Performance Pathway

Introduction

Boccia Australia's (BA) goal is to see an incremental growth of the number of athletes, coaches, and ramp operators in our Paralympic (BC1,BC2, BC3 & BC4) <u>Performance Pathway</u>. To do this we need to ensure that our pathway for them is strong, is resourced and has the support systems in place so that they can perform at their best.

By collaborating with State based programs and external providers at **Foundation or Participation (Pre-Emerging)** level we hope to impact the structure and program outcomes. This will support the transition of identified talent into the **Talent Development (Development)** program where we will provide talented athletes, coaches, and ramp operators with a Daily Training Environment (DTE) that supports the development of High-Performance behaviours along with the technical and tactical skills to transition to **High Performance (Podium Potential).** Our HP Strategy will drive the outcomes for success at International and Paralympic level.

NOTE: Boccia currently sits as a Prospective 2 in the AIS Sport Categorisation.

Purpose

The Boccia Australia Performance Pathway is being implemented to ensure that we have sustainable programs and continuous growth across the whole pathway for future success. And, for athletes, coaches, ramp operators, families, and support people to have a love of the game.
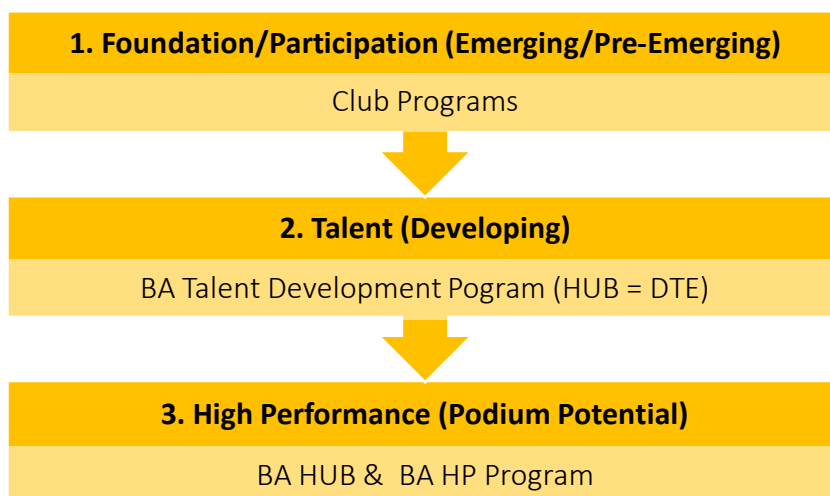
Outcomes

More athletes, coaches and ramp operators performing at the highest level for ongoing success, plus:

1. Great Daily Training Environments across the pathway
2. Athletes committed to training, personal development and have "A Love of the Game"

Values

Collaborative: Working together to achieve success

Inclusive: Everyone is valued, welcome and contributing to our sport

Aspirational: Being the best that we can be as individuals and a sport

The Performance Pathway

1. Foundation/Participation (Emerging/Pre-Emerging)
Club Programs

⬇

2. Talent (Developing)
BA Talent Development Pogram (HUB = DTE)

⬇

3. High Performance (Podium Potential)
BA HUB & BA HP Program

Athlete Success Factors

PERSONAL DEVELOPMENT

Independence & accountability

An athlete driven, coach supported approach to empower our athletes to make decisions independently on and off the court, so they have control over the process and outcomes as much as possible.

Self-awareness & willingness to learn

Ensure that the athlete has accountability for themselves, to others and the process. Being collaborative in the development of their individual performance plan (IPP) and that plan allows for learning and growth so that they can work towards performing at their best consistently.

Attitude and approach

Being clear about goals, sticking to the individual performance plan, the commitment to this and have set behavioural standards that are consistently strived for and reflect a team culture

Dealing with adversity

An athlete that can remain focused in difficult situations (on and off court) and how they re-group from any setbacks or challenges so that they can continue to thrive under pressure.

Commitment

Knowing what it takes to Win. (WITTW) The commitment they make to themselves, their team (family, support person, ramp operator, coach) and that they are prepared to work hard. Always looking for continuous improvement.

Organisation

Do they have the week, month, year planned, and are consistently showing up! Being able to manage competing priorities in life and on their sporting journey.

SKILLS OF THE GAME

Physical Preparation

Effective and consistent disability management. Maintaining good health and impact on performance. Engaging in physical S & C in conjunction with personal services for physical conditioning to compete

Mental preparation

Ability to manage pressure situations, decision making, mindset and developing high performance behaviours

Technical preparation

Shot selection, equipment maintenance, ball calibration, reviewing, analysing, and reflecting, communication style, skill acquisition

Tactical preparation

Shot decision making, game plan, understanding phases of play, reviewing, and analysing opponents

COMPETITION READINESS

Competing against the best (state & nationally)

- Match play within DTE
- Competing at all State based events where practical and if not cost prohibitive
- Competing for your state at National level annually

Competing Internationally (including Youth events)

- Be at a level of competitiveness to play against the best in the world (gaining ranking points)
- Be in contention for selection for regional & world championships

Know WITTW

- Achieving the benchmarks as identified in the matrix.

Mental Performance in Competition Program *(in development)*

HAVE A LOVE OF THE GAME

Wellbeing

Connect: Talk and listen, be there, feel connected (come to training 5-10mins early, connect with your teammates, ask about their day)

Be Active: Do what you can, enjoy what you do, move your mood (what else do you like to do, play another sport if you can, try something new)

Take Notice: Remember the simple things that give you joy (how are you spending your down time, try some mindfulness or meditation)

Keep learning: embrace new experiences, see opportunities, surprise yourself (become a student of the game, take on some extra study)

Give: Your time, your words, your presence (what can you give back to the game, your club, or the community)

Become a student of the game

- What can you learn about yourself and your game?
- Review, Analyse and Reflect

Program 1. Foundation/Participation (Emerging/Pre-Emerging)

State-based club programs are the entry point for players new to Boccia. This is usually a fun based, less structured environment where players should learn to have a love of the game. Understand the different types of balls used for different shots and start to build on some basic technical and tactical parts of the game. It would be recommended that players also begin some match play with friends and family and start to build some independence around decisions and shot making. It's BA's hope that we can start to impact the structure within these programs, to support outcomes and increased participation in 2023 and ongoing.

PATHWAY DEVELOPMENT

(Full FTEM model can be found via this link)

Level 1.   Learning and Acquisition of Basic Movement

Level 2.   Extension and Refinement of Movement

Level 3.   Sport Specific Commitment and/or Competition

CATEGORISATION

(Further details via this link)

Category	AIS description	Boccia Australia Criteria	Time in Category
Pre – Emerging Emerging	Players have been identified by an NSO via a reliable Talent ID profiling method (and going through a set time-limited talent confirmation period)	Entry: Player is assessed against success factors (matrix) as having potential and given opportunity to confirm capabilities Maintain: Player is meeting or exceeding success factors and deemed capable of progressing to developing.	May stay at this category for up to four years or longer depending on age Must show improvement in the areas identified with the SSM

CLASSIFICATION

(Further details via this link)

Players should submit their Provisional Classification as soon as practically possible to understand their sport class and status, as this may impact their Boccia sport journey in our performance pathway.

DAILY TRAINING ENVIRONMENT (DTE):

- Club programs, local club coaching, fundamentals
- Having fun and learning to have a love of the game
- Match play at club level
- Testing protocols for talent ID
- Invite to HUB's based on progression of skills and performance behaviours

Program 2. Talent Development (Developing)

Boccia Australia's Talent Development program is for the next generation of athletes and aims to provide a Daily Training Environment (DTE), identified as a State based HUB, to support identified talent to progress and transition to our High-Performance program. The DTE will support athletes to be the best they can be, focusing on HP behaviours, skill acquisition, technical and tactical aspects of the game and WITTW criteria for continued success.

PATHWAY DEVELOPMENT

(Full FTEM model can be found via this link*)

Level 1. Demonstration of Potential (Exhibit demonstrable talents)

Level 2. Verification (Evidence based testing, skill acquisition)

Level 3. Practicing and Achieving (Committed to practice & training, performance improvements)

Level 4. Breakthrough and Reward (Support, Results, Opportunity)

CATEGORISATION

(Further details via this link)

Category	AIS description	Boccia Australia criteria	Time in category
Developing	Athletes have progressed through a talent confirmation stage and placed within a dedicated national development program (i.e. Talent HUB). Assessed against a Sport Specific Matrix (SSM)	Entry: Podium at Boccia Challenger and/or Top10 result at Youth World Champs/Youth Regional Champs. Maintain: demonstrates an upward trajectory in World Ranking. Results meeting criteria in the success factors. Demonstrate development across the subjective criteria (i.e. behaviour/independence)	May stay at this category for up to four years Must show improvement in the areas identified with the SSM

CLASSIFICATION

(further detail via this link)

Each athlete that is invited to the Talent HUB must have a **National (Confirmed)** Classification with a view to international classification in BC1, BC2, BC3 or BC4 only.

DAILY TRAINING ENVIRONMENT (DTE):

Access to Talent Development HUB in your state with:

- Specialised and expert coaching
- Individual Performance Plans
- Wellbeing program
- Camps
- Selection for appropriate level of International Competition

PERFORMANCE SUPPORT

- Introduction and limited access to support services (physiotherapy, strength and conditioning, nutrition, performance psychology)
- Access to State based NIN network for associated support, programs and opportunities

WHAT IT TAKES TO WIN (WITTW)

Refer WITTW – being developed in 2023.

Moving on to High Performance (Podium Potential)

We know that it takes between eight to ten years* to reach the level required for high performance and the average age of an athlete is between 26-33yrs old* (individual exceptions will occur). We have some key milestones that need to be met to move into the HP program and the athlete's individual performance plan (IPP) should be the key tool to knowing how the athlete is tracking. The key is to keep the communication channels open with the Coach, the Performance Pathway Manager, the HP Manager, and the support network.

*Refer Tokyo 2020 Paralympic Games Boccia Athlete Demographic Review (Sarah Taylor – Paralympics Australia 2022)

1. Are you prepared for the demands of a HP athlete?
2. How are you tracking against the best? (In AUS and Internationally)
3. What are your personal aspirations – do they align with the expectations of the program?

PATHWAY DEVELOPMENT

(Full FTEM model can be found via this link)

Level 1.   Elite (Australian Representation)

Level 2.   Elite (Success at International level)

Level 3.   Mastery (Sustained Success)

CATEGORISATION

(Further details via this link)

Category	AIS description	Boccia Australia Criteria	Time in Category
Podium Potential	Athletes will have achieved agreed performance benchmarks. International competition performances that reliably indicate their future potential for podium success. Assessed against a Sport Specific Matrix (SSM)	Entry: places consistently in top12 at World Cup level/top10 at Regional Maintain: demonstrates an upward trajectory in World Ranking. Results meeting criteria in the success factors. Demonstrate development across the subjective criteria (ie: behaviour/independence)	May stay at this category for up to two paralympic cycles Must show improvement in the areas identified with the SSM

CLASSIFICATION

(Further detail via this link)

HP athletes must have an **International (Confirmed)** Classification (BC1, BC2, BC3, BC4).

DAILY TRAINING ENVIRONMENT/PROGRAM INCLUSION/CAMPS AND COMPETITION

Includes but not limited to:

- Access to HUB's
- Invite to HP training and camps
- Testing and benchmarking to see how you are tracking
- Selection for International Competition
- National Institute Network opportunities and individual scholarships, AIS support (dAIS)

PERFORMANCE SUPPORT

Access to support services (physiotherapy, strength and conditioning, nutrition, performance psychology and other as required) via BA. With support and access to services, programs and scholarships via the State based NIN network.

WHAT IT TAKES TO WIN (WITTW)

Refer WITTW info. Graphic – To be updated in 2023.

World's Best

As the game and competition continues to evolve, we aim to adapt and continue to provide insight on the high-performance boccia athletes and international scope. In collaboration with Paralympics Australia, we have tracked, and aim to continue to monitor the profile of the world's best athletes longitudinally. Current insights from data on international high performance Boccia athletes' trajectories highlights key milestone markers pertaining to career benchmarks.

Classification	Age commencing participation	Age of International Debut	Age of Paralympic Games Debut
BC1	18.1	25.5	30.4
BC2	17.7	25.0	29.0
BC3	16.8	24.0	28.6
BC4	20.9	24.4	28.5

*Data from Tokyo 2020 Paralympic Games Boccia athlete profiles where available. Data is inclusive of both male and female athletes due to mixed events being run.

Insights from a selection of Tokyo Paralympic Games match footage and competition results indicated that overall medallist have greater shot effectiveness, and often have medalled at a previous World Championship or Paralympic Games across all classes. Additional information is available upon request.

BA and PA are continuing to investigate the impact of recent competition and rule changes following the Tokyo Paralympic Games, with an aim to understand the potential impact on athlete performance pathways and trajectories leading into Paris 2024 Paralympic Games and onwards.

Our Coaches

BA have a coach development strategy in place so that our coaches are best prepared to deliver at the highest level with the methodology and expertise to develop great players in an environment of continuous learning including:

1. Coach Network (peer-to-peer) through a Community of Coaches program
2. Individual Coach Development Plan (ICDP – AIS model in development)
3. On-going Coach professional development (program in place for 202+)
4. Continuous coach development with access to external coach development resources (eg: AIS Elevate Coach and Coach Summit)

Technology and Innovation

BA strive to improve our understanding of the athletes and the game of Boccia at an international level to underpin and inform athlete pathways and high-performance programs.

In collaboration with PA, we have identified current and future areas of interest;

- Enhancing our knowledge of ball type, selection, and calibration processes
- Advanced analysis to support performance and decisions during training and competition*
- Athlete profiles, competition results and performance trajectories*
- Sport specific presentation including technical and tactical components of the game
- Staying abreast of current and future research and trends within Boccia and across Paralympic sports

*Current or ongoing project-based support with PA.

Partnerships

- State based National Institute Network
- Australian Institute of Sport/Sport Australia
- Paralympics Australia
- Sporting Wheelies and Disabled Association
- State Based Boccia organisations

Boccia Australia's Role

1. Leadership and management of programs across Talent Development and High Performance
2. Coach engagement, development, and employment (including Coach Pathway)
3. Provide the DTE for athlete, coach, and ramp operators
4. Ramp Operator retention and recruitment
5. Responsible for selection and support for players to attend international events (for ranking points)
6. Provide equipment and technology
7. Deliver camps
8. Build partnerships and collaborate with key stakeholders
9. Parent/Support person information and education