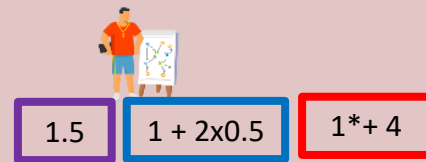
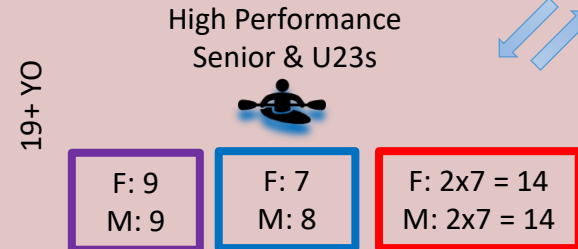
Foundation



Development



Excellence & Sustainability



National Athlete Development Pathway									
	Foundation			Development			Excellence		Sustainability
	1	2	3	4	5	6	7	8	9
Athlete									
Talent Stage	Play	Seeding	Sampling	Detection	Identification	Confirmation	Optimization	Mastering	Mastery
Stage Description	Learning of Fundamental Movement Skills (FMS)	Extension and refinement of Fundamental Movement Skills (FMS)	Demonstrating potential from training, competition & TID	Sport Specific Commitment	Introduction to High Performance environment	Preparation for international competition success	Pursuit of international podium success	Pursuit of international podium success	Sustained international podium performance
Athlete Description	-	Learning to play	Athlete demonstrating potential from training, competition and TID testing	Athlete passionate about the sport and eager to develop sport specific skills, has a desire to be nurtured	Athlete seeking to develop and maximize his potential through exposure to high performance environment	Athlete with high performance aspirations and demonstrated success at the junior elite level and tracking towards medal potential at the Asian level in 2-4 years	Athlete in an Olympic/Paralympic discipline, with a medal potential at the next Major Games	Athlete in an Olympic/Paralympic discipline, with a strong medal potential at the next Major Games	Athlete in an Olympic/Paralympic discipline, with a medal performance in the past 24 months at an Olympics/Worlds.
Pinnacle Events & Target Results	None	None	Age-Group Competitions (For exposure)	Interschools / Age-Group Competitions	Nationals / Regional events / Age-Group Competitions / Youth Olympic Games	SEA Games / Asian Games / U23 World Champs	SEA Games / Asian Games / World Champs	Asian Games / Olympics / Worlds Champs	Asian Games / Olympics / Worlds Champs
Approx. Athlete Age	0-8 Early Childhood	9-12 Middle Childhood	11-13 Adolescence	13-16 Adolescence	14-18 Adolescence	18-23 Adulthood	20+ Adulthood	20+ Adulthood	25+ Adulthood
Maturation			Female Puberty		Male Puberty				
Approx. Athlete Education/Career	Pre-School-Lower Primary	Primary	Primary	Secondary	Secondary / Post-Secondary	IHL / NS	IHL / NS / Work	IHL / NS / Work	IHL / NS / Work
Coaching									
Primary Development Environment	Playground / Home / School	Schools / Modified Games/ Physical Education lessons	Schools / Clubs/ Kid-in-a-Kayak program	Youth Dev. Squads / Clubs	Youth Dev. Squads / National Squads	National Squads	National Squad	National Squad / International training Camps	National Squad / International training Camps
Training Focus	Fun	Fun learning / Water Confidence	Fun learning & General athletic development	Skill / Aerobic Development	Skill / Aerobic Development	Competitive / Physical Development	Specialisation and Performance Development	Specialisation and Performance Development	Elite performance & Innovation
No. of sessions	-	Sport Specific Training: 2- 5 times per week General/Multi-sport participation 4-6 times per week	Sport specific training 6 times per week General/Multi-sport participation 4-6 times	Sport specific training 6-9 times per week, inc. S&C	Sport specific training 8- 12 times per week, inc. S&C	Sport specific technical, tactical & fitness training 8-12 times per week, inc. S&C	Sport specific technical, tactical & fitness training 8-12 times per week, inc. S&C	Sport specific technical, tactical & fitness training 8-12 times per week, inc. S&C	Sport specific technical, tactical & fitness training 8-12 times per week, inc. S&C
Sampling & diversification of skills and sports	Very high	High	Moderate	Moderate-Low	Low	Low	Very Low	Very Low	Very Low
Environment									
Support Systems	Family	Family / School / SportSG	School / Club Coaches	School / NYSI	National & Youth Coaches	National & Youth Coaches	National & Professional Coaches	National & Professional Coaches	National & Professional Coaches
SG-Coach Education	-	Level 1	Level 1	Level 1 & 2	Level 1 & 2	Level 2 & 3	Master & Level 3	Master & Level 3	Principal & Senior Master
Athlete Carding Classification	-	-	-	Youth Carding	Youth Carding / Spex Carding E3P	spexCarding E2P - S3	spexCarding E2 - S2	spexCarding E1P - S1P	spexCarding E1 - S1
Athlete's Sport Science Knowledge	-	-	Introduction	Beginner	Intermediate	Intermediate	Advanced	Advanced	Advanced

Our Core Values

- Academies & Clubs – Honour | Resilience | Teamwork
- Singapore National Canoe Kayak Sprint Team

We are PADDLERS



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CORE VALUES
The Way We Do Things

PASSION

Accountability

DETERMINATION

DISCIPLINE

Leadership

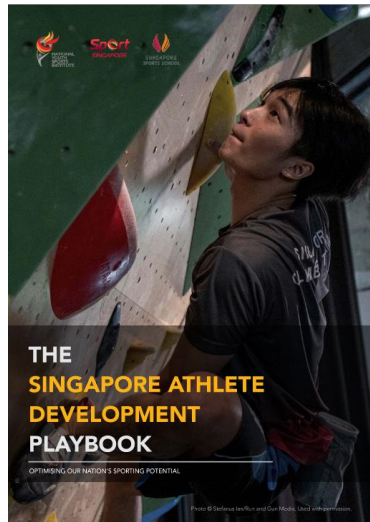
Excellence

RESPECT

Sense of Humour

The Singapore Athlete Development Playbook

- Multiple (non-linear) pathways to success.
- There is talent everywhere!



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DEVELOPMENTAL OPPORTUNITIES WITH **ACTIVESG ACADEMIES & CLUBS**



Across some sports, NSAs offer programmes for children to introduce them to the sport beyond school. Through the Kid-in-a-Kayak (KIAK)⁵ programme, Charlotte was first introduced to Canoe Sprint and was part of the first batch of KIAK kids. Since then, she continued pursuing her interests with the ACA Development Centre – KIAK Squad and subsequently qualified for the National Junior Team. This programme gave her a head start in the sport and the opportunity to pursue further development in a school that offers the sport as a CCA.

⁵Originally introduced by Singapore Canoe Federation but now integrated with ActiveSG Canoe Academy (ACA)
Photo © Singapore Canoe Federation. Used with permission.

CHARLOTTE NG
CANOE

ActiveSG Academies & Clubs programmes take place outside of school curriculum, providing the platform for children and youth to pursue interests and strengthen their development in the sport beyond school CCA.



Legend:
— Represent sporting pathway
- - - Represent education pathway
↔ Dual arrows represent programmes taken part in concurrently

Coach Development

- Coaches are the multipliers – invest in them.
- “What if we invest in them, and they leave?”
- “What if we don’t, and they stay?”



Key Messages

- There is no high performance without development.
- Intentionally create an environment for success.
(Don't leave it to chance, but it always helps to have luck on your side!)
- Build a robust system that outlives individuals.
- Begin with the end in mind.

Questions / Comments

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ActiveSG Canoe Academy

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**ActiveSG Canoe Academy
KIAK**

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