



Australia - Under age school rowing pathway

Rowing Ireland HPD

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Australian School's Pathway System



	Duration	Age
PRE-PRIMARY SCHOOL	3 years	3-5 years old
PRIMARY SCHOOL	8 years	5-12 years old
HIGH SCHOOL	5 years	12-17 years old
UNIVERSITY	minimum 3 years	17-20 years old and older

LONG TERM ATHLETE DEVELOPMENT PLAN - LTDA



- Athlete's Individual Development Strategy based on biological age more than chronological age
- The Athlete is the core of the plan
- Development plan led by the coach and supported by sport's program managers, service providers and specific sponsors.

WHY LTAD?



- LTAD is indicated to maximise the number of talents identified.
- LTAD is for a strict number of talented athletes and not for all
- LTAD ensure the whole individual development in order to produce solid “medal winning performances”
- LTAD strongly consider all the “physiological, mental and technical” factors in order to built outstanding performances



- A** Active Start
- B** FUNdamentals
- C** Learning to Train
- D** Training to Compete
- E** Training to Win
- F** Active for Life

LONG TERM DEVELOPMENT ATHLETE

– LTDA



- From Club to High School
- From High School to Club
- From Club or High School to State Institute of (Development)
- From State Institute to centralize program -Australian Institute of Sport – Canberra – Sydney (High Performance)



AGE 3 TO 5



SWIMMING – ATHLETIC

PRE-PRIMARY

ACTIVE START –
FUNdamentals

GENERAL PHYSICAL
DEVELOPMENT - SPORT
FOR EVERYONE



AGE 5 TO 12



TEAM'S AND INDIVIDUAL'S SPORTS –NO ROWING

“CARNIVAL”

PRIMARY

“FUNdamentals”

GENERAL PHYSICAL
DEVELOPMENT - SPORT
FOR EVERYONE –
COMPETITION START



AGE 13 TO 17



SPORT SPECIFIC – ROWING

NTID

HIGH SCHOOL

FUNDamental – LEARNING
TO TRAIN – TRAINING TO
TRAIN – TRAINING TO
COMPETE – INITIAL
TRAINING TO WIN

GENERAL PHYSICAL &
TECHNICAL DEVELOPMENT -
INITIAL SPECIFIC
DEVELOPMENT - INITIAL
CONCEPT OF EXCELLENCE”



AGE 17 TO ??



ONE SPORT – ROWING

SPORT'S SPECIFIC NTID PROGRAM

UNIVERSITY

TRAINING TO
COMPETE –
TRAINING TO
WIN

FOCUS ON
EXCELLENCE

**Australia High
Level
Decentralized
Model**

NTIS 1997

QAS 1991

NSWIS 1995

AIS 1981

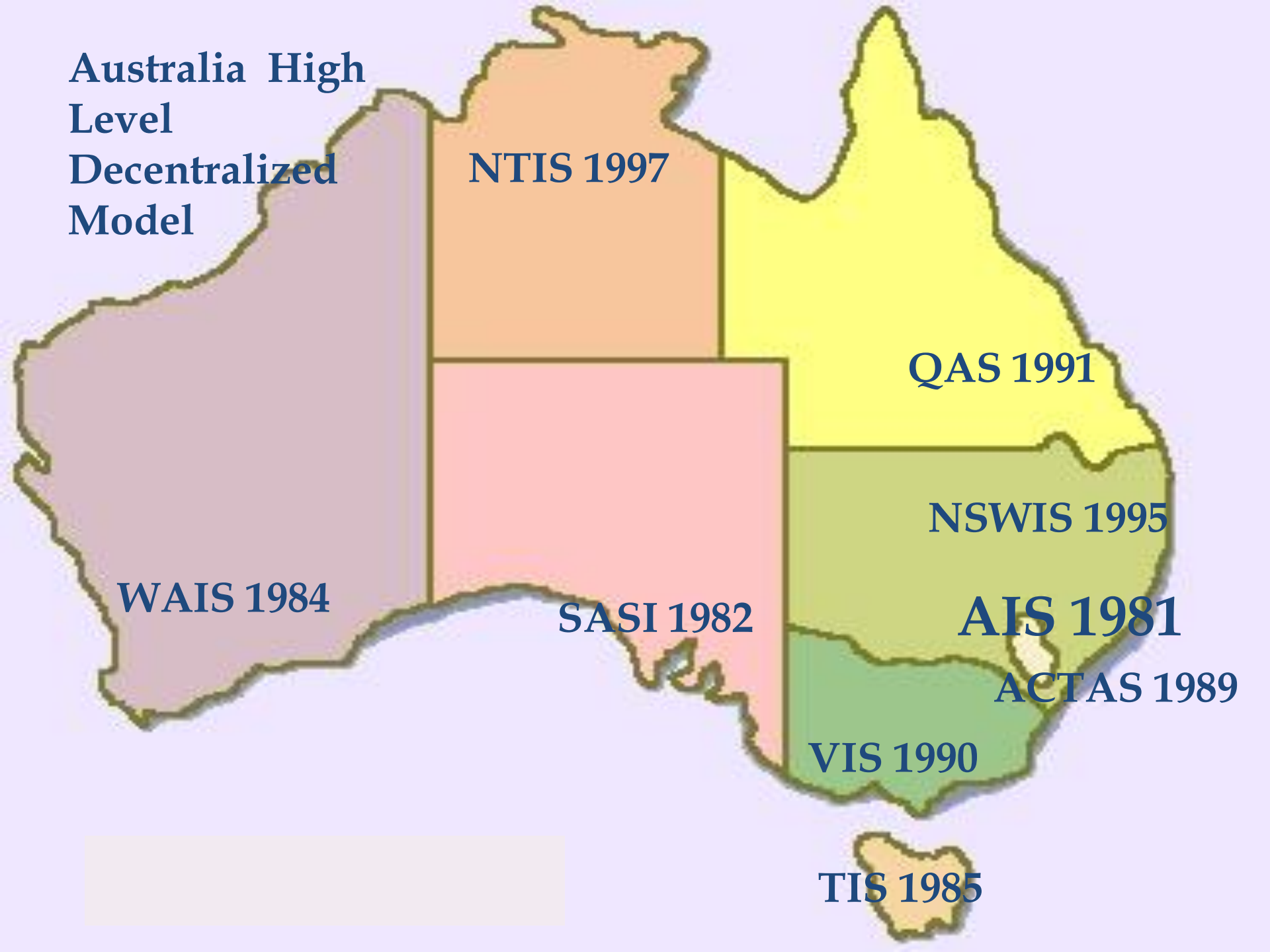
ACTAS 1989

VIS 1990

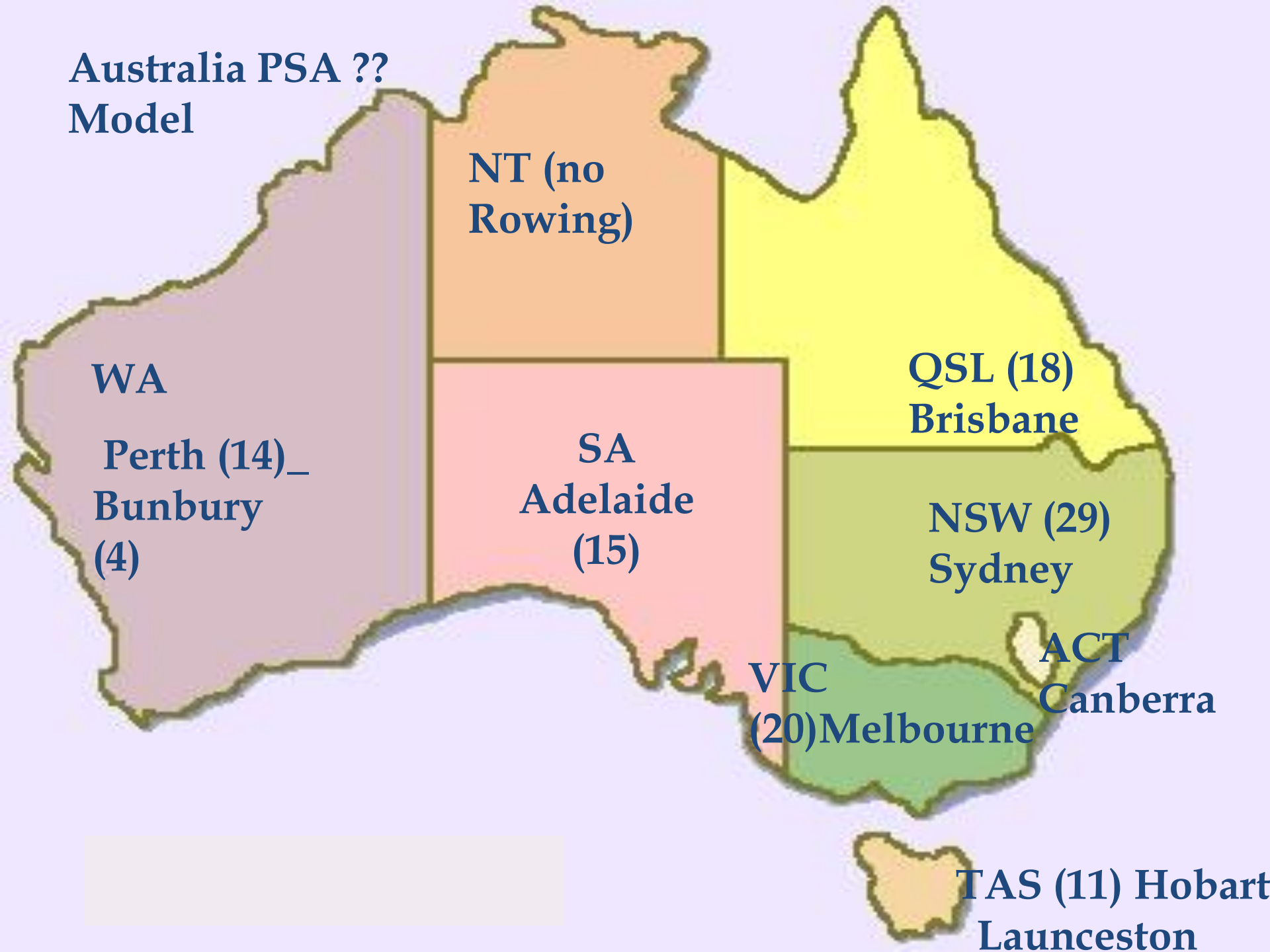
TIS 1985

WAIS 1984

SASI 1982



**Australia PSA ??
Model**



PRIVATE SCHOOLS ASSOCIATION - PSA



Summer Sports (Oct to Apr)

- Rowing
- Cricket
- Atletica
- Nuoto
- Tennis
- Pallavolo
- Pallanuoto
- Pallacanestro

Winter Sports (Apr to Oct)

- Cross Country (Corsa)
- Rugby
- Aust Football (Footy)
- Soccer
- Hockey

PSA ROWING ARMY



Year 8 (AGE 11–12) 500mt

- Coxed Quad A
- Coxed Quad B

8 rowers, 2 coxswains and 2 coaches

Year 9 (AGE 13-14) 1500mt

- Coxed Quad A
- Coxed Quad B
- Coxed Quad C
- Coxed Quad D
- Coxed Quad E
- Coxed Quad F
- Coxed Quad G

28 rowers , 7 cowsains and 7 coaches

PSA ROWING ARMY



Year 10 (AGE 14-15)

- Eight A (2000mt)
- Eight B (1500mt)
- Coxed Quad A (1500mt)
- Coxed Quad B (1500mt)

24 rowers, 4 coxswains and 4 coaches

Year 11-12 (AGE 15-17) 2000mt

- First Eight
- Second eight
- Third eight
- Senior Coxed Quad A
- Senior Coxed Quad B

32 rowers, 5 coxswains and 5 coaches

PSA ROWING ARMY



Year	Athletes	Coxwains	Coaches					
8	8	2	2					
9	28	7	7					
10	24	4	4					
11-12	32	5	5					
	92	18	18					
State	Male Schools	Female Schools	Total Schools	Total Athletes	Total Coxswains	Total Coaches		
WA	8	5	13	1196	234	234		
VIC*	12	8	20	1840	360	360		
QLD	7	10	17	1564	306	306		
NSW	10	13	23	2116	414	414		
SA	9	6	15	1380	270	270		
TAS	7	4	11	1012	198	198		
	53	46	99	9108	1782	1782		
VIC*	19	33						

TALENT IDENTIFICATION TESTS



- To identify young talents with the ability to become world and olympic champions through an appropriate and individualised development
- Identification Tests include anthropometrical, physiological and mental factors

NATIONAL TALENT IDENTIFICATION STRATEGY OUTCOMES



- The cooperation with school's sport managers and rowing coaches provide a solid and trustable rowing development strategy in line
- Provide objective indicators informing the young identified talented rowers.
- Potential Talented young rowers family involvement
- The Talent Identification Tests quantify the gaps between the current performance and the potential performance

NATIONAL TALENT IDENTIFICATION STRATEGY OUTCOMES



ATHLETES AGE	14	15	16	17	18	TOTALE TEST EFFETTUATI	
WOMEN NR	265	424	416	295	99	1499	
MEN NR	216	449	472	388	125	1650	
						3149	

OVERVIEW



POSITIVE OPPORTUNITIES

- Quantity
- Family involvement
- Number of Coaches
- Number of Coxswains
- Utilisation of human and financial resources

THREATS

- Human movement - PE
- Early specialization
- Lack of quality
- Coaches quality
- Early Selection
- School's business model

Development and progression of elite sports performance



From Novice to Elite

From Elite to Medal winning success

Development and progression of elite sports performance



Australian Progression from Junior World Championships to Senior World Championships (not just rowing)

20 – 30%

Eastwood & Warr Investigation

Development and progression of elite sports performance



Australian Senior World Championships never competes in a World Junior Championships (not just rowing)

60 – 70%

Eastwood & Warr Investigation

David Watts



Josh Hicks





Questions
