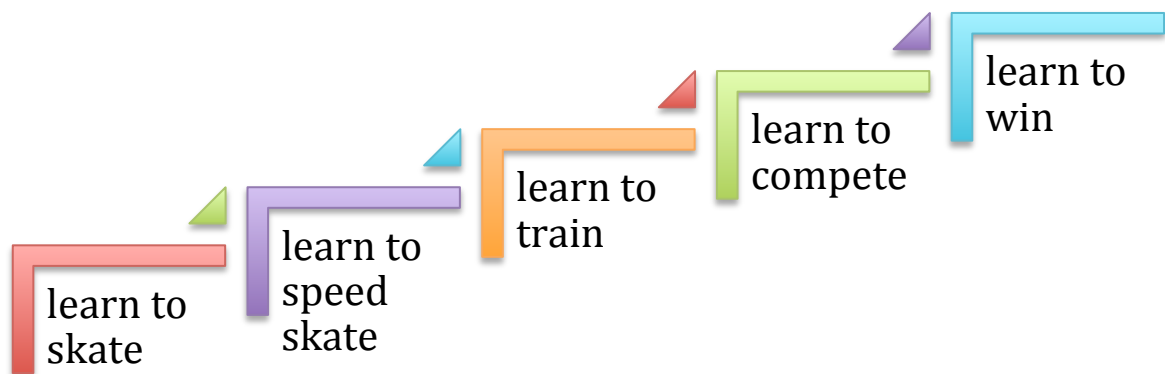




AUSTRALIAN ICE RACING

ATHLETE'S 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