

WASPS

WESTERN AUSTRALIAN SLALOM PATHWAYS SQUAD

What is WASP's?

The Western Australian Slalom Pathways Squad (WASPS) is the elite development squad for canoe slalom athletes showing promise and consistency in Under 18 & Under 23 training and canoe slalom competition.

Athletes selected for WASPS have demonstrated commitment to training, finding a sport/life balance (study, work, social) and performance at a level which demonstrates potential for representation at any of the following:

- Canoe Slalom Age Championships
- Canoe Slalom Championships
- National Development Squad
- Australian Junior Team (U18)
- Australian Under 23 Team

Definitions

- Western Australian Slalom Pathways Squad (WASPS)
- National Athlete Pathway Framework (NAPF)
- Paddle Australia (PA)
- Paddle Western Australia (PWA)
- Australian Institute of Sport (AIS)
- Western Australian Institute of Sport (WAIS)
- Foundations Talent Elite Mastery High Performance Pathway (FTEM)
- International Canoe Federation (ICF)
- National Development Squad (NDS)
- International Performance Standards (IPS)
- Ascot Kayak Club (AKC)





Introduction

The Western Australian Slalom Pathways Squad (WASPS) selection criteria aligns with the basic principles contained in the NAPF which is a “roadmap” to guide all stakeholders in the development of an athlete from Foundation to Mastery. PA has used the AIS model, guided by the FTEM framework for the development of this pathway.

This Criteria may be amended by PWA at any time for any one or more of the following reasons:

- (i) any change in ICF eligibility criteria, program of events or rules;
- (ii) any change in the rules governing a particular race/event;
- (iii) to give effect to the criteria following discovery of a drafting error or oversight;
- (iv) to clarify any ambiguity or otherwise give effect to the intended meaning of the criteria;
- (v) any other reason determined by PA in its absolute discretion to be in the best interest of PWA;
- (vi) PWA shall not be responsible or liable in any way to anyone because of such amendment;
- (vii) any such amendment will be denoted by an asterisk (*).

The selection criteria specifically targets athletes aspiring for selection in various National teams; Canoe Slalom Age Championships, Canoe Slalom Championships, National Development Squad, Australian Junior Team (U18) and/or Australian Under 23 Team or any other international competition PA are selecting a representative team.

The selection panel will comprise the following

WA Canoe Slalom Coach: TBD
WA Slalom Chair: Cody Pope
Paddle WA Executive Officer: Rosalie Evans



Criteria to be eligible for WASP's

Selection is made by the WA Slalom Selection Panel.

- (i) Athletes must be a member of a PWA club affiliated with PA.
- (ii) Athletes must make every attempt to compete in National Slalom Canoe Championships.
- (iii) Athletes must achieve minimum performance standards (see below). Athletes also must demonstrate commitment and dedication to training and competition.
- (iv) Sickness or injury will be taken into consideration for athletes capable but unable to achieve annual benchmarks.
- (v) The selection panel may consider relevant external factors that may impact the athlete achieving the necessary MPS (including but not limited to weather conditions (e.g. wind speed/direction and currents)).
- (vi) Athletes not meeting minimum performance standards criteria may still be considered to the WASPS at the sole discretion of the selection panel based on but not exclusively limited to historical performance in other paddling disciplines, training performance and testing performance.
- (vii) Testing will occur annually. Athletes may be deselected at any time if not meeting minimum performance standards in regards to regular attendance at training and competitions.



Minimum Performance Standards

- (i) Attend WASPS training 1 – 2 times per week with the WASPS Coach. Times and venue to be advised.
- (ii) Attend club coached sessions.
- (iii) Undertake a minimum number of weekly on water and off water slalom specific sessions as per age classifications.

(These sessions may need to be completed individually and a training log will need to be made available upon request by WASPS coach or Pathways Co-ordinator.)

Age Group	Paddles/week	Paddle Duration hrs	Cross Training/week	Cross Training Duration hrs	Total Conditioning Time	Strength Training/week	Strength Training Duration hrs	Total Sessions per week	Total hours per week
U16	3 - 5	4 - 6	1 - 2	1 - 2	5 - 8	2	2 - 3	6 - 10	7 - 11
U18 (school)	4 - 6	5 - 8	1 - 2	1 - 2	6 - 10	2 - 3	3 - 4.5	7 - 11	9 - 14.5
U18 (uni)	5 - 7	6 - 9	2 - 3	2 - 3	8 - 12	2 - 3	3 - 4.5	9 - 13	11 - 16.5
U23	6 - 8	8 - 12	2 - 3	2 - 3	10 - 15	3 - 4	3 - 6	11 - 15	13 - 21
Senior	7 - 10	9 - 14	2 - 3	2 - 4	11 - 18	3 - 4	3 - 6	12 - 17	14 - 24

- (iv) Undertake Strength and Conditioning training 2 times per week under the guidance of the WASPS approved strength and conditioning coach.
- (v) In the event the athlete has a valid reason for not being able to attend strength and conditioning training at the venues and times advised they must agree to undertake strength and conditioning at a venue suitable to them but working to the same program as other athletes in the squad and commit to meeting with the strength and conditioning coach as required.
- (vi) Attend performance testing during the year (if required).



WASPS Benefits

Benefits received as part of the program	
Kayak-specific session (with group training programme)	On-water & on-land at various locations.
Strength & conditioning sessions with individualised program	Approved WASPS coach/session
Testing conducted by WASPS Coach	TBD
On-water monitoring	To be determined in conjunction with State coach.
WASPS apparel	Currently: gym tank singlet.
Team building	Day trips or State development camps as planned.

Key WASPS Contacts

WA Pathways Slalom Canoe Coach

John Wilke

WA Pathways Strength Coach

provided through WASPS/PA

WA Pathways Coordinator

Beck Florisson

admin@slalom.paddlewa.asn.au

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WAIS Head Kayak Coach

Ramon Andersson

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