

## **Selection Criteria for WA Sprint Pathways Squad 2019/2020**

The selection criteria aligns with the basic principles contained in the National Athletes' Pathway Framework (NAPF) which is a "roadmap" to guide all stakeholders in the development of the athlete from Foundation to Mastery. Paddle Australia has used the Australian Institute of Sports' (AIS) model for the development of its athletes' pathways using the FTEM framework as its Guide (See NAPF).

This Criteria may be amended by Paddle WA at any time for any one or more of the following reasons:

- (i) any change in ICF eligibility criteria, program of events or rules;
- (ii) any change in the rules governing a particular race/event;
- (iii) to give effect to the Criteria following discovery of a drafting error or oversight;
- (iv) to clarify any ambiguity or otherwise give effect to the intended meaning of the Criteria;
- (v) any other reason determined by Paddle Australia in its absolute discretion to be in the best interest of Paddle WA
- (vi) Paddle WA shall not be responsible or liable in any way to anyone because of such amendment.

The selection criteria is specifically targeting athletes aspiring to be selected in the various National underage teams (U15, U16, U17, U18) for Asia Pacific Championships, Olympic Hopes, Junior World Championships or any other international Regatta Paddle Australia are selecting a representative team. U23 athletes may be selected/retained based on selection panel discretion.

The selection panel will comprise the following;

- WAIS Head Coach Canoe Sprint – Ramon Andersson
- WA Sprint Pathways Squad Coach – Jesse Phillips
- Executive Officer Paddle WA – Rosalie Evans

### **Selection Criteria**

- (i) Athletes must be a member of a Paddle WA club affiliated with Paddle Australia.
- (ii) Athletes must compete in the 2019 National Sprint Championships.
- (iii) Athletes selected for the Asia Pacific Championships, Olympic Hopes Squad or any approved Paddle Australia Junior Competition (Note: National Junior team athletes selected to compete at the Junior World Championships may receive a WAIS scholarship or WAIS Training Agreement).
- (iv) Athletes achieving times in regattas or time trials as specified in the NAPF for levels T2 – T4. Times have been calculated relative to World Best times for kayak athletes. See table at end of document.
- (v) In assessing an Athlete's performance against the times at Levels T2 – T4 in the NAPF, the Selection Panel 'may' consider relevant external factors that may have impacted the

- Athlete/Crew achieving the necessary IPS (including but not limited to weather conditions (e.g. wind speed/direction and currents).
- (vi) Athletes not meeting criteria (iii) – (v) may still be added to the WA Sprint Pathways Squad at the sole discretion of the selection panel based on but not exclusively limited to historical performance in surf lifesaving events or other paddling disciplines such as marathon, training performance, testing performance.
  - (vii) Athletes are selected following the 2019 National Canoe Sprint Championships. Athletes may be added to the WASP squad at any time over the course of the season at the discretion of the selection panel. Athletes may be deselected at anytime if not meeting squad requirements in regards to regular attendance to training and competition, factoring there may be times that this may not occur due to injury, illness, exam periods.
  - (viii) Athletes from the 2018 Talent Identification (TID) squad may be selected to the WASP squad if in the opinion of the selection panel these athletes are displaying a level of commitment commensurate with a high performing junior athlete and are on an improvement trajectory that the selection panel believes will result in the particular athlete meeting WASP standards with six months of WASP selection.

### **Squad Requirements**

In order to be considered for the WA Sprint Pathways squad athletes must meet the following requirements;

- (i) Be available to train 1 – 2 times per week with the WA Sprint Pathways coach in addition to sessions provided by the athlete's club coach. Times and venue to be advised.
- (ii) Be able to undertake Strength and Conditioning training 1 – 2 times per week at the WA Institute of Sport or Ascot Kayak Club under the guidance of the WASPS Strength and Conditioning specialist.
- (iii) In the event the athlete has a valid reason for not being able to attend Strength and Conditioning training at the venues and times highlighted above they must agree to undertake their own strength and conditioning at a venue suitable to them but working to the same program as other athletes in the squad and commit to meeting with the Strength and Conditioning coach each month to review program and check exercise form.
- (iv) Be available for lab testing at the WA Institute of Sport (WAIS) two times per year (around April and September).

### **WASPS Benefits**

- WASPS athletes will receive free servicing by Strength and Conditioning Coach, Brock Fleay.
- Two coached on-water sessions by WASPS Coach (or other allocated coach).
- Bi-annual lab testing conducted by WAIS.
- Bi-annual WASPS apparel.
- WASPS team building activities.

**National Athlete Performance Framework (NAPF) Benchmark Times**

		K1 200	WK1 200	K1 500	WK1 500	K1 1000	WK1 1000
Calculated WB		00:34.40	00:39.57	01:36.33	01:48.22	03:25.44	03:53.28
M1	1%	00:34.74	00:39.97	01:37.29	01:49.30	03:27.49	03:55.61
E2	3%	00:35.43	00:40.76	01:39.22	01:51.47	03:31.60	04:00.28
E1	6%	00:36.46	00:41.94	01:42.11	01:54.71	03:37.77	04:07.28
T4	9%	00:37.50	00:43.13	01:45.00	01:57.96	03:43.93	04:14.28
T3	13%	00:38.87	00:44.71	01:48.85	02:02.29	03:52.15	04:23.61
T2	17%	00:40.25	00:46.30	01:52.71	02:06.62	04:00.36	04:32.94
T1	21%	00:41.62	00:47.88	01:56.56	02:10.95	04:08.58	04:42.27

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