ROAR Ingredients

Talent development in sport is widely acknowledged to be nonlinear, dynamic and complex

Phillips, E., Davids, K., Renshaw, I., & Portus, M. (2010). Expert performance in sport and the dynamics of talent development. Sports Medicine, 40, 271–283


Billy Vunipola and team mates (aged 10 years)

Jayden and Joe
(aged 13 years, born 25 days apart)

Performance Pathway Team Curriculum Project

- *Pathway Health Check identified opportunity for a step change in the World Class System.*

- *Build sustainability by supporting sports to develop, refine and implement a framework for success within their pathway.*

- *It defines what but not how!*

- *Make best practice, common practice.*

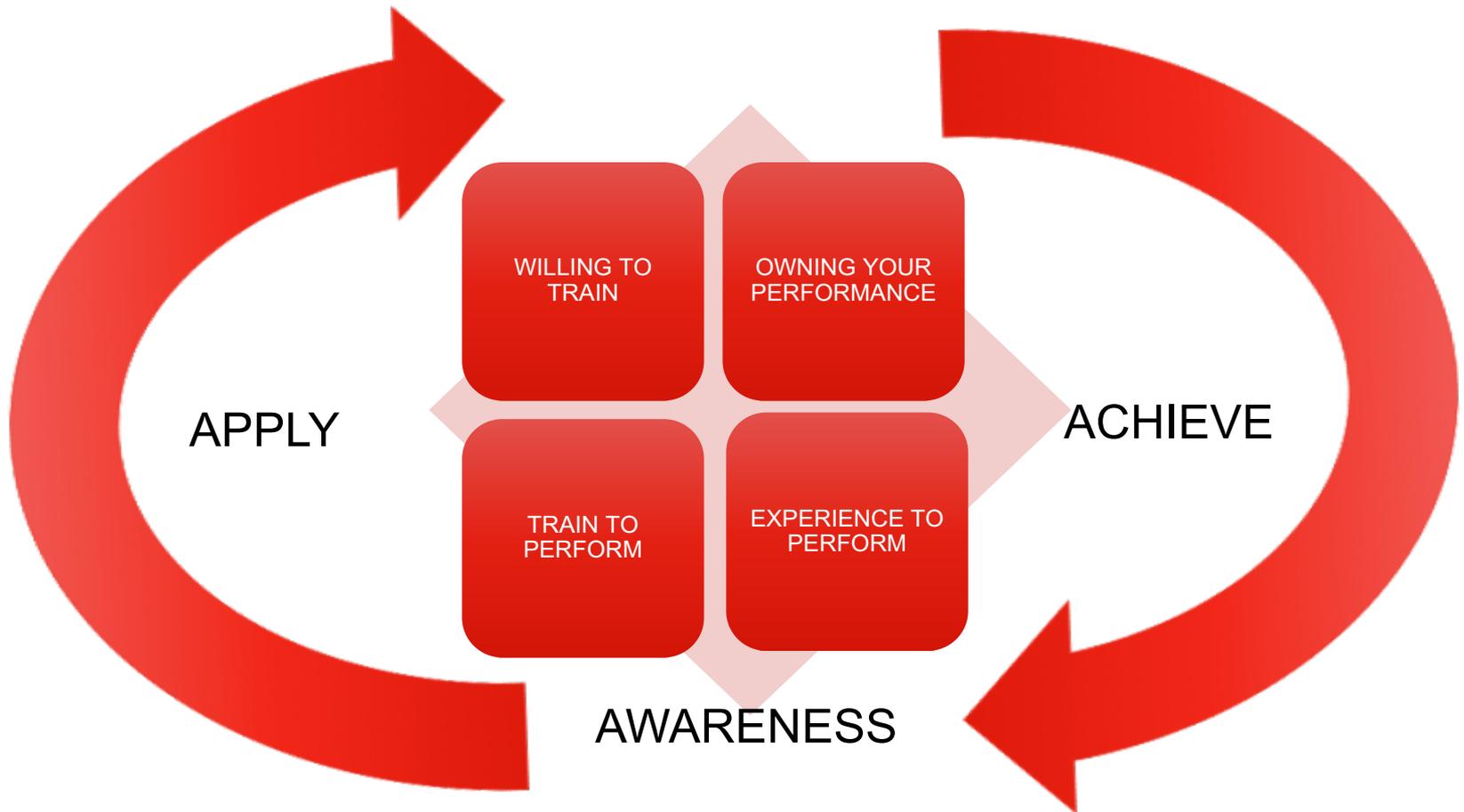Development Curriculum: Sessions Overview
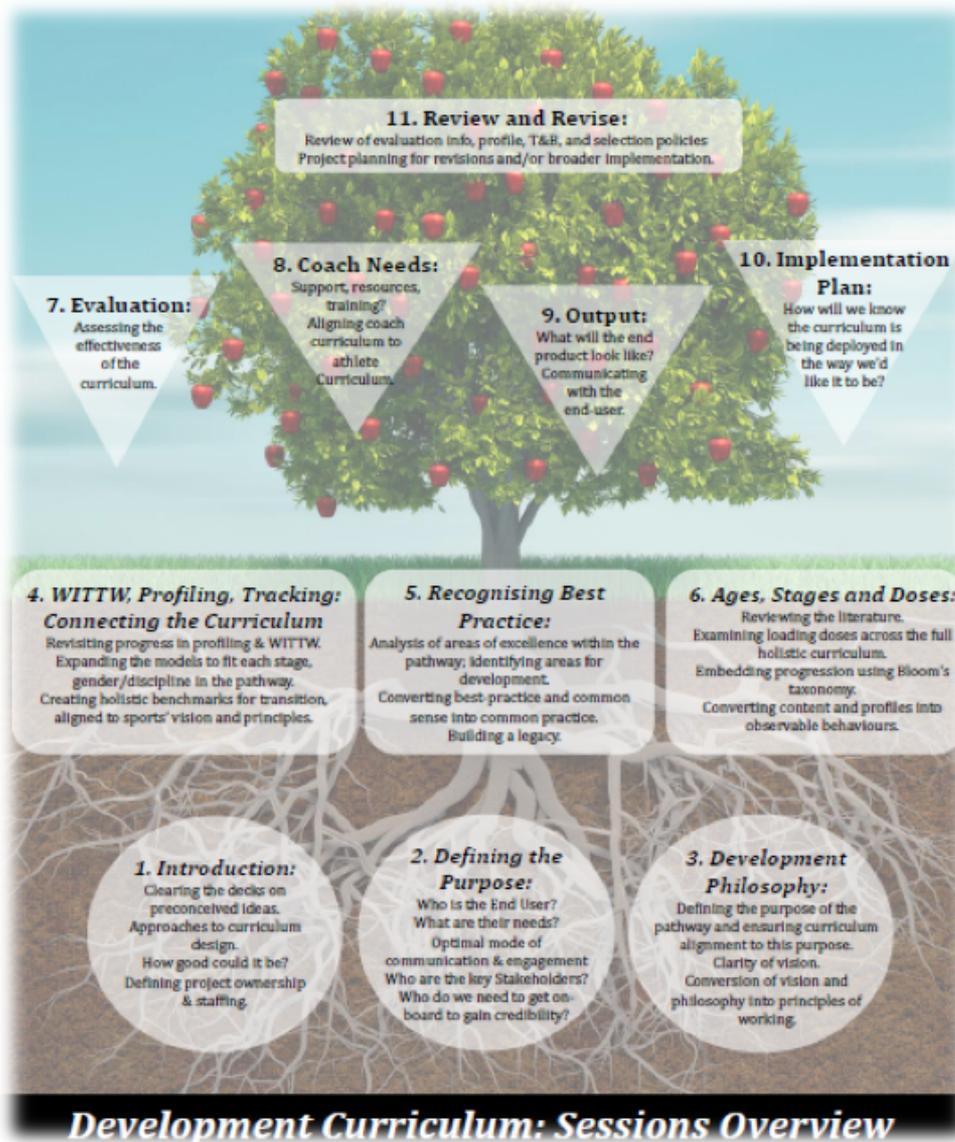
WHAT is it?

- *A Development Framework for British Para-Swimming Athlete Pathway*

- An evolving development framework clearly aligned to the vision and culture of the programme. It should be driven by WITTW, supporting a question driven approach.

- Individual centred approach which encourages holistic development and supports the creation of positive development environments.

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WHY?

- To create transparency and common language throughout the pathway.

- Integrate ROAR throughout the pathway.

- Ensure that individual development has a clear focus and outcome.

- Engages athletes, coaches, parents, practitioners and administrators

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ROAR INGREDIENTS

APPLY

WILLING TO TRAIN	OWNING YOUR PERFORMANCE
TRAIN TO PERFORM	EXPERIENCE TO PERFORM

ACHIEVE

AWARENESS

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Delivering on the Day

Pillar	Willing to Train	Owning Your Performance	Training to Perform	Experience to Perform
Why?	Means, motivation and opportunity to commit and to do what is required	Encourage swimmers to develop the skills to proactively drive and own their performance	The 'right' thing at the 'right' time to deliver long term goals	Exposure to competition situation and environments that enable learning and development of skills to deliver racing performance
Achieve **Apply** **Awareness**	• Commitment • Desire • Grit/Resilience • Access to appropriate environment • Thirst for Knowledge • Enjoyment/ Fun	• Time Management • Communication skills • Self awareness • Personal Growth • Growth Mind-set • Accountability	• Consistency of quality of training • Structured training and competition plan • Physical Literacy • Physical preparation and recovery • Environment	• Thriving under Pressure • Delivering a race • Delivering the competition • Competition exposure/ Strategy • Support Network

How do we track progress?

Awareness	Apply	Achieve
Level 1: The swimmer requires guidance to execute. Level 2: The swimmer is able to execute with some direction or prompting.	Level 3: The swimmer has several strategies available but is not sure when and where to use them; may lack consistency. Level 4: The swimmer has a range of strategies available and can use them consistently at the appropriate time.	Level 5: The swimmer has a range of strategies available and can use them consistently at the appropriate time. The swimmer seeks feedback, is able to teach others and acts as a role model.

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SOLO Taxonomy – Stages of understanding

Pre-structural	Uni-structural	Multi-structural	Relational	Extended Abstract
No Lego				

Or, in other words….

Clueless	Heard of it	Getting there…	Got it	Owned it

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		Awareness	Apply	Achieve
Consistency of quality training	Regular, relevant and repeated training stimulus allows the swimmer to build confidence in their ability to perform and affords the opportunity to maximise their potential.	L1–Attends training but needs frequent guidance and applies themselves inconsistently. L2 – Consistent training attendance and effort but some support may be required to define what needs to be done and why.	L3 –Understands the need for holistic athlete development. However, prioritisation and application may be inconsistent and require support L4– Effective application to all aspects of training. Able to do this consistently, independently and without distraction.	L5 – Commits fully to all aspects of training required to be an elite athlete. Takes ownership, uses support network and adapts to various situations without distraction.

Development tracker

	Athlete Name	Name	Date of Completion						
	Coach Name				BACK	Report Dashboard			
	Peer Name								

| PILLAR		DEVELOPMENT LEVEL SLIDER	DEVELOPMENT LEVEL	DEVELOPMENT STAGE	SUPPORTING COMMENTS	PILLAR RATING
Willing to Train *Means, motivation and opportunity to commit and to do what is required*	Commitment		2.5	AWARE		
	Desire		2.0	AWARE		
	Grit/Resilience		3.5	APPLY		2.3
	Access to appropriate environment		1.5	AWARE		
	Thirst for Knowledge		3.0	APPLY		
	Enjoyment/Fun		1.0	AWARE		
Owning your Performance *Encourage swimmers to develop the skills to proactively drive and own their performance*	Time Management		1.5	AWARE		
	Communication skills		4.0	APPLY		
	Self-awareness		5.0	ACHIEVE		2.9
	Personal Growth		1.5	AWARE		
	Growth Mindset		2.5	AWARE		
	Accountability		3.0	APPLY		
Training to Perform *The 'right' thing at the 'right' time to deliver long term goals*	Consistency of quality training		1.5	AWARE		
	Structured training & competition plan		3.0	APPLY		
	Physical Literacy		2.5	AWARE		2.3
	Physical preparation & recovery		2.5	AWARE		
	Environment		2.0	AWARE		
Experience to Perform *Exposure to competition situations and environments that enable learning and development of skills to deliver racing performance*	Thriving under pressure		1.5	AWARE		
	Delivering a race		2.5	AWARE		
	Delivering the competition		1.5	AWARE		2.1
	Competition exposure/ Strategy		2.5	AWARE		
	Support network		2.5	AWARE		

Athlete

Athlete Data: Data Entry 1
Coach Data: Data Entry 1
Peer Data: Data Entry 1

ROAR Ingredients Component Ratings
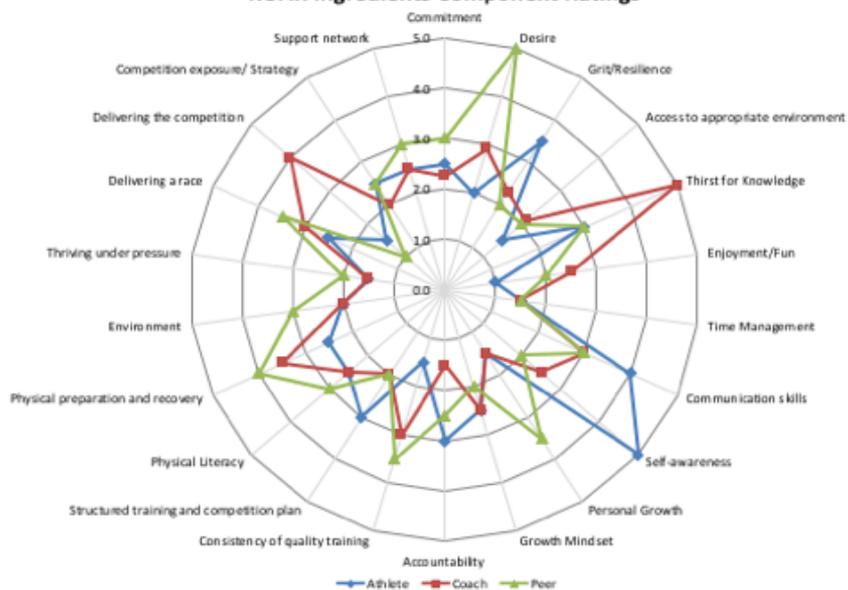
ROAR Ingredients Pillar Ratings
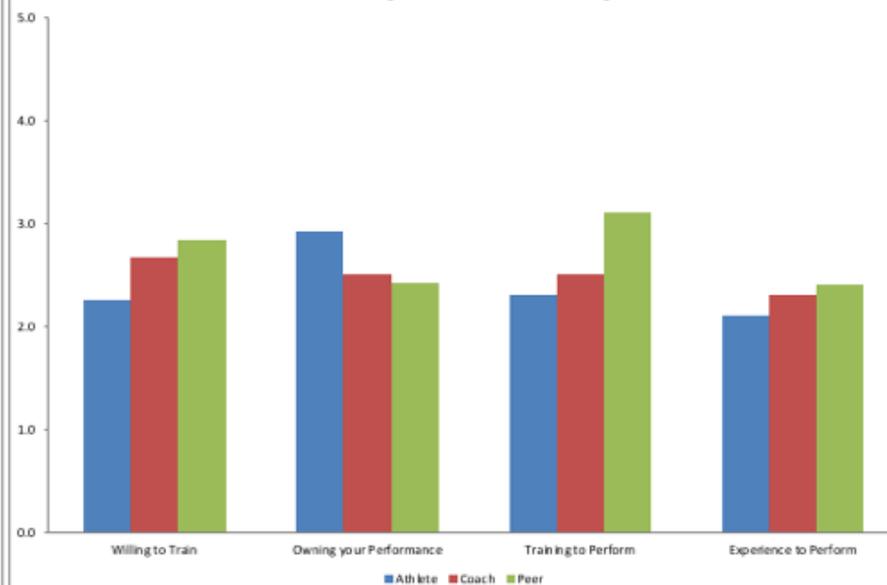
What is next?

- *Resource Development*

- *Interactive workshops*

- *Camps*

- *Competitions*

- *Selection*

- *Evolving*

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