

ISRM 2007

Helping People to Reach Their Potential in Sport



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What are we talking about?

- Pathways to Performance
- Pathways to Participation
- Linking the Pathways



Or...



- Pram to podium
- Pram to healthy living
- Access at all points

Common Points for Successful Early Stages

- Access to opportunities
- Access to play
- Access to a range of opportunities
- Access to quality provision
- Parental support
- Fun!



Factors Affecting Success in Participation



- Access (can I get there, can I afford it?)
- Social factors (do my friends do it)
- Motivation (why the heck am I doing this?)
- Progression (can I see improvements?)
- Other?

Factors Affecting Success in Performance

- Selection of your parents is vital!
- Quality of coaching
- Positive influence of parents
- Access (transport, equipment, etc)
- Management of time (school, leisure, sport)
- Influence of peers



Pathways between pathways!

- Participation to performance
(talent identification)
- Performance to participation
(retirement)



Tell us what you are doing?

Examples of good practice:

1. Pram to podium
2. Pram to participation
3. Sustaining participation
4. Talent identification
5. Other?

