



AUSTRALIAN ICE RACING

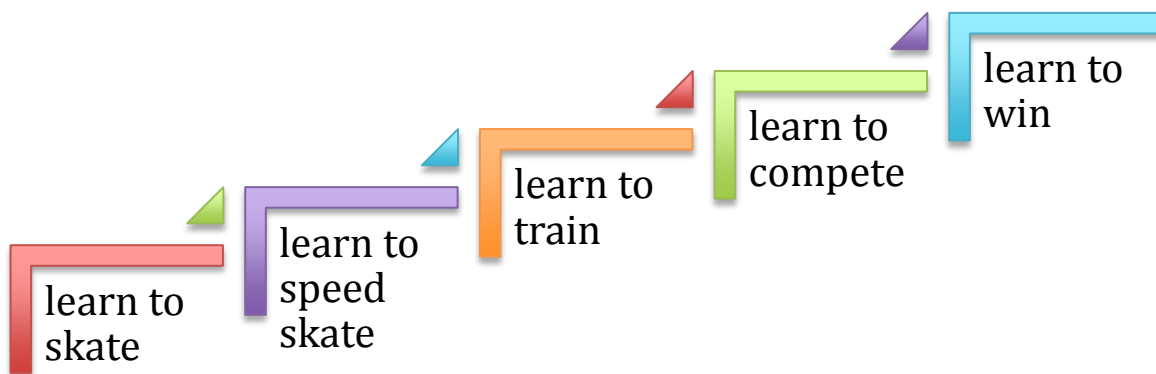
AIR SPORTS DEVELOPMENT PROGRAM

(Version 1.1, 14th August 2014)

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ATHLETE DEVELOPMENT PATHWAY



LEARN TO SKATE

- Public Skating, learn to Skate Classes
- Focus on fun, developing basic movement and skating skills
- Target Age Group 3-6 years

LEARN TO SPEED SKATE

- Skate School, Speed Skating Classes and Club Skating Program
- Focus on fundamentals, participation, developing movement and basic speed skating skills
- Fun races focusing on skill development and participation
- Target Age 6-9 years

LEARN TO TRAIN

- Club Training and Competitions
- Focus on developing good speed skating technique, improve overall fitness, introduction of strength and conditioning training
- National Development Program
- Talent Identification
- Target Age 8-15 years

TRAIN TO COMPETE

- State, National, International Competitions
- Focus on refining speed skating technique, improving sport specific fitness, and strength/conditioning training, and developing good racing skills
- Elite Development Program
- Target Age 9 years +

TRAIN TO WIN

- International Competitions, World Cups, World Championships, Olympic Games
- Focus on creating world class athletes with a high level of technical capability, sport specific fitness and strength/conditioning
- OWIA High Performance Program
- National Squad and National Teams
- Target Age 15-30 years

SPEED SKATE FOR LIFE

- Apply to all ages and abilities
- Move from highly competitive sporting environment to age group and social competitions
- Focus on fitness and recreation
- Move towards coaching, officiating and volunteering within the sport, giving back to the speed skating community

SHORT TRACK ATHLETE PATHWAY

LEVEL	PROGRAM	WHO RUNS IT	COMPETITIONS
1 (Learn to Skate)	Skate School and Public Skating	Local Rinks	Skate School Events
2 (Learn to Speed Skate)	Club Training	Local Speed Skating Clubs	Club/State/National Events
3 (Learn to Train)	National Development Program	AIR in conjunction with States and Clubs	Club/State/National Events
4 (Train to Compete)	National Elite Development Program	AIR	Club/State/National/International Events
5 (Train to Win)	National High Performance Program	OWIA	Club/State/National/International Events
6 (Train to Win)	National Squad/Team	AIR/OWIA	Club/State/National/World Cup, World Championships
7 (Train to Win)	Olympic Team	AOC	Club/State/National/World Cup, World Championships/Olympic Winter Games
Speed Skate for Life	Skate for Life	Local Clubs, States, AIR	Club/State/National/International Age Specific Events (Masters)

LONG TRACK ATHLETE PATHWAY

LEVEL	PROGRAM	WHO RUNS IT	COMPETITIONS
1 (Learn to Skate, Learn to Speed Skate, Learn to Train)	Learn to Skate, Inline Skating	Local Rinks, Local Speed Skating Clubs, Inline Clubs	Skate School Events, Inline Competitions
2 (Train to Compete, Train to Win)	High Performance Program	OWIA	International Events, World Cup, World Championships
3 (Train to Win)	National Team	AIR/OWIA	World Cup, World Championship
4 (Train to Win)	Olympic Team	AOC	Olympic Winter Games
Speed Skate for Life	Skate For Life	Local Clubs, States, AIR	International Age Specific Events

NATIONAL DEVELOPMENT PROGRAM

PURPOSE

A program for developing speed skaters from the club level through to the elite level. The program features on and off ice testing of skaters at different points across the year, assessing their progress, and helps coaches track and monitor this progress in order to pin point areas where improvement is needed for each individual. The program also includes an Open Development Camp, with intensive technique and training sessions with help from Australia's leading coaches and an international coach.

ELIGIBILITY

Any club skater who wants to progress in the sport working towards the elite level.

PROGRAM DETAILS AND BENEFITS

- AIR will appoint a program manager who will manage and oversee the program. The program manager will supply each skater and coach with the necessary goal setting sheets, testing guidelines and recording sheets, and a program calendar (flexible according to ice time availability and coaches own training programs).
- Skaters are to complete a goals sheet with their coach(s) which will help them work out what they want to achieve during the year and how they go about doing it. These will be reviewed by skater and coach after each testing point.
- Club/State coaches will be responsible to implement the program and conduct the testing. Coaches will be sent guidelines for how the tests will be administered to ensure a fair and accurate testing system across the country.
- There are four testing points throughout the year, roughly three months apart. This involves on ice time trials and off ice skating specific fitness testing. Skaters results will be forwarded to the program manager to be tabulated and graphed, and results will be sent to both skater and coach. Progress can be easily monitored, and adjustments can be made to a skaters training program if necessary. Skaters will be able to compare their results with other skaters in the program. Testing results may also be published on the AIR website.
- Each club coach will still be in control of the daily training programs of their club skaters. Skaters in the program will be encouraged to participate in the Australian Open Championships, and their training programs should reflect an emphasis on peaking for this competition.
- There will be an open development camp each year, held around April, which skaters are encouraged to attend. Australian coaches and an international guest coach will run this camp.
- It is anticipated that the national coach will travel at least once a year to each state to assist with both on ice and off ice training sessions, as well as sharing coaching information with the local club coaches.

COST

Registration to the National Development Program is free. [Click here](#) to register. All goal sheets, testing information, tabulated results and graphs, communication and correspondence will be provided by AIR through the Program Manager. All training and any camp costs are the responsibility of the skater.

SKATERS RESPONSIBILITIES

- They attend no less than 80% of their clubs sessions, except in case of illness or injury or attending overseas training
- Complete testing 4 times per year
- Complete goals sheet and goal reviews
- Encouraged to attend the Open Development Camp
- Participate in state competitions and the Australian Open Championships
- Follow the AIR Athlete Code of Conduct at all times

NATIONAL DEVELOPMENT PROGRAM CALENDAR FOR 2014

March 15	Skater registration opens. Once skaters register, they will be sent all the documentation, and their coaches notified. Goal sheets completed
March 18-31	Testing no.1
April 12-16	Open Development Camp
June 1-8	Testing no.2
July 26-27	Duke Trophy
August 24-31	Testing no.3
October 3-4	Australian Open Championships
November 16-23	Testing no.4
December	Program review

NATIONAL ELITE DEVELOPMENT PROGRAM

PURPOSE

The National Elite Development Program sits at the level above the National Development Program. It is seen as a transitional phase between the development stage and the high performance stage for athletes. It is aimed at skaters preparing for national team trials and International competitions.

ELIGIBILITY

To be eligible to participate in the National Elite Development Program, skaters must be at least 12 years old on July 1 of that year. Skaters must achieve two out of the three age applicable qualifying times listed below to enter the program (within the last 12 months). Times may be achieved at the previous and current season's International Competitions, National Championships, State Championships, events (including club racing) that are sanctioned by AIR and AIR's affiliated state members, testing conducted by coaches as per the AIR Sports Development Program, or sanctioned Time Trials as per the AIR National Selection Policy. Coaches must be the timekeeper for the testing conducted under the AIR Sports Development Program. Times achieved in club racing and Sports Development Program testing must be verified and signed off by coaches.

	500m	777m	1000m	1500m
Senior Men	46.80		1:34.80	2:27.037
Senior Ladies	49.50		1:39.50	2:35.353
Junior A Men	48.00		1:36.50	2:36.50
Junior A Ladies	50.50		1:42.00	2:42.00
Junior B Men	49.50		1:40.00	2:40.00
Junior B Ladies	51.50		1:46.50	2:46.50
Sub Junior Men	50.50	1:20.50	1:43.50	
Sub Junior Ladies	53.10	1:26.50	1:48.50	

Age as at July 1

Senior: 19 years and older

Junior A: 17-18 years

Junior B: 15-16 years

Sub Junior: 12-14 years

PROGRAM DETAILS AND BENEFITS

- AIR will appoint a National Elite Development Co-ordinator to oversee the program. The role of the co-ordinator is to:
 - Promote the program with club coaches for the greater good of the sport.
 - Guide club coaches with good development exercises and any technical advice to support the program.
 - Provide a bridge between the AIR Sports Development Program and the transitional phase into a High Performance Program, calling on previous international experiences.
 - Co-ordinate Elite Development camps and to monitor the progress of athletes wishing to progress through the program.
 - Work closely with the Director of Development to continually analyse the progress of the program and consider changes to ensure that the most effective program is in place for success.
- A goals sheet is to be completed with their coach(s) which will outline what they want to achieve during the season and the process to achieve these results.
- There are two testing points throughout the year. These involve on ice time trials and off ice skating specific fitness testing. Skaters results will be sent to the Program Manager to be recorded and graphed. These will be sent to skater and coach, and a review will take place after each testing point to make sure skaters are on track with their training goals. Testing results may also be published on the AIR website.
- Access to training opportunities with the OWIA Squad, with individualised training programs and input from the National Coach
- Access to elite development camps during the year
- Eligible to skate in National Selection Trials (junior/senior as appropriate, provided National Selection Policy criteria have also been met)
- Individualised training programs with input from the National Coach
- International training and competition opportunities
- Eligible for the AIR International Competition Subsidy Program
- Eligible to skate in the Senior Division of the Australian Open Championships (as long as requirements are met as set out in the Australian Short Track Rules)

COST

Registration to the National Elite Development Program is free. Skaters who meet the eligibility criteria, [click here](#) to register. Cost of camps, training sessions, and competitions are the responsibility of the skater, although subsidies may become available from time to time.

SKATERS RESPONSIBILITIES

- Skaters must meet the qualifying time requirements to become part of the program
- Skaters complete goals sheets with coach, attend at least 90% of their club training sessions, except in case of injury or illness or attending overseas training
- Skaters must complete athlete testing two times per year
- Skaters to compete at state events, be available for Duke Trophy, compete at the Australian Open Championships, and are encouraged to participate in National Selection Trials if eligible
- Participate in one Elite Development camp during the year
- Comply with all anti-doping requirements and educational events
- Follow the AIR Athlete Code of Conduct at all times

NATIONAL ELITE DEVELOPMENT PROGRAM CALENDAR FOR 2014

May 1st	Registration opens for the Elite Development Program
June 1st	Athletes who have met the qualifying criteria are sent relevant documentation
June 1-14	Goal sheets to be completed and a training program written up for June 15th-nationals (own coach with input from national coach) Testing no.1
July 26-27	Duke Trophy
July 28-30th TBC	National Elite Development Camp
September TBC	National Selection Trials 1 (World Cup Team)
Oct 3-4	Australian Open Championships
Oct 5-9 TBC	National Squad Camp
Nov 16-24	Testing no.2, goals review
Jan TBC	International Training Camp and Competition (Star Class)
Feb TBC	National Selection Trials 2 (Senior and Junior World Championships)
March	Program Review

OWIA HIGH PERFORMANCE PROGRAM

PURPOSE

The High Performance Program for Australia's top short track speed skaters is run by Olympic Winter Institute of Australia (OWIA) under the direction of the OWIA Coach (AIR National Coach). The purpose of the High Performance Program is to provide a high level intensive training environment for our elite athletes to train in, helping them to excel on the world stage as top world class athletes. Skaters will receive expert on ice coaching alongside top support programs including strength and conditioning, physiotherapy and sports science.

ELIGIBILITY

Currently athletes can apply for the Australian Institute of Sport (AIS) Scholarship Program which is operated by OWIA, provided they satisfy the eligibility criteria as set by OWIA. Skaters in the Elite Development Program who do not meet the OWIA Scholarship criteria, but who show potential and have a desire to be high performance athletes, may apply to the AIR President for nomination to the OWIA for consideration of a Visiting Athlete Scholarship.

The criteria for and the awarding of a full AIS Scholarship or a Visiting Athlete Scholarship is at the discretion of the OWIA and is not the responsibility of AIR, its Board or its Selectors.

Please note that this program will be under review after the 2014 Sochi Olympic Winter Games.

NATIONAL SQUAD AND TEAM

The National Squad is for our most exceptional skaters, who are seeking selection in a World Cup and/or World Championship Team and/or Winter Olympic Games.

To qualify for the Junior National Squad, a skater must be between 14 and 18 years inclusive as of the 1st of July. Skaters must have achieved two of the three junior qualifying times as listed in the National Selection Policy. To be eligible for the National Senior Squad, skaters must be at least 15 on the 1st July and must achieve two of the three senior qualifying times as set out in the National Selection Policy.

All skaters in the National Squads will be eligible to compete in the National Selection Trials. These trials will be used to select the World Cup, Junior and Senior World Championship teams.

The squad runs from September up until the end of the International Season (March).

All skaters in the National Squad are required to attend the National Squad Camp following National Championships, and are encouraged to train with the OWIA High Performance Squad and National Coach wherever possible (skaters not on an AIS/OWIA Scholarship can apply for Visiting Athletes Scholarship).

Any skater who qualifies for the World Cup team or a World Championship team must train with the National Coach and the OWIA High Performance Squad for a minimum of 4 weeks prior to leaving for that competition.

NATIONAL SQUAD AND NATIONAL TEAM CALENDAR FOR 2014

September TBC	National Selection Trials 1 (World Cup Team)
October 3-4	National Championships
October 5-8 TBC	National Squad Training Camp
October-December dates TBC	World Cups 1-4
February TBC	National Selection Trials 2 (Junior and Senior World Championships)
February 27 to Mar 1, 2015	Junior World Short Track Speed Skating Championships (Osaka, Japan)
Mar 13 – 15, 2015	Senior World Short Track Speed Skating Championships (Moscow, Russia)
March	Program review

Amendment Certificate

Version	Date Issued	Amendment Details	Amended By
1	18/3/14	First version launched	Scott Weekes, Margaret Blunden
1.1	14/8/14	Wordings for EDP qualifying time achievement updated	Approved by AIR Board on 14 th August 2014