

# 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**

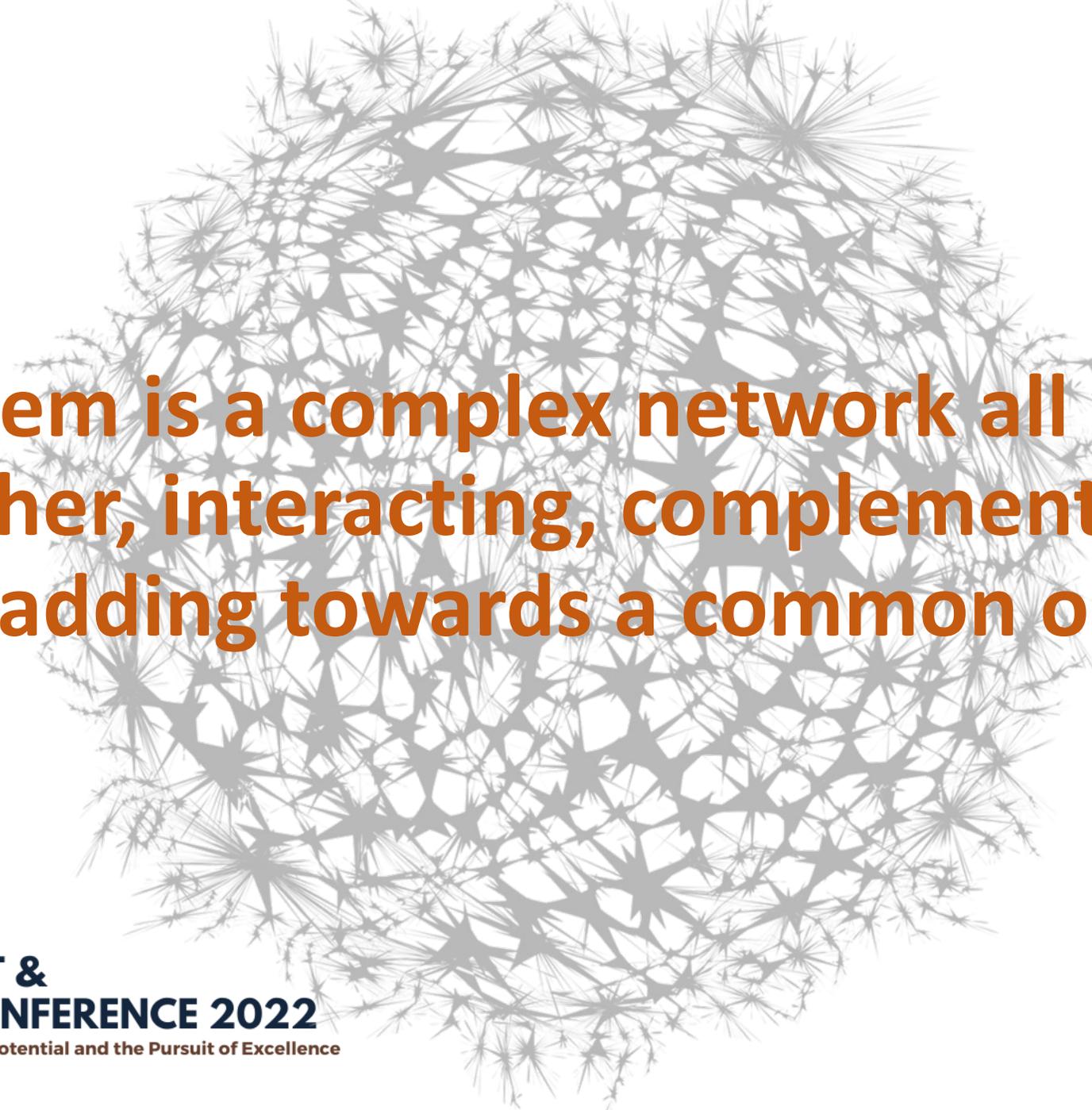
**From Youth to Elite Sport: Harnessing Potential and the Pursuit of Excellence**

## **Building System Capabilities**

Douglas Russell Barron Djang

Head Coach (Swimming Academy)

Singapore Sports School

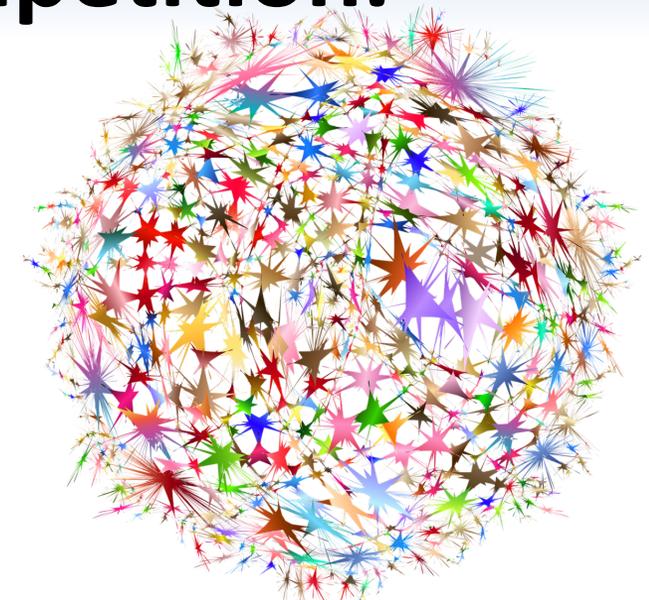


**A system is a complex network all working together, interacting, complementing and value-adding towards a common objective.**

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The **sports system** is a structure spanning from grassroots to high performance levels. The structure creates **the size of the sporting population**, **enthusiasm of participants**, and **athletes who are able to progress towards elite and international competition.**





**Foundation**

**Development**

**Excellence**

**Sustainability**

**Participation** Engage as many children and youth as possible by making sport inclusive and accessible to all

**Pipeline** Identify, develop and support sport-specific skill training and to strengthen the pathway with multiple entry points

**Performance** Provide Holistic Environment for all athletes to reach their potential

Lead the charge in high performance sport and instill confidence in future generations of athletes



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# The 3 Priorities

- The key towards developing system capabilities is **determining organisational priorities**

## Participation

Mass Participation,  
Competitive  
Exposure &  
Detection



## Pipeline

Continued Training,  
Identification, &  
Confirmation



## Performance

Optimizing &  
Mastery



# Participation



- Expand the foundation of the athletes in the water to have a larger pool of talent to draw from and develop
  - National LTS programming
- Impact daily training environments
  - Facility infrastructure
  - Coach education and development
  - Club development
    - Mentorship and Business Development
    - Anchor Programming



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# Pipeline

- Identify, track, nurture the development of athletes and coaches across the sport to create a sustainable and repeatable High Performance programme
  - Project 2024, 2028, 2032
  - Singapore Tracking Times
  - WinnerCam
  - Coach support and development networks



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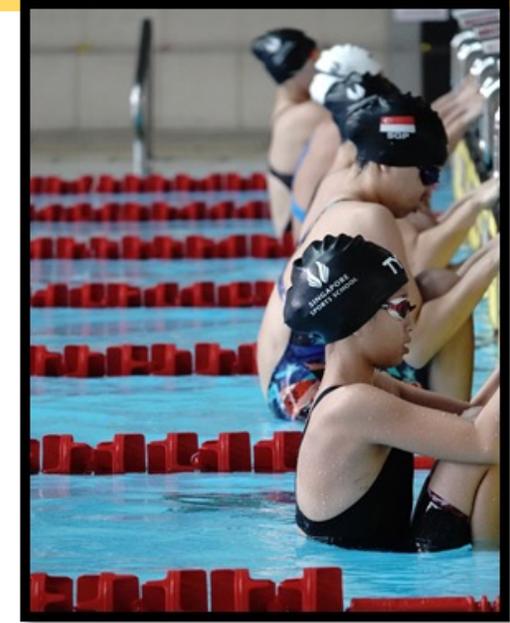
# Performance

- Continued Development and transition of athletes from the pipeline through to high performance results
- Direct results from increased focus on DTE
- Major Games focused
  - Strategized around Olympic “quads”
  - Short Focus- 2024
  - Long Focus- 2032



# SSP- Cluster Beacon for Youth Swimming

- Broad based development of athletes
  - Athletes in and out of the water
    - Heavy emphasis on movement competency and capacity
  - Athletes who can compete in anything and grow to excel in a specific area
    - IM based training program for all athletes
- Tendering clubs to work with SSP and NTC @ SSP
  - develop the participation and pipeline
- Allow local children to develop their talents locally and become a hotbed of aquatic development



# SSP as a Leader for Youth Swimming Development

- SSA's vision is to have an NTC (AQC), National Youth Centre (NTC @ SSP), and multiple club based Performance Development Centres (PDC) that are at the centre of overlapping networks of swimming in their local areas.
- Dedicated Functional Gym on deck
- NYSI Sport Science Support

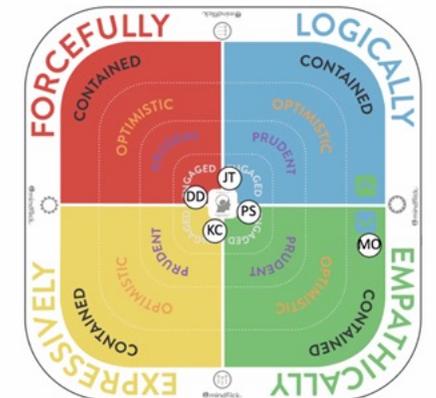


# SSP as a Swimming Education Centre

- Advising local clubs on performance development and aquatic programming (Mentorship and Business Development)
- Coach and Teacher Education
- Coaching and Sport Science Internship
- Direct coach mentorship and education
  - NROC & Coach SSA Attachments
  - Youth camps
- Youth Camps and exchange opportunities with overseas programmes and coaches



**Team Preferences.**



# Key Takeaways

- Investment in developing the DTE's of participation and pipeline athletes will form the basis for expansion, growth, success, and ultimate sustainability of the system.
- A development based performance model will keep more athletes in the system longer giving a larger opportunity for sustained success.
- The sports with the strongest development and competitive structure at all levels (grassroots to high performance) are likely to be the most successful at the highest levels.

# Thank you!

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