



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

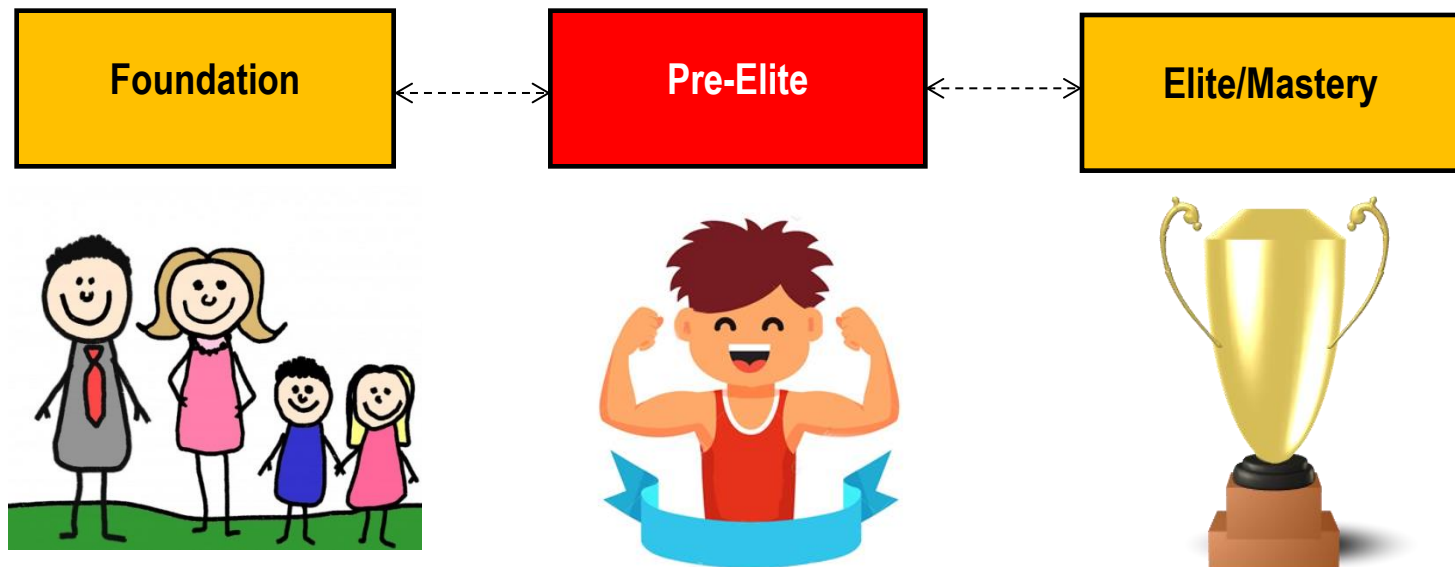
Dr Juanita Weissensteiner
Athlete Pathways and Development

NYSI Youth Athlete Development
Conference, November 2016

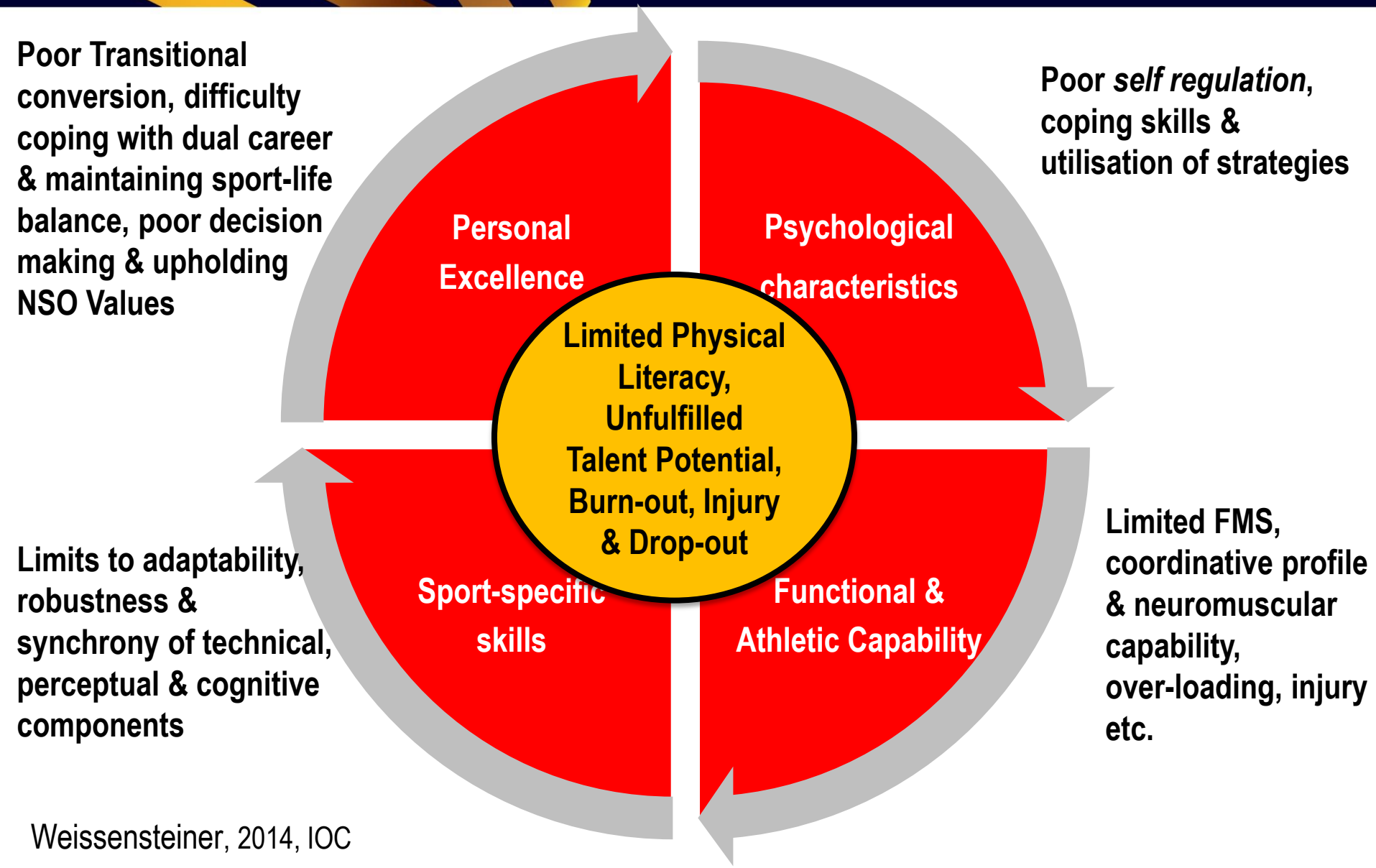
The Problem: An Unhealthy Athlete Pathway



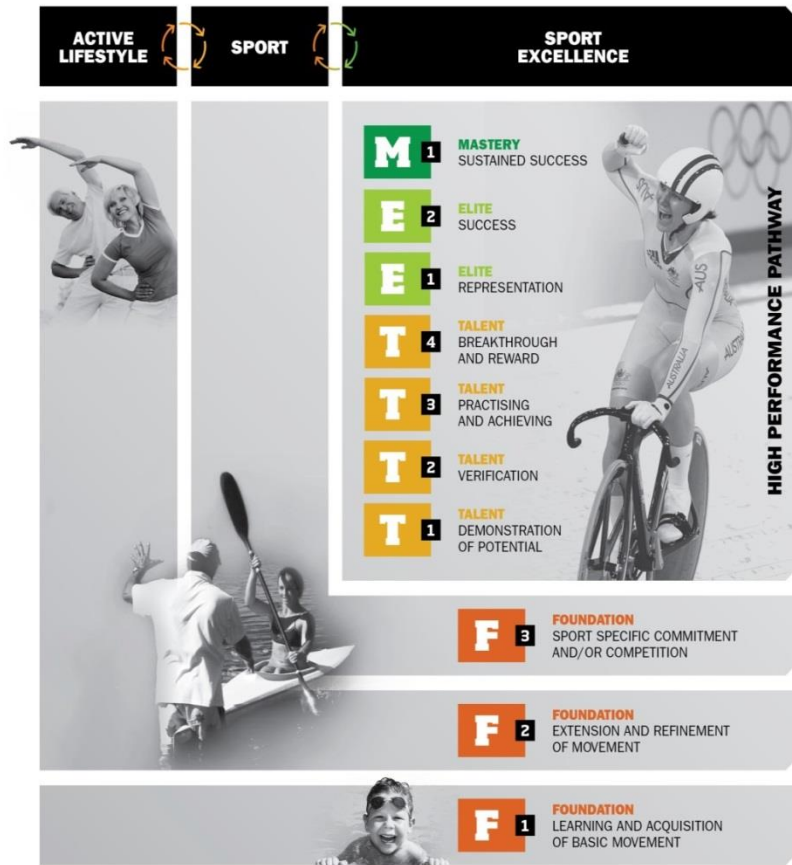
- Questionable TID practice
- Questionable support characterised by:
 - poor monitoring & case management
 - non-ecological training practice
 - mis-management of training load
 - poor awareness & management
- Low conversion rates
- Poor transition out of sport
- Under utilised 'Athlete's Voice' and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



Observed Constraints of Athlete Competency



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

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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.

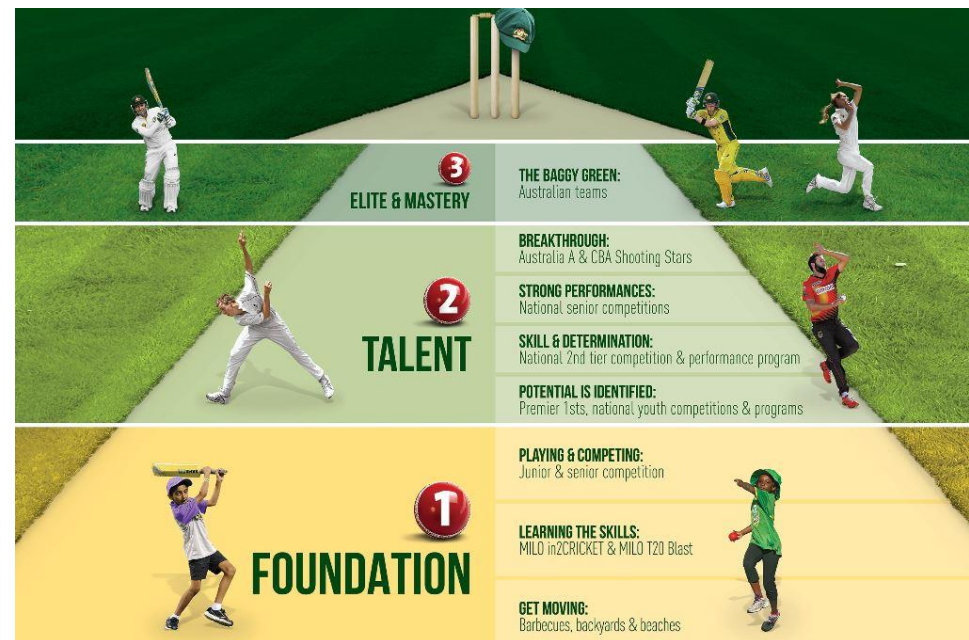
contributing factors such as overuse, overtraining and burnout.

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 two major

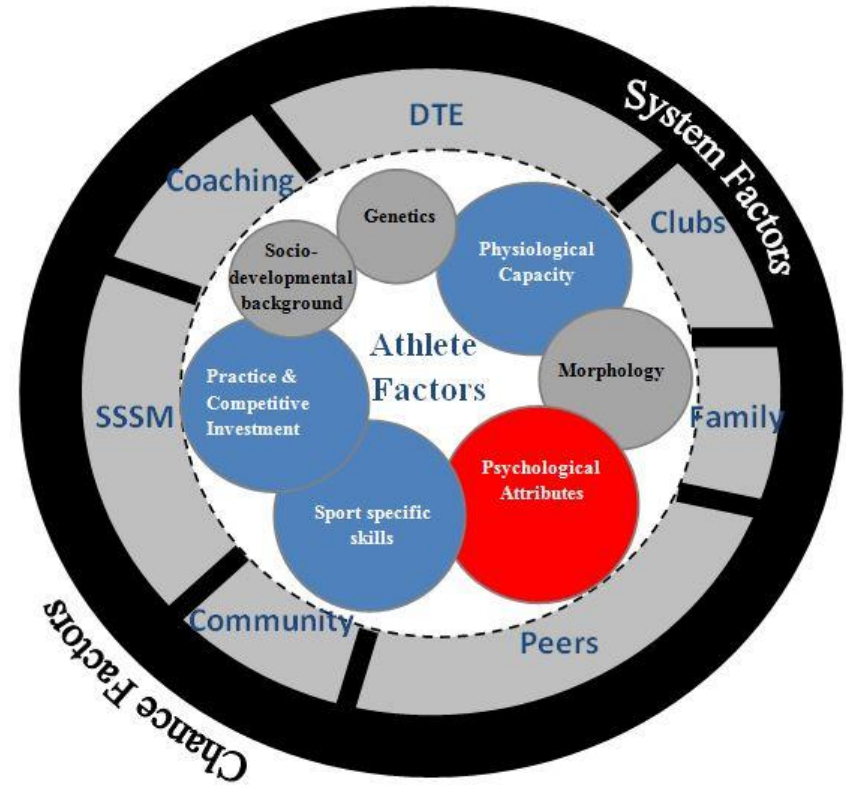
Gulbin et al., 2013; Gulbin & Weissensteiner, 2013; Weissensteiner, 2015; Weissensteiner 2017

A National Pathway Strategy

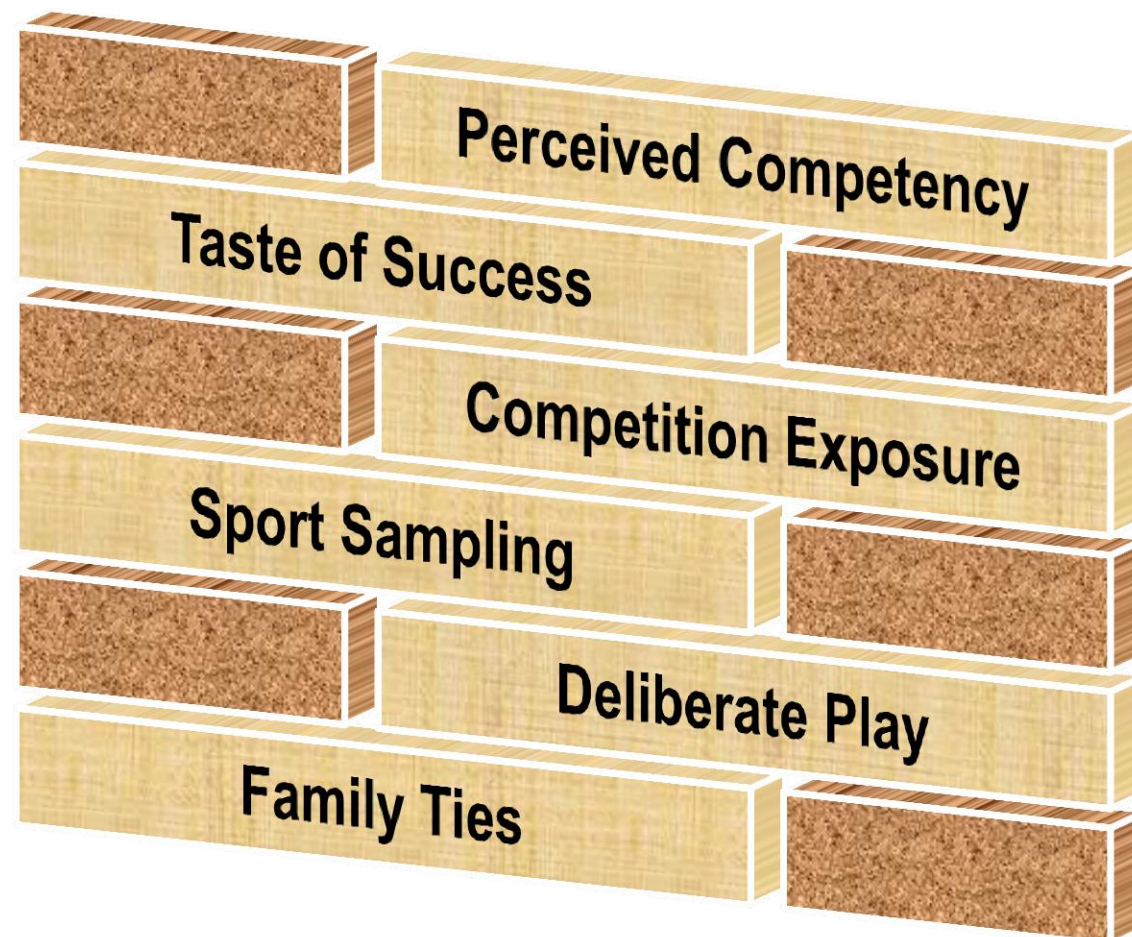


<http://community.cricket.com.au/australian-cricket-pathway>

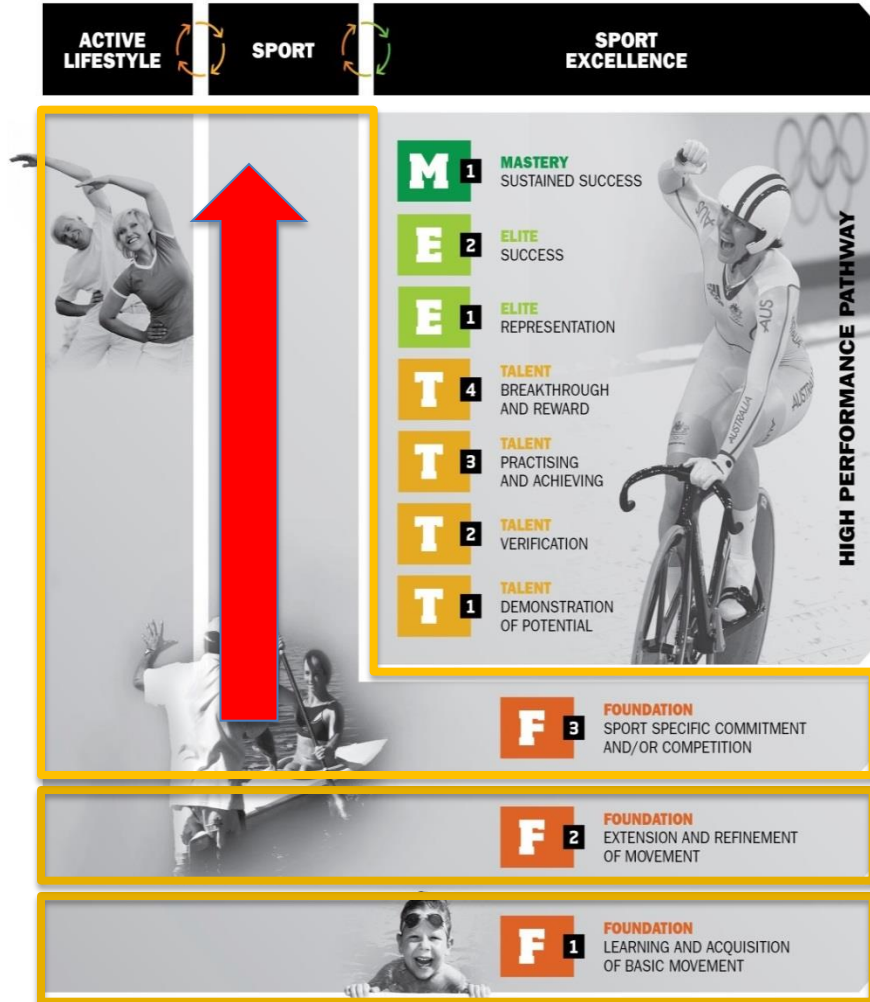
Learning from our very best !



Elite & Most talented
Potential levels

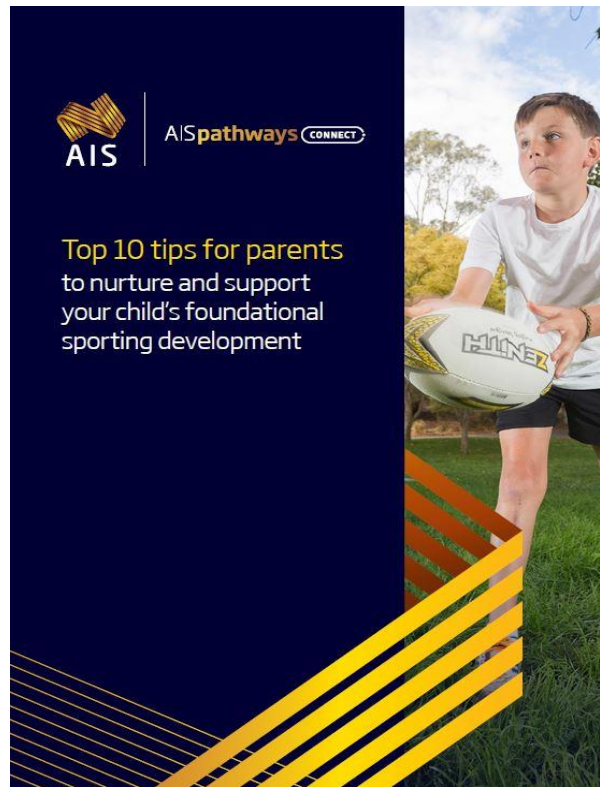


Foundational 'Best Practice'



EDUCATE, IMPLEMENT & COORDINATE
 united & holistic strategies facilitating
 Life-long PL & sporting skill development
EDUCATE, IMPLEMENT & COORDINATE
 united & holistic strategies facilitating the
 development of a full repertoire of FMS
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Supporting the Foundations !

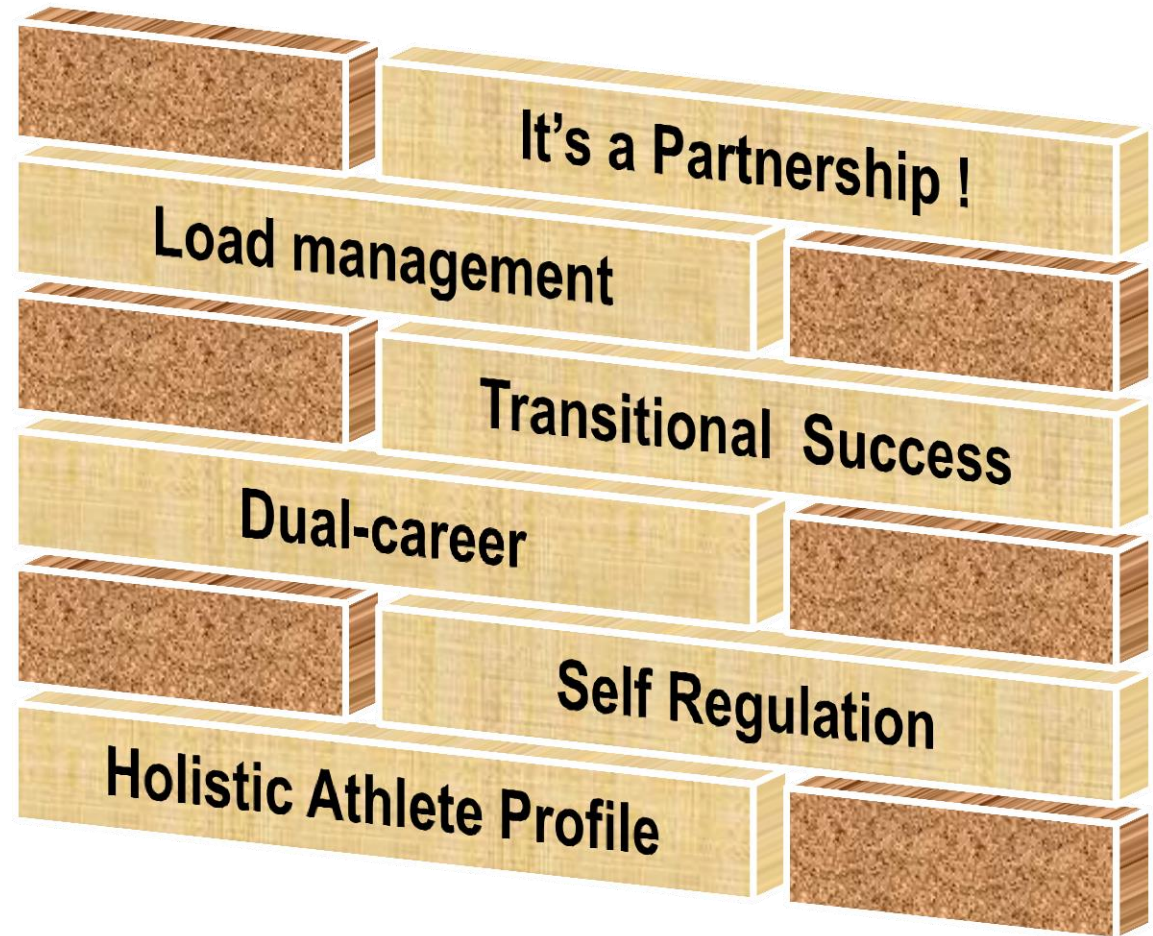


BE A POSITIVE ROLE MODEL

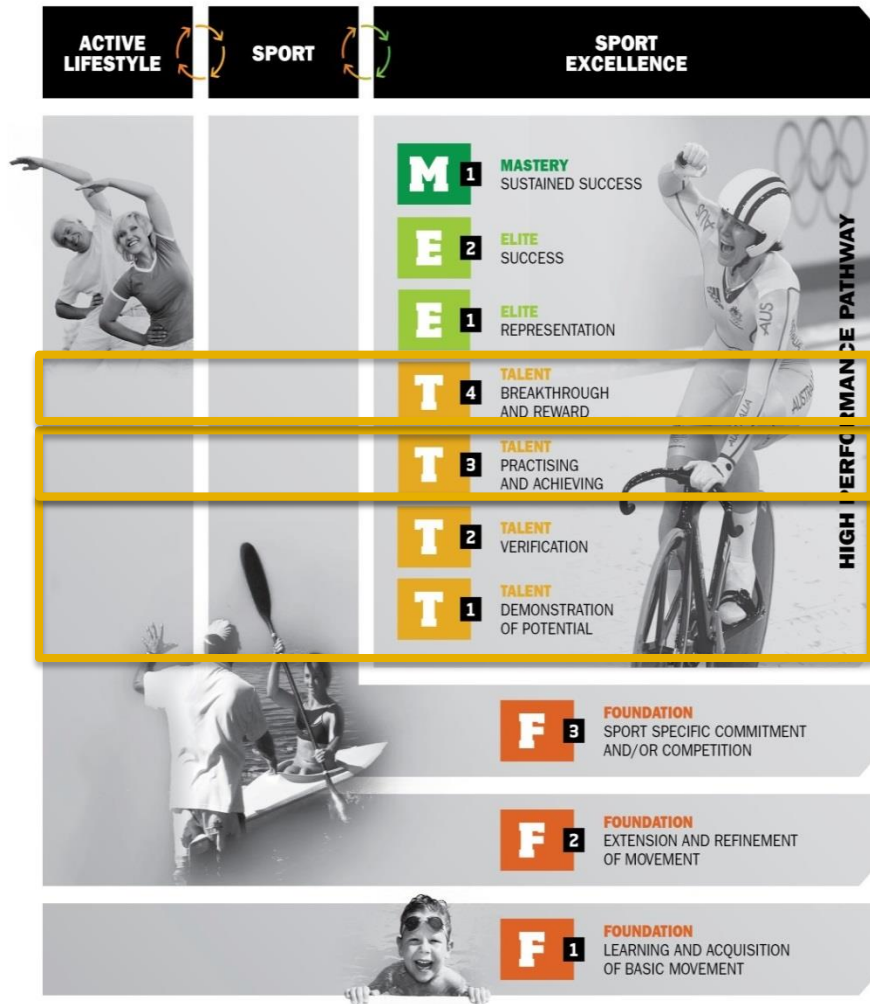
Top Tip #7 Be a positive role model

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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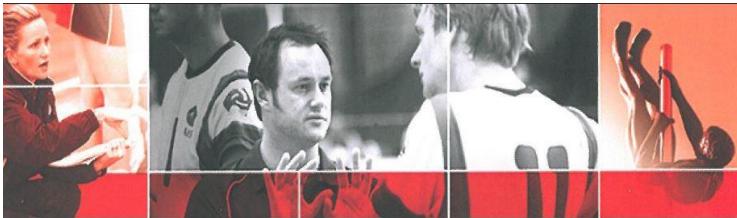
Pre-elite 'Best Practice'



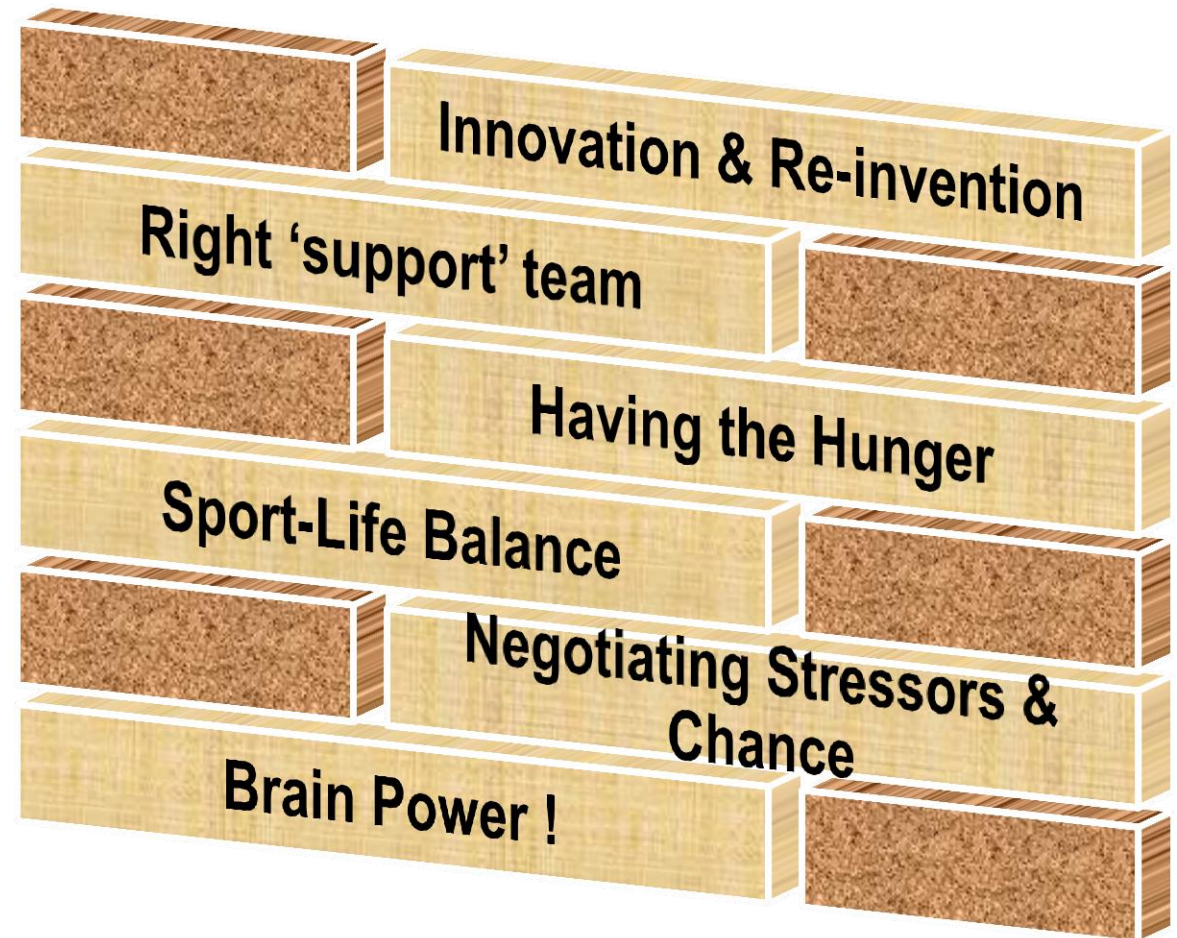
EDUCATE, IMPLEMENT & COORDINATE
evidence-based, holistic athlete case management through effective Deliberate Programming and monitoring

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 !

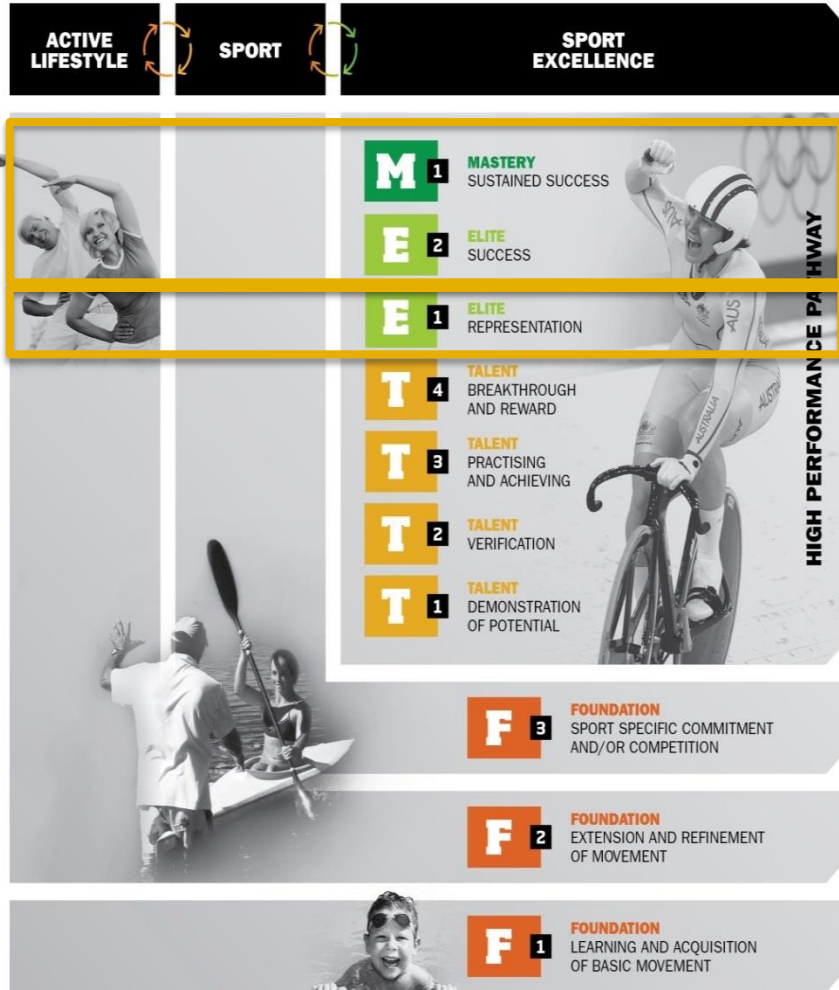


Reaching the top and staying there !



Source: My Sporting Journey Questionnaire (n>1000)

Elite & Mastery 'Best Practice'

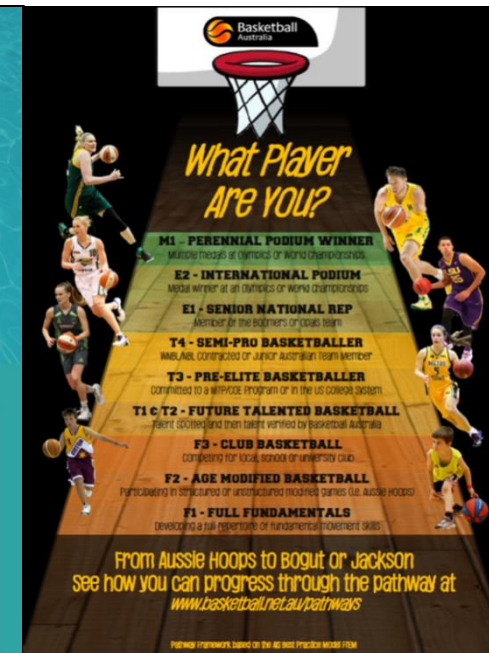
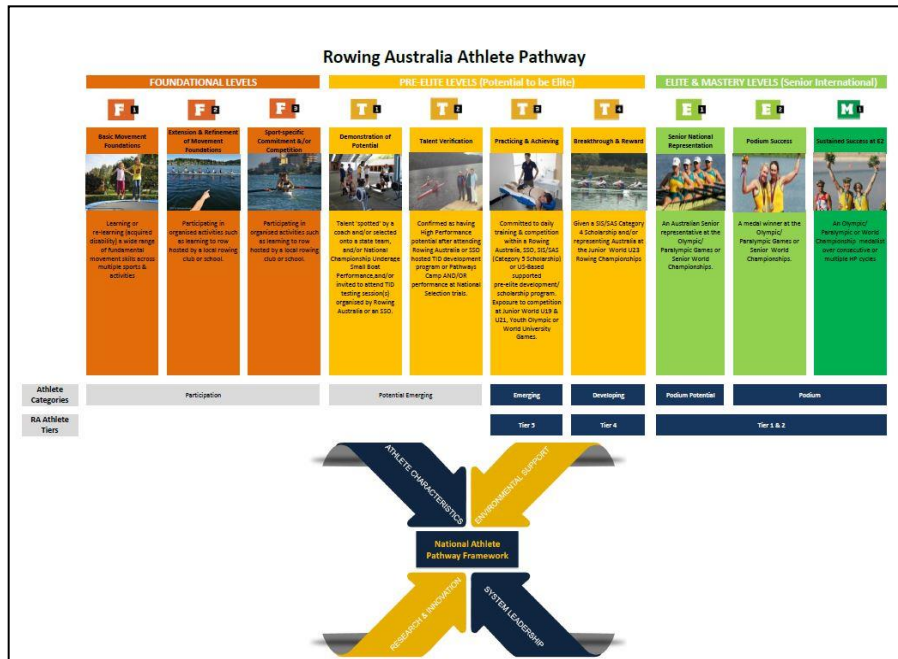


PROGRESSION/MAINTENANCE

EXPLORE potential for re-invention & innovation

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

Engaging the Athlete's Voice & Informing Pathway Strategy



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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