



Australian Government

Australian Sports Commission

# Australian Institute of Sport

RECONTRES CALEDONIENNES DU SPORT DU HAUT NIVEAU

10<sup>th</sup> – 14<sup>th</sup> October 2-14





**Matt Favier**



## Matt Favier

- Athlete
  - Rugby League; Football; Cricket
  - 800m runner; Australian Junior Champion; National Medallist
  - AIS Scholarship
  - 1:47.18 Personal Best (19years of age)
- Coach
  - Coach middle distance – 800/1500m in Australia
  - Sprints – 100/200 including World Junior 100m Champion from GB
- Administrator and Manager
  - Director – Australian institute of Sport (2012 – present)
  - UK Sport – Head of Performance Solutions (2009 – 2012)
  - Performance Manager and Coach – UK Athletics (2003 – 2009)
  - Other: Athletics Australia, Australian Paralympic Committee, Queensland Academy of Sport
  - Physical Education Teacher and Masters of Business Administration



## Boing! Bronze at the 2014 Euro Championships



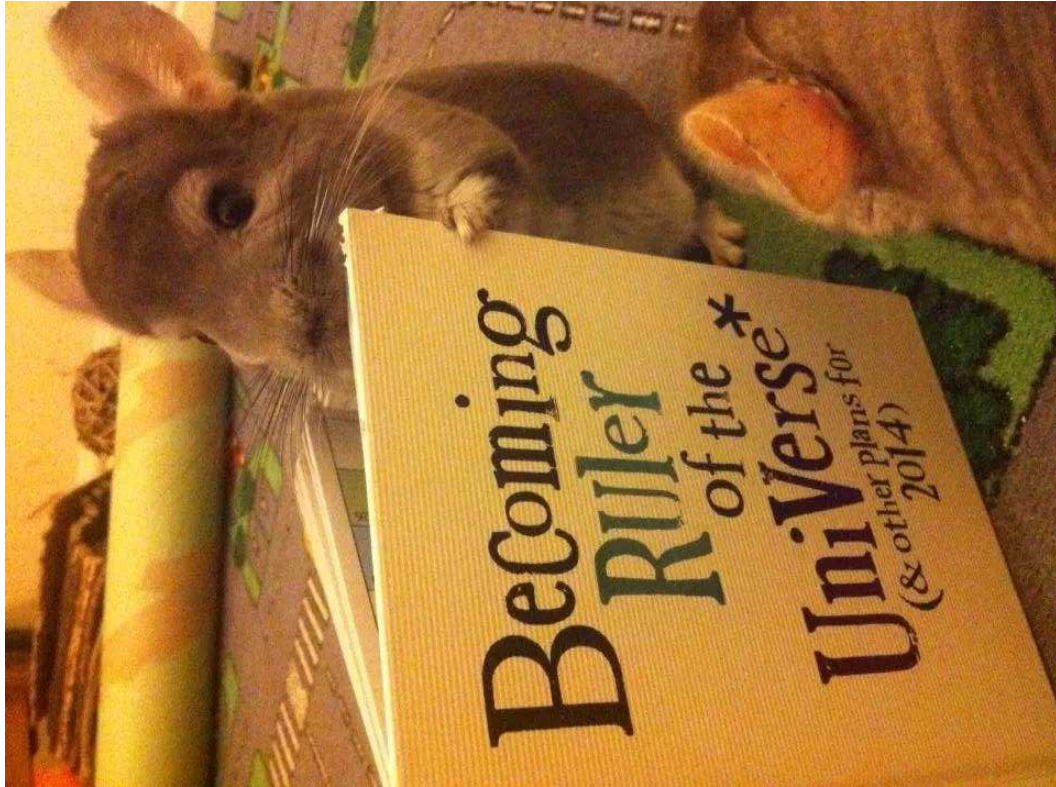




# AIS and the Australian High Performance Strategy

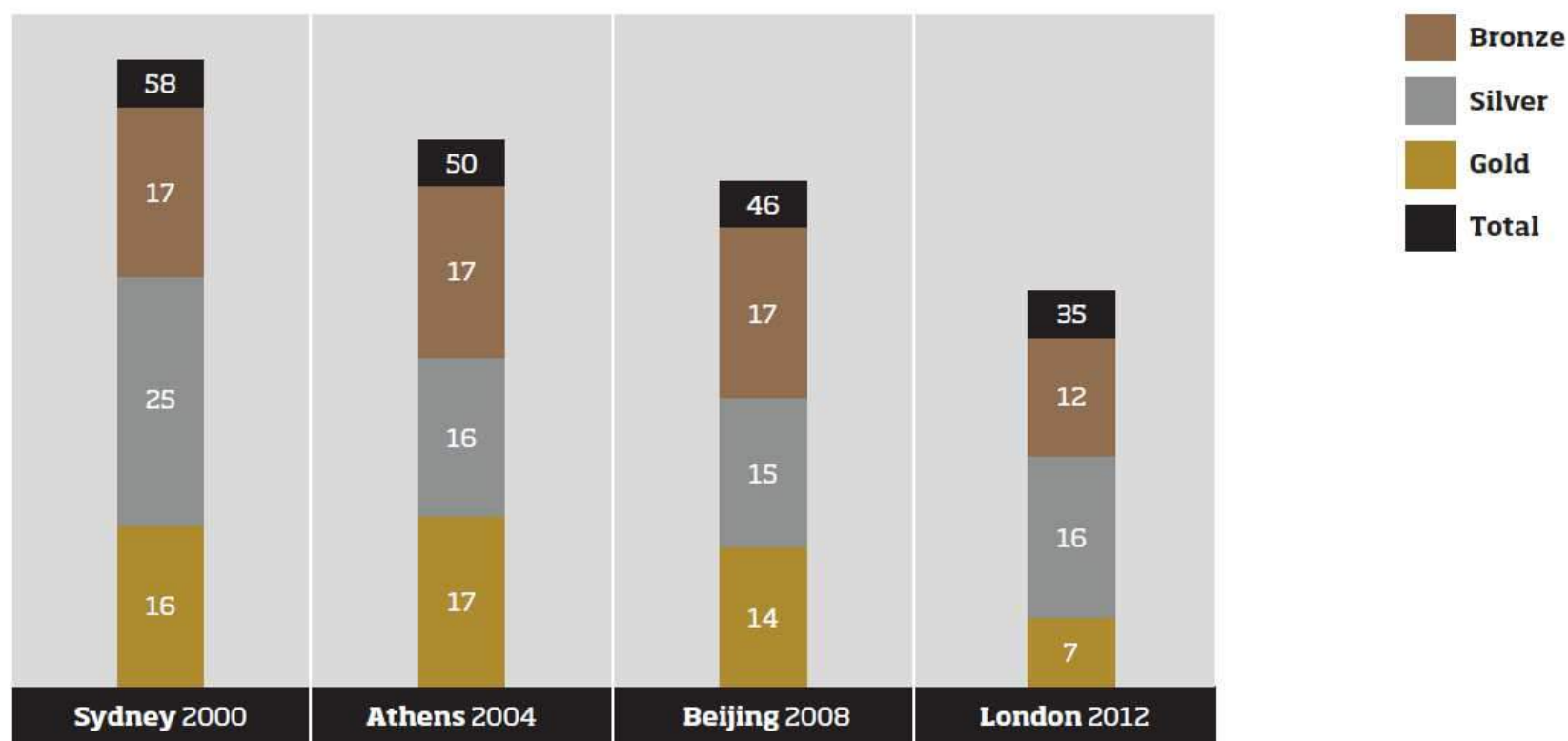
- Strategy
  - Australia's Winning Edge
  - Investment
  - Performance Support
  - Personal Excellence
- Programs/Initiatives
  - Competitive Innovation Fund
  - Centre for HP Coaching and Leadership
  - Campaign Rio
  - Athlete Management System
  - Athlete Development Pathways





## Background

**Chart 1:** Australian Olympic Performance 2000-2012



## Background

**Chart 2:** Number of Australian world champions in priority sports 2002-2012  
(Rolling three year average)





## Australia's Winning Edge

- New approach to address the changing and intensifying environment of international sport.
- Provides the high performance sector with:
  - clear performance targets
  - a sharper and more robust national funding and accountability model
  - improved sporting governance structures
  - contemporary reporting and monitoring of performance
  - a refocus of the AIS as Australia's high performance agency.



**At the heart of *Winning Edge***

**The right support**

**To the right athletes**

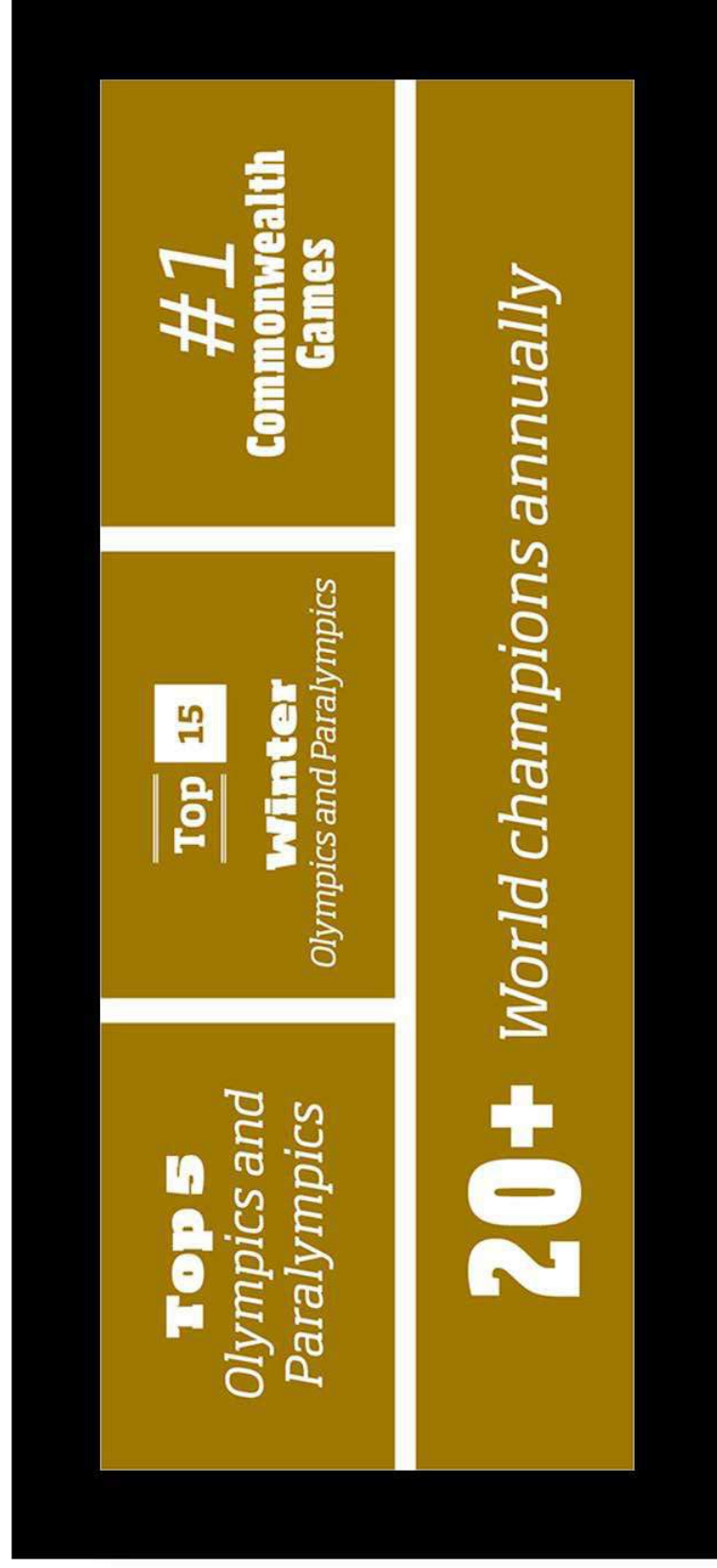
**At the the right time**

## Australia's Winning Edge

- Winning Edge approach :
  - targeted and prioritised investment
  - contemporary planning and review processes
  - athletes have the right support at the right time along their pathway to international success
  - structures, workforce and leadership capacity to develop successful programs to achieve competitive results
  - valid and robust evidence base on which to develop winning high performance programs.



## National Targets





# Investment Allocation Model

Australia's *Winning Edge* high performance investment allocation is determined by three core inputs: high performance program requirements; core athlete needs; and sport-specific needs.

**Australia's  
*Winning Edge*  
investment**

## High performance program requirements

Fixed cost of running high performance program (e.g. Performance Director, Head Coach).

+

## Core athlete requirements

Standard variable cost required to support identified athlete cohort to achieve *Winning Edge* targets (e.g. competition, daily training environment support to podium and pathway profiled athletes).

+

## Sport-specific requirements

Additional investment requirement to reflect sport-specific needs (e.g. equipment, competition).

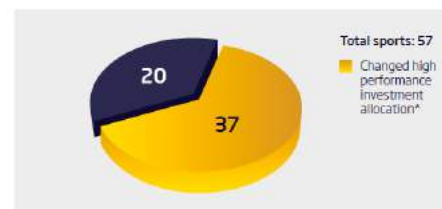
# Investment Allocation Model

To inform the investment allocation, sports are categorised based on their ability to contribute to *Australia's Winning Edge* targets.

<b>Foundation</b>	Sports with a record of achieving multi-medal or consistent team success at Olympic, Paralympic, World Championships or Commonwealth Games level. These sports are expected to make the largest contribution towards <i>Australia's Winning Edge</i> targets.
<b>Prospective</b>	Sports with success at the last Olympic or Paralympic Games or world championships, and likely to medal at the next Olympic or Paralympic Games.
<b>Emerging</b>	Sports likely to achieve a top eight finish and have an outside medal chance at the next Olympics Games or likely to achieve a medal at the next Paralympic Games. These sports have longer-term potential.
<b>National and/or Iconic</b>	Sports with gold medal success at the Commonwealth Games or culturally significant sports* with gold medal success at a world championships.

# Investment since 2012

1 Changed high performance investment allocation in **37 sports**



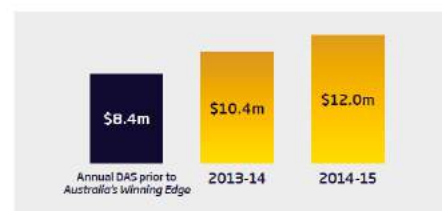
2 Re-allocated **\$20m** of high performance funding amongst sports



3 Increased share of high performance funding to Foundation sports from 64% to **71%**



4 Increased Direct Athlete Support funding by **\$3.6m**



## **The right athletes | Winning Edge Athlete Categories**

The Winning Edge Athlete Categories have been developed to provide a consistent basis, both within and across sports, to:

- identify the athletes with the greatest potential to contribute to Winning Edge targets
- track their performance over time
- inform the prioritization of support to these athletes.



# The right athletes | Winning Edge Athlete Categories

**Figure 1: Winning Edge Athlete Categories**

Category	Criteria
<b>1. Podium</b>	Individual athlete or playing member of a team in an Olympic or Paralympic discipline, who has a medal performance at the most recent world championship (or equivalent) event <sup>1</sup> <b>and</b> considered capable of a medal at the next world championship (or equivalent) event.
<b>2. Podium Potential</b>	<p>A) Individual athlete or playing member of a team in an Olympic or Paralympic discipline, who placed fourth to eighth at the most recent world championship (or equivalent) event <b>and</b> considered capable of progressing to <i>Level 1 — Podium</i>.</p> <p>B) Individual athlete or member of a team sport (e.g. squad member) in an Olympic or Paralympic discipline, who is considered capable of progressing to at least <i>Level 2A — Podium Potential</i> in the next four years.</p>
<b>3. Commonwealth</b>	Individual member or playing member of a team who does not satisfy the criteria for the above categories but is considered capable of winning a gold medal at the 2014 Commonwealth Games.
<b>4. Developing</b>	<p>A) Individual athlete or member of a team sport in an Olympic or Paralympic discipline, who is considered capable of progressing to at least <i>Level 2B — Podium Potential</i> in the next two years.</p> <p>B) Individual athlete or playing member of a team who does not satisfy the criteria for the above categories but is considered capable of winning a medal at the 2014 Commonwealth Games.</p>
<b>5. Emerging</b>	<p>A) Individual athlete or member of a team sport in an Olympic or Paralympic discipline, who is considered capable of progressing to at least <i>Level 4A — Developing</i> in the next two years.</p> <p>B) Individual athlete or member of a team sport who does not satisfy the criteria for the above categories but is considered capable of winning a medal at the 2018 Commonwealth Games.</p>

## **Performance Support for Athletes | dAIS**

- \$12 million per annum, supporting 900 athletes.
- to support high performance lifestyle and the ability to train
- support for targeted athletes across 6 performance tiers or levels in either an individual or team event.
- support for medal-potential athletes for the 2018 Gold Coast Commonwealth Games who are ranked in the top 3 in the Commonwealth.

## dAIS Athlete Support | Direct Support

Performance considerations and grant amounts		
Tier	Performance considerations	Minimum notional grant (6 month period)
1	<ul style="list-style-type: none"> <li>1<sup>st</sup> place at a world championship (or equivalent event) in the last 12 months; and</li> <li>Potential to medal at the next Olympic or Paralympic Games</li> </ul>	\$17,500
2	<ul style="list-style-type: none"> <li>2<sup>nd</sup> – 3<sup>rd</sup> place at a world championship (or equivalent event) in the last 12 months; and</li> <li>Potential to medal at the next Olympic or Paralympic Games</li> </ul>	\$16,000
3	<ul style="list-style-type: none"> <li>4<sup>th</sup> – 6<sup>th</sup> place and in the top 50% of competitors at a world championship (or equivalent event) in the last 12 months; and</li> <li>Potential to medal at a future Olympic or Paralympic Games</li> </ul>	\$13,500
4	<ul style="list-style-type: none"> <li>7<sup>th</sup> – 8<sup>th</sup> place in the main final and in the top 50% of competitors at a world championship (or equivalent event) in the last 12 months; and</li> <li>Potential to medal at a future Olympic or Paralympic Games</li> </ul>	\$7,500
5	<ul style="list-style-type: none"> <li>Other priority athletes with potential to medal at the next Olympic or Paralympic Games</li> <li>Typically a <i>Podium Potential B</i> athlete (or higher)</li> </ul>	\$4,000 - \$6,000
6	<ul style="list-style-type: none"> <li>Other priority athletes with the potential to medal at a future Olympic or Paralympic Games</li> <li>Typically a <i>Developing A</i> athlete (or higher)</li> </ul>	\$2,500 - \$3,500

## AIS Performance Support

- Movement Science
- Medicine
- Physiotherapy
- Massage
- Nutrition
- Performance Analysis
- Physiology
- Performance Psychology
- Strength & Conditioning

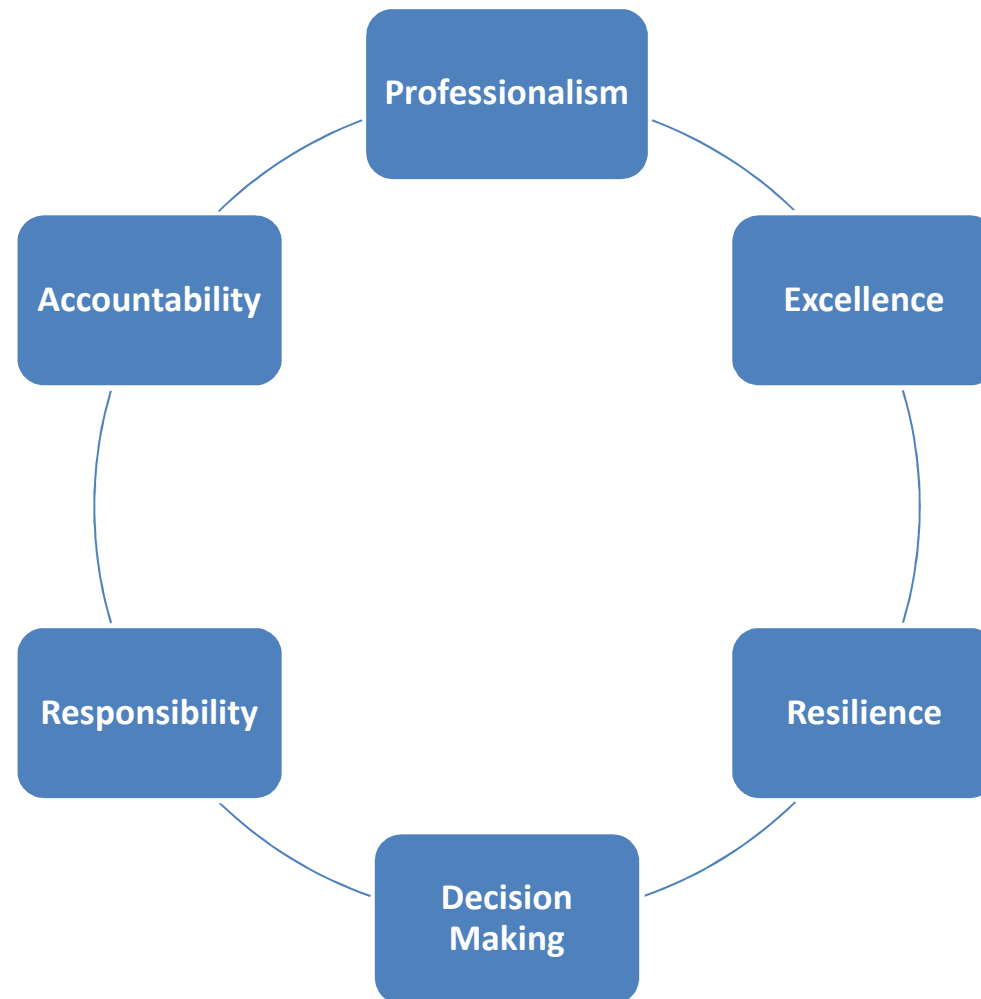




## AIS Personal Excellence

- Increase awareness about making decisions which impact performance in sport and life
- Empower athletes to develop responsibility, accountability, professionalism and resilience
- Effectively progress through the high performance pathway
- Provide career and education support and a roadmap of educational content to address the contemporary issues which high performance athletes may face

## AIS Personal Excellence - Principles



## AIS Personal Excellence

- Understand the causes of decision making and the effects of associated behaviours
- Develop good health, wellbeing and mental health strategies beyond physical performance
- A balanced approach to sport and life including career management & education, and the pursuit of development opportunities
- Create self-determinism and replace considerations of 'entitlement' and 'dependency'
- Progress effectively along the high performance pathway (entering, during and post sport)
- Take ownership of personal image/brand
- Build the athletes social consciousness as contributing members to the community

## E-Platform - myAISplaybook

- A secure online portal and interactive community, dedicated to providing support and facilitating communication and collaboration between athletes.
- Provides high performance athletes with online educational content delivered through adaptive e-learning experiences.
- An exclusive environment, completely private and designed specifically for athletes to communicate with and learn from each other.
- Provides information and resources on current hot topics and issues for athletes and allows athletes to discuss these in a safe environment.





## E-Platform - myAISplaybook

The screenshot displays the myAISplaybook web application interface. The header features the 'myAISplaybook' logo and the AIS logo. A left sidebar contains a navigation menu with links: Home, About, Activity feed, Athletes, Hot topics, Career and Education, Opportunities, AMS, DAS, Teacher Access, and Administrator Access. Below the menu are sections for 'Related' content, including 'getting an ABN - test only' and 'Integrity', and a 'Create content' button. The main content area is titled 'You can customise this page' and includes a 'Spotlight' section with a video player showing 'Universiade 2013, Kazan Russia - FISU highlights video'. To the right of the spotlight are 'Announcements' for Wednesday, 25 Jun 2014, including a welcome message for NIN Directors and ACE Managers. Below the spotlight are sections for 'Hot topics' (advice on dealing with issues), 'Opportunities' (MC, 4 hours, 18th Oct, 2014), and a 'Countdown' for the 'COMMONWEALTH GAMES START IN' with a timer showing 27 Days, 21 Hours, 48 Minutes, and 11 Seconds. A chat window on the far right shows a conversation with Leah Susack.

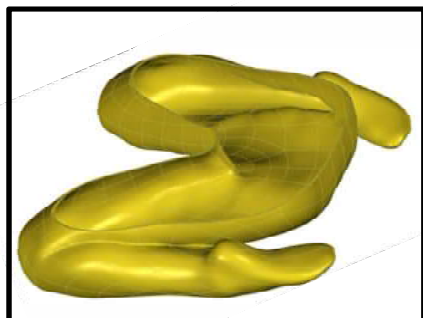
# Competitive Innovation Fund

- \$1.5 million per annum over four years.
- Supports areas of:
  - Coaching
  - Equipment Development
  - Technology
- Direct impact on sporting performance
- Brings together specialist research organisations, universities and industry groups to increase pool of applied research resources



## Competitive Innovation Fund

1. Custom software development (swimming)
2. Advanced real time performance analysis (rowing, hockey)
3. Equipment design for helmets and bikes (cycling)
4. Custom technology and equipment (sailing)
5. Custom athlete seating (canoeing and APC)



## Performance Coaching & Leadership

- Annual investment of \$1.5 million.
- deliver world best approaches to learning and development
- formalise pathways for professional development.
- Residential and open learning programs.
- face-to-face residential labs, immersive experiences, project work, mentoring, individual assessment and regular feedback and reflection.
- World Class 2 World Best Conference



## Performance Coaching & Leadership

- 90 graduates by Rio 2016 and 210 graduates by 2020.
- Launched in May 2013
  - 2013 – 28 participants
  - 2014 - 45 participants
- 2014
  - Performance Coach Program
  - Podium Coach Program
  - Performance Leaders Program





## Campaign Rio

- Joint initiative between AIS, Australian Olympic Committee and Australian Paralympic Committee.
- Australian Team for the 2016 Olympic and Paralympic Games to be the ‘best planned, best prepared and best performed’.
- Biannual Forums and workshops.
- Key themes
  - Performance
  - Location specific factors
  - Leadership
  - Culture and Values
  - Planning and Execution



# Athlete Management System

- Collect information to analyse and monitor athlete/squad performance
- Ability to view the entire life-cycle of an athlete at any given point in time
- Transform current fragmented information systems
- Streamline data collection points into a central depository
- More comprehensive system for in depth reporting analysis and ability to run flexible reports based on individual results
- A master athlete profile to use as a common source by stakeholders around the country
- Web-based user interface accessible on multiple devices

## Athlete Development Pathways

- Annual investment of \$2 million
- NSO Pathway capability workshops
- Talent pathway health checks
- Annual Sports Draft
- Talent Enrichment Program
- Combat Centre



# Questions

