Office of Sport

Deliberate Programming T3/T4 Level Checklist

Leadership, quality planning & ongoing evaluation

- Culture of Excellence – Shared Vision, Clarity, Accountability
- Ecological and longitudinal Developmental Strategy
- Effective Individual Athlete Development Plan IADP Processes with strong buy in
- Communication & Collaboration between ALL stakeholders
- Individualised Longitudinal Athlete Monitoring & Adaptive Case Management

- Regular review of athlete developmental status & progression
- Ongoing Athlete and Coach education
- Positive Engagement with Parents, Delivery Network (Clubs, RAS, Schools/Universities/Regional Assoc)
- Review & consistency of DTEs (Environmental factors) etc.
- Feedback from stakeholders
- Progression and Churn rates of athletes and contributing individual and contextual factors.

Integrated SSSM education/support

- Individualised, inter-disciplinary case management informed by IADP and Athlete profile/status.
- Quality, accessible & integrated SSSM education & service provision

Best practice Coaching

- Ensures GOOD and inclusive culture, safety, and integrity.
- Holistic approach to athlete development
- Growth mindset and adaptive – strong self-regulator
- Invested in own learning and development/ mentoring.
- Draws on experts/ specialists.
- Utilisation of IADP and AMS to inform support of athlete.
- Athlete Wellbeing/Balance & Injury Prevention strategies
- Ecological approach within Training and fit to holistic and integrated athlete profile/needs.
- Adaptive based on status of athlete and goals.
- Provides a facilitative learning environment for the athlete.
- Facilitates athlete self-regulation and autonomy.

Access to progressive competition & camps

- Competition exposure & progression
- Quality content and delivery within camps (Vertical Integration?)
- Timing of tapering

Facilitative Daily Training Environment (DTE)

- Fit of Facilities, Equipment to Olympic/Paralympic, Professional Standards
- Adaptive, Positive
- Good culture and safe
- Application of knowledge
- Vertical Integration of athlete levels/groups
- Ecological practice strategies
- Appropriate load management & balanced distribution throughout training/competition season

NSW GOVERNMENT