

PADDLE DEVELOPMENT HANDBOOK

Canoe Sprint & Canoe Slalom

OLYMPIC DISCIPLINES



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***Paddle
WA*** 

***Paddle
Australia*** 

wais 



Department of
Local Government, Sport
and Cultural Industries

lotterywest 

VENUES WEST

LIVELIGHTER 


healthway

PADDLE WESTERN AUSTRALIA

Paddle WA is the State Sporting Organisation for paddle sports in Western Australia. Our vision is to be a thriving, cohesive paddling community, that embraces the dimension of paddling as a sport: adventure, recreation and competition.

Our purpose is to introduce and promote the sport of paddling in WA through participation in the activity of paddling for health, enjoyment, friendship, challenge and achievement.

The Paddle WA community is comprised of clubs, disciplines, committees, volunteers, coaches, Paddle Academy, the Board and staff. We represent the interests of a range of disciplines including sprint, slalom, marathon, wildwater, ocean racing, sea kayaking, and recreational paddling, and work collaboratively with other paddling organisations.



With its rich history, paddling in WA has been around for a number of years and continues to grow to now include over 1800 active club members of all ages, abilities and interests.

Paddle WA hosts some unique community events and races throughout the year. Our LiveLighter series events each have a different purpose, The Ramon Challenge has four courses so you can set yourself the perfect challenge, the Northam to Toodyay introduces whitewater along the first 30km of the Avon Descent, and our Classic Paddle lets competitors tackle the challenges of Perth Open Water over a marathon race.

Paddle WA welcomes you to the community of paddlers in Western Australia.

WEBSITE: WWW.PADDLEWA.ASN.AU

FACEBOOK: WWW.FACEBOOK.COM/PADDLEWA/

INSTAGRAM: WWW.INSTAGRAM.COM/PADDLE_WA/

**Paddle
WA** 



PADDLE AUSTRALIA

Paddle Australia (PA) is the peak body for paddling in the country.

It exists to:

- Enable a competitive insurance scheme to cover paddle sports across the country
- Manage accreditation of coaches, officials, instructors and guides
- Promote the sport of paddling in all its disciplines across the states and territories
- Organise national paddling events
- Encourage the growth of paddling across the country
- Administer funds for paddling from all sources in a transparent and fiscally responsible manner
- Set up and maintain the Sport Performance (SP) program for Olympic and Paralympic disciplines
- Work with providers such as the AIS, AOC and paddling clubs to develop athletes, and gain success at the international level
- Monitor the progress of athletes in these disciplines
- Develop pathways for the development of athletes from paddling introduction to podium finishes
- Provide services for the successful implementation of these programs



WEBSITE: WWW.PADDLE.ORG.AU

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CANOE SLALOM



CANOE SPRINT



Canoe Slalom is one of two Olympic canoeing disciplines. It made its Olympic debut at the 1972 Munich Olympics, however it did not reappear until the 1992 Olympics in Barcelona. Racing takes place in single in kayaks (sitting with a double-blade paddle) and canoes (kneeling with single-blade paddle). Race are held at local, state and national levels to both juniors, seniors and masters.

Slalom athletes must navigate an artificial or natural whitewater course by paddling through overhanging gates. They must complete the course in a set order and must not miss or touch any gates.

The competitions are against the clock and the result of each round is obtained by adding the time taken in seconds, and adding the penalties awarded at each gate by a judge. In a normal race, it is the best run of the two that counts.

[CLICK TO SEE SEE WHAT CANOE SLALOM IS](#)

Canoe Sprint Racing is one of the best-known competitive canoeing disciplines in Australia. This is no doubt due to its inclusion in the Olympic Games since 1936 and Australia's involvement in all Olympics since the 1956 Melbourne Olympic Games.

Canoe Sprint Racing is all about speed on flat water over distances of 200 metres, 500 metres and 1000 metres. The craft that have been developed are sleek and fast but unstable. Sprint kayakers use specially designed paddles allowing for extra power and efficiency.

K1, K2 and K4 are the most popular classes of Canoe Sprint kayaking but there are also canoe classes, C1 and C2. Races are contested by guppies (U12), junior, senior and master athletes.

[CLICK TO SEE WHAT CANOE SPRINT IS](#)

PATHWAYS

The purpose of the [National Athlete Pathway Framework \(NAPF\)](#) is to outline and monitor the athlete development pathway from learning the basics of paddling right through to elite performances.

The National Athletes' Pathway Framework (NAPF) is a "roadmap" to guide all stakeholders in the development of the athlete from Foundation to Mastery. PA has used the Australian Institute of Sports' (AIS) model for the development of its athletes' pathways using the FTEM framework as its guide.

This document, along with various other support documents, provides the pathways for athlete development so that athletes can enter the system at any point and know what is next with the expectation of success in the future.

An athletes' development occurs as part of three distinct stages. The NAPF encompasses the non-elite stage where athletes develop foundation level skills before being identified and confirmed as having high performance talent at the Preelite stage and as such are provided with targeted sport specific support and coaching to enable them to reach their full potential and progress through to the Elite stage, during which athletes achieve podium performances and ultimately, sustainable success on the international stage.



It also provides the pathways for athlete development so that athletes can enter the system at any point and know what is next with the expectation of success in the future.

The Paddle Australia high performance program is focused upon achieving success at the Olympic Games through the Sprint and Slalom programs. The high performance program within PA includes a deep reach to ensure targeted athletes are identified and nurtured along the athlete pathway.

PA supports three major streams of paddling at the Olympic/Paralympic level including Canoe Sprint, Canoe Slalom and Paracanoe.

FTEM Explained

[FTEM \(representing Foundations, Talent, Elite and Mastery\)](#) is a framework of athlete development. As detailed in the following graphics and table. This model consists of four major developmental and performance levels which are then further broken down into ten separate phases. Paddle Australia has adopted the FTEM model to portray its National Athlete Pathway Framework.

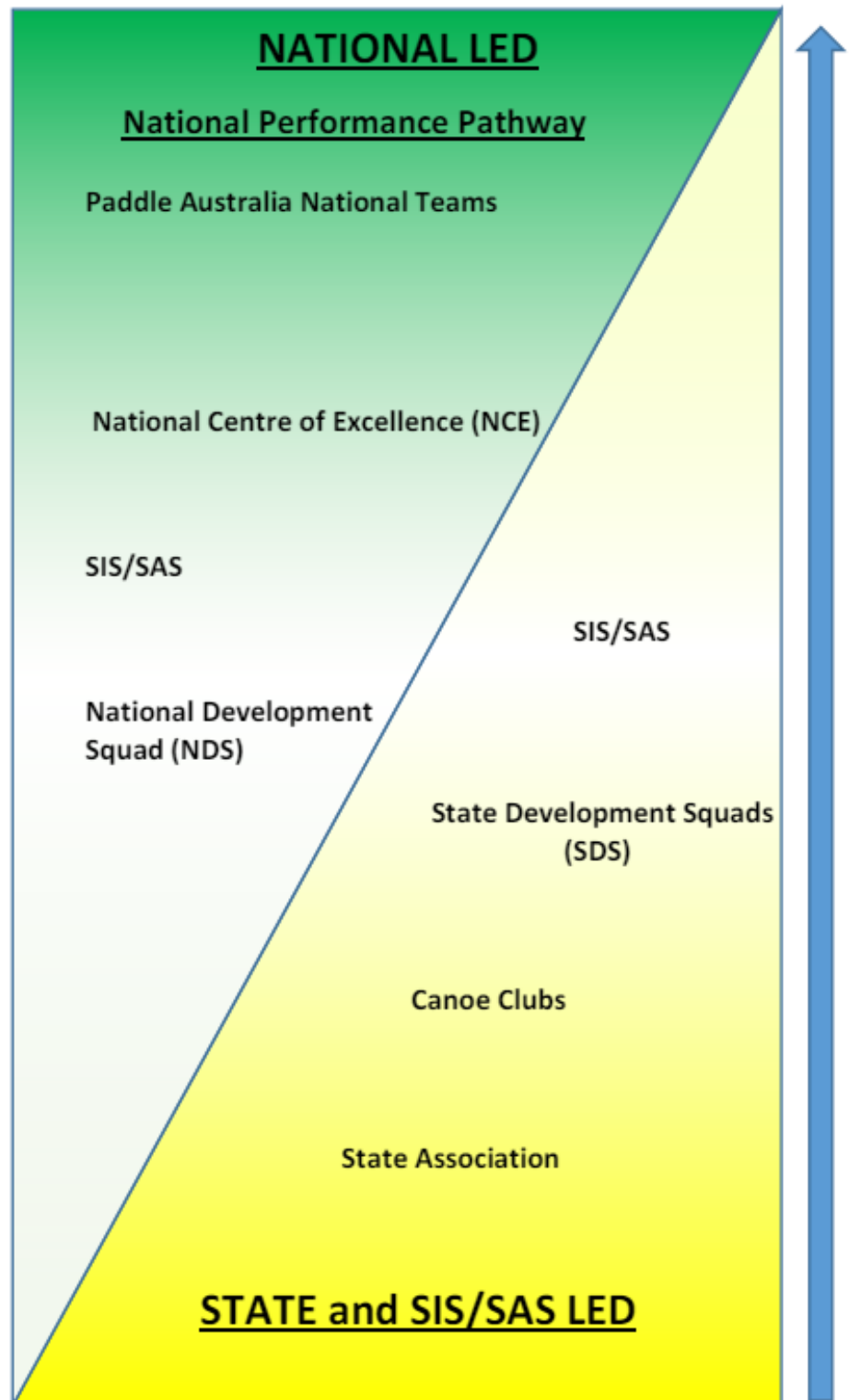


FTEM: THE PATHWAY TO PERFORMANCE

M ¹	MASTERY SUSTAINED SUCCESS	<ul style="list-style-type: none"> • Repeated international podium success over multiple years • Paddle Australia Ambassador
E ²	ELITE SUCCESS	<ul style="list-style-type: none"> • Podium success at a major international benchmark event • Demonstrated team leadership and personal excellence
E ¹	ELITE REPRESENTATION	<ul style="list-style-type: none"> • Selection to the senior national team • Progression towards World Class performance standards
T ⁴	TALENT BREAKTHROUGH AND REWARD	<ul style="list-style-type: none"> • Achievement of a breakthrough performance and/or reward • Full time training with an NCE or SIS/SAS high performance squad
T ³	TALENT PRACTISING AND ACHIEVING	<ul style="list-style-type: none"> • Increased investment in practice and competition • Progression towards Jnr & U23 benchmark performance standards
T ²	TALENT VERIFICATION	<ul style="list-style-type: none"> • Verification of talent & potential during camps & trial periods • Initial exposure to high performance training environments
T ¹	TALENT DEMONSTRATION OF POTENTIAL	<ul style="list-style-type: none"> • Initial demonstration of talent & potential for high performance • Expression of interest to enter into the high-performance pathway
F ³	FOUNDATION SPORT SPECIFIC COMMITMENT AND/OR COMPETITION	<ul style="list-style-type: none"> • Commitment to discipline specific training & skill development • Formal involvement in competition
F ²	FOUNDATION EXTENSION AND REFINEMENT OF MOVEMENT	<ul style="list-style-type: none"> • Initial introduction to canoe sports • Recreational involvement in canoe sports
F ¹	FOUNDATION LEARNING AND ACQUISITION OF BASIC MOVEMENT	<ul style="list-style-type: none"> • Acquisition of fundamental movement skills & water safety skills • Informal, playful learning environment

NATIONAL LEADERSHIP AND SUPPORT STRUCTURE

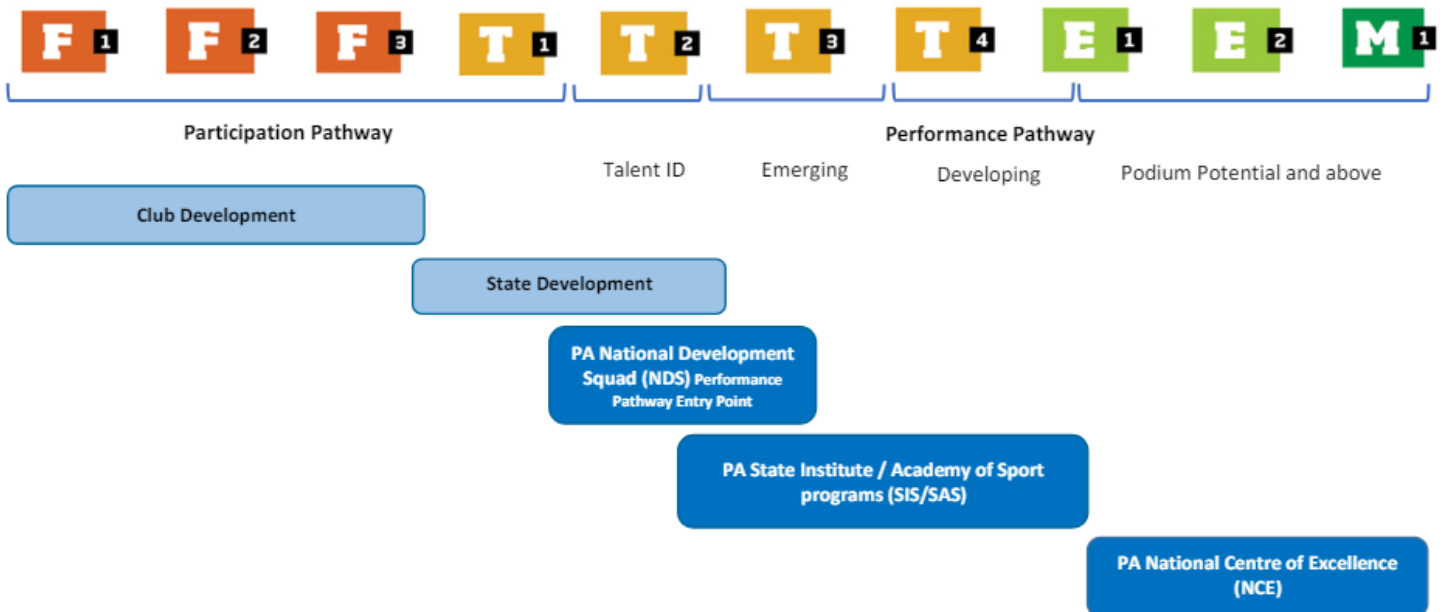
- M**¹ **MASTERY**
SUSTAINED SUCCESS
- E**² **ELITE**
SUCCESS
- E**¹ **ELITE**
REPRESENTATION
- T**⁴ **TALENT**
BREAKTHROUGH
AND REWARD
- T**³ **TALENT**
PRACTISING
AND ACHIEVING
- T**² **TALENT**
VERIFICATION
- T**¹ **TALENT**
DEMONSTRATION
OF POTENTIAL
- F**³ **FOUNDATION**
SPORT SPECIFIC COMMITMENT
AND/OR COMPETITION
- F**² **FOUNDATION**
EXTENSION AND REFINEMENT
OF MOVEMENT
- F**¹ **FOUNDATION**
LEARNING AND ACQUISITION
OF BASIC MOVEMENT



CANOE SPRINT

Paddle Australia Performance Pathway

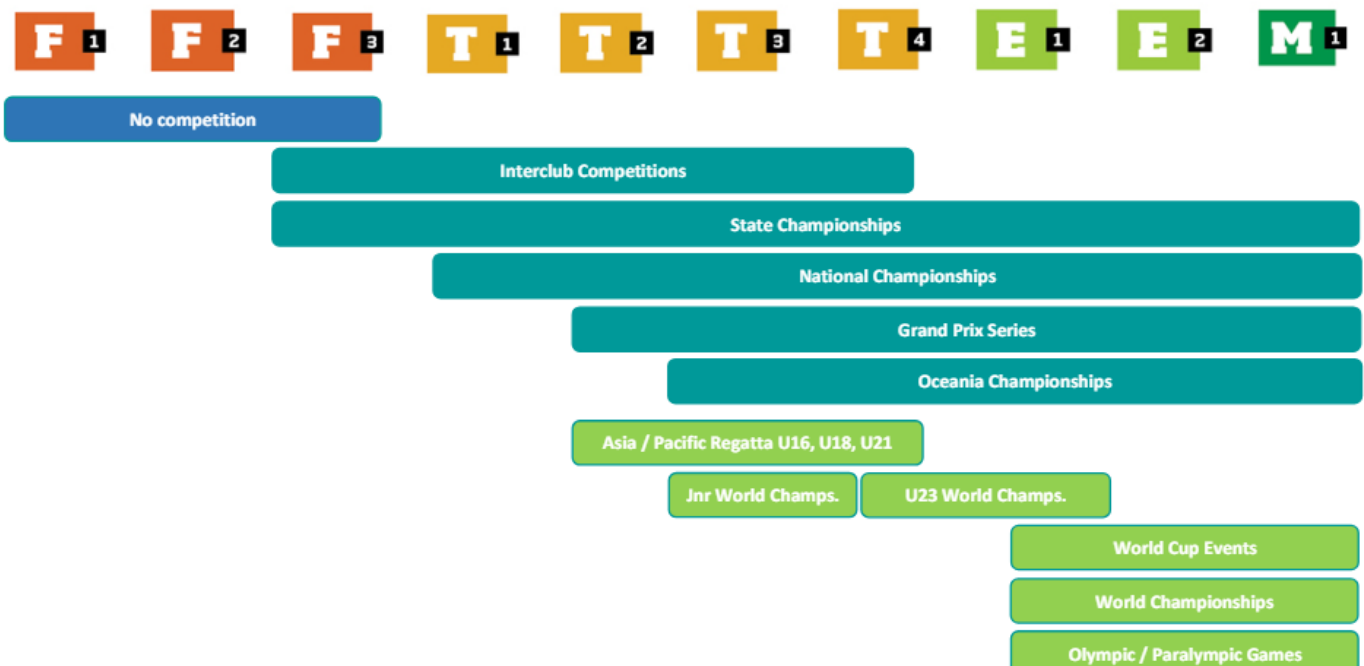
DEVELOPMENT -> HIGH PERFORMANCE JOURNEY FOR ATHLETES



CANOE SPRINT

Paddle Australia Performance Pathway

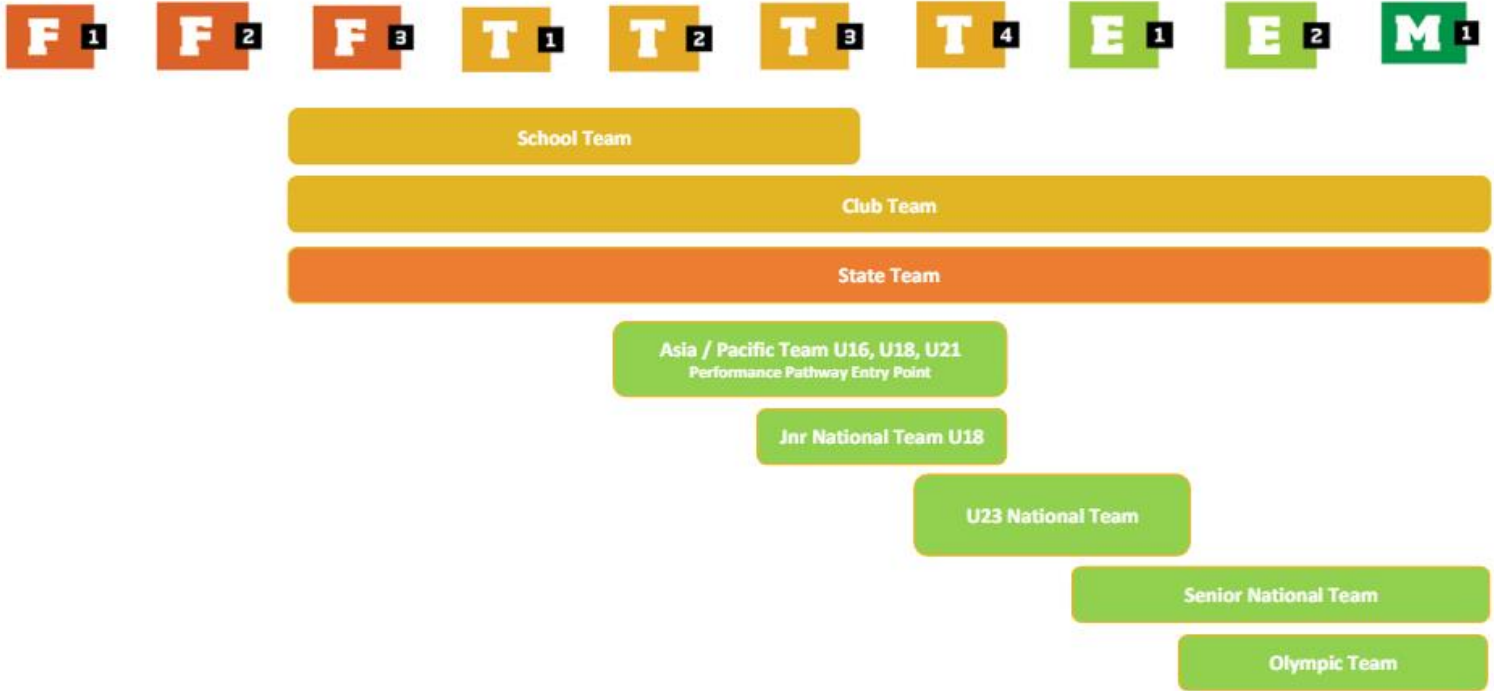
COMPETITION OPPORTUNITIES



CANOE SPRINT

Paddle Australia Performance Pathway

REPRESENTATIVE TEAM OPPORTUNITIES



PADDLE ACADEMY

The LiveLighter Paddle Academy caters for schools, senior groups, corporate team building, social groups and individual sessions.

Groups can learn basic paddling skills in a fun and safe aquatic environment. The program is available all year round with summer courses based on flat-water or ocean, and winter on flat-water or white-water.

Paddle WA supplies all equipment required including kayaks, paddles, life jackets, spray decks, and knowledgeable instructors. This equipment along with instructors can be transferred to several different locations.

The LiveLighter Paddle Academy can range from 1-8 weeks, and consists of correct stroke techniques, capsize drills/rescues, safety procedures on the water and how to embark and disembark the craft. Building skills and confidence on the water is a primary focus of the LiveLighter Paddle Academy through on-water exercises and games that relate to all canoeing disciplines.

Classes will be given the opportunity to gain skills in both surf skis and kayaking. We provide the opportunity and support for interested participants to access higher awards and to join their local canoe/kayak club.

Request a Booking Form from paddleacademy@paddlewa.asn.au or visit [Paddle Academy](#) on our Website.



Participants gain many paddling skills such as:

- Show a full understanding of basic safety requirements for paddlers and their craft, and appreciation of the use of life jackets.
- Launch the craft, embark and paddle away from the launching point
- Be able to demonstrate
 - Paddling forwards, backward and emergency stops
 - Turning the canoe
 - The use of the paddle as a means of support in the water
 - Coming alongside another craft, and a clear approach to the launching point
 - Disembark, then re-embark, paddle to deep water, capsize and swim ashore with the canoe
 - Empty the craft, take it from the water and place it properly on the bank.



TALENT IDENTIFICATION

The Talent Development Program aims to identify and develop talent in sports outside of the Education Department school curriculum that WAIS operates as a sport program. The Talent Development Program is aimed for athletes aged 14 years to 17 years, with little or no experience in the nominated sports.

The future goal for identified athletes within the Talent Development Program is to represent Australia, in their nominated sport, at Olympic and World Championship level.

Across each Talent Development sport program, training will be conducted either at a nominated sport club (sport-specific training), physical training at a Club or at the West Australian Institute of Sport High Performance Service Centre in Mount Claremont (physical training).

Whilst training times will be determined by factors including school commitments, a typical training week during the first training block would be

- 3x sport-specific training sessions per week
- 1 to 2 physical training sessions per week



WA Sprint Pathways Squad (WASPS) is the state sprint kayak performance development opportunity in the pathway for athletes at an intermediate to elite level of performance, often between club level and WAIS level. Selection criteria are set to ensure athletes showing training skills, self-management qualities and performance potential are provided with further development.

WASPS is the Elite development squad for athletes showing promise and consistency in under 23 competition and training.

Athletes selected for the WASPS have shown diligence in training, skills in managing life off the water (study, work, social) and perform at a level which shows potential for Asia Pacific rep teams, junior teams and/or under 23 teams.

Training for WASPS sessions are an addition to club training squad sessions each week.

WASPS is now available for both the Sprint and Slalom disciplines.

Current Athletes - Sprint

Harper Gamble	Matilda Reekie	Zen Salisbury	Oliver Thorpe
Claudia Ketteringham	Alilla Thorpe	Maynard Gray	Alasdair Marsden
Adelaide Hilton	Jack Wright	Orlando Fonseca	Beau Jacob
Taya Cassidy	Joshua Pitts	Lachlan Bean	Ellie Neervort
Stella Dark	Connor Jacob	Alexander Small	Zoe Moore

Current Athletes – Slalom

Hunter Florisson Izzy Florisson Rhys MacRae



WESTERN AUSTRALIAN INSTITUTE OF SPORT



The WAIS Canoeing Program operates a daily training environment in sprint canoe with men's and women's program athletes training across 200m, 500m and 1000m disciplines.

The focus of the WAIS Canoeing Program is based on developing athletes with the capability to represent Australia at benchmark events, both now and in the future. Scholarships are offered based on these assessments, with program athletes given support through access to coaching, sport science services, sport medicine and personal excellence. The program corresponds approximately to the T3 level and above on the AC FTEM template. Selection for the WAIS program usually requires an athlete to be selected in an Australian Senior, Under 23 or Junior Sprint Kayak Team.

This support is structured through a dedicated WAIS Performance Enhancement Team (PET), with all members of the PET working together to collaboratively enhance performance of WAIS program athletes.

WAIS athletes train on the water 7 times a week, 3 strength and conditioning and numerous cross training sessions per week

The WAIS Canoeing Program is partnered through a strategic alignment with its National Sporting Organisation (NSO) and State Sporting Organisation (SSO) stakeholders: Paddle Australia and Paddle WA. It forms the pinnacle of the WA Paddling Pathway.

WAIS also offers individual scholarships to Canoe Slalom athletes based on similar national selection criteria.

WAIS athletes are selected into the Canoeing Program based on the WAIS selection criteria and Paddle Australia Athlete Categorisation document. As linked on the following page.

**WAIS High Performance Service Centre
McGillivray Road, Claremont WA 6010**





WAIS Selection Criteria

Paddle Australia Athlete Categorisation (Slalom)

Paddle Australia Athlete Categorisation (Sprint)

CURRENT WAIS SCHOLARSHIP HOLDERS

CANOE SPRINT

- Luke Egger
- Mitchell Tamblin
- Samantha Lourey
- Belle McBennett



CANOE SLALOM

- Brodie Crawford
- George Pankhurst
- Benjamin Pope



PARA CANOE

- Mark Daniels
- Amy Ralph
- Katheleen O'Kelly Kenned



TRAINING AGREEMENT

- Abbey Major
- Sam Meyers



CLUBS

Disciplines Offered

 Sprint

 Wildwater

 Guppies/Junior

 Slalom

 Ocean Paddling

 Recreational

 Marathon

 Canoe Polo

 Sea Kayaking

Ascot Kayak Club

www.ascotkayakclub.asn.au

Garvey Park, Ascot



Indian Ocean Paddlers

www.iop.asn.au



Bayswater Paddlesports Club

www.bayswater.paddle.org.au

AP Hinds Reserve, Bayswater



Mandurah Ski & Kayak Club

www.mandurahskikayakclub.com.au

Halls Head, Mandurah



Canning River Canoe Club

www.canningriver.paddle.org.au

Kent St Weir Park, Wilson



Perth Paddlers

www.pp.paddle.org.au

Brown Street Playground, East Perth



Champion Lakes Boating Club

www.championlakes.paddle.org.au

Champion Lakes Regatta Centre, Armadale



Sea Kayak Club of WA

www.seakayakwa.asn.au



Geographe Bay Paddling Club

www.facebook.com/Geographe-Bay-Paddling-Club-104482872022166

Geographe Bay, Busselton



Swan Canoe Club

www.swan.paddle.org.au

Johnson Parade, Mosman Park



Hurricane Paddling Crew

www.hurricanepaddlingcrew.com/

Riverside Road, East Fremantle



EDUCATION

Paddle WA provides the opportunity for Paddlers to attain qualifications of all levels to further develop their own skills but also learn to coach others. The Paddle Australia Qualification Scheme (PAQS) is designed to meet the needs of the Paddling industry. This includes clubs, commercial operators, freelance instructors and those that wish to improve their personal paddling skills, knowledge and safety.

Education sessions are held on and off the water throughout the year.

The Western Australia Institute of Sport (WAIS) in conjunction with Paddle WA have run paddling seminars at the WAIS facilities high-performance service centre in Mount Claremont.

Topics covered included sports psychology, nutrition, biometrics in paddling, physiology and strength training. Attendees were also given a tour of the world-class training facilities available at the WA Institute of Sport. The presentations were delivered by Olympic Canoe Sprint athlete and coach Jesse Phillips.



CONTACTS

PADDLE WA

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9285 8501

PADDLE ACADEMY

paddleacademy@paddlewa.asn.au

9285 8501

PADDLE AUSTRALIA

<https://paddle.org.au/>

WA Clubs

<http://paddlewa.asn.au/ourclubs/>

TALENT IDENTIFICATION

Andrew Crothers

acrothers@wais.org.au

Membership

<https://paddlewa.asn.au/our-clubs/membership-benefits/>

Sprint Discipline Chair

Michelle Major

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Slalom Discipline Chair

Cody Pope

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WASPS - Sprint

Andrew Crothers

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WASPS – Slalom

John Wilkie, Cody Pope

Zlatan Ibrahimbegovic

WAIS Related

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