



High Performance Overview

ROAD TO SAMOA 2023

December 2022



Road to Samoa Overview of Campaign



This presentation covers:

- Overall Strategy Page
- Organisational Chart
- AOCRA's Goals
- Expectations of Paddlers
- Structured Approach
- Selection Criteria
- High Performance Team role
- Functional roles
- Post Samoa 2023



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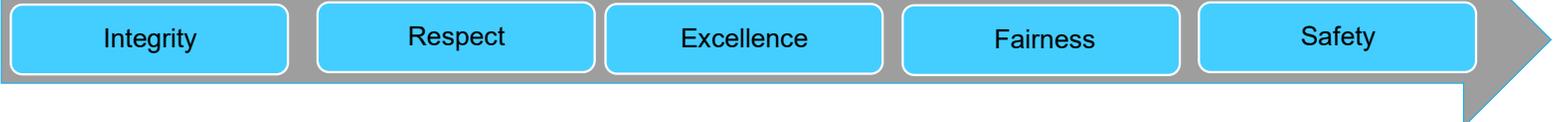


- **AOCRA is developing a high performance system designed for both future distance and sprint campaigns based on our values of integrity, respect, excellence, fairness and safety.**
- AO approach is to look to grow our paddlers both on and off the water and to create clear pathways for participation in national teams and to expose all our paddlers and coaches to .
- AO in building this new system will trial and test aspects as we build and traverse the Road to Samoa.
- AO will look to improve our communications, preparations, and support as we grow and improve our structures as we build our high performance system.



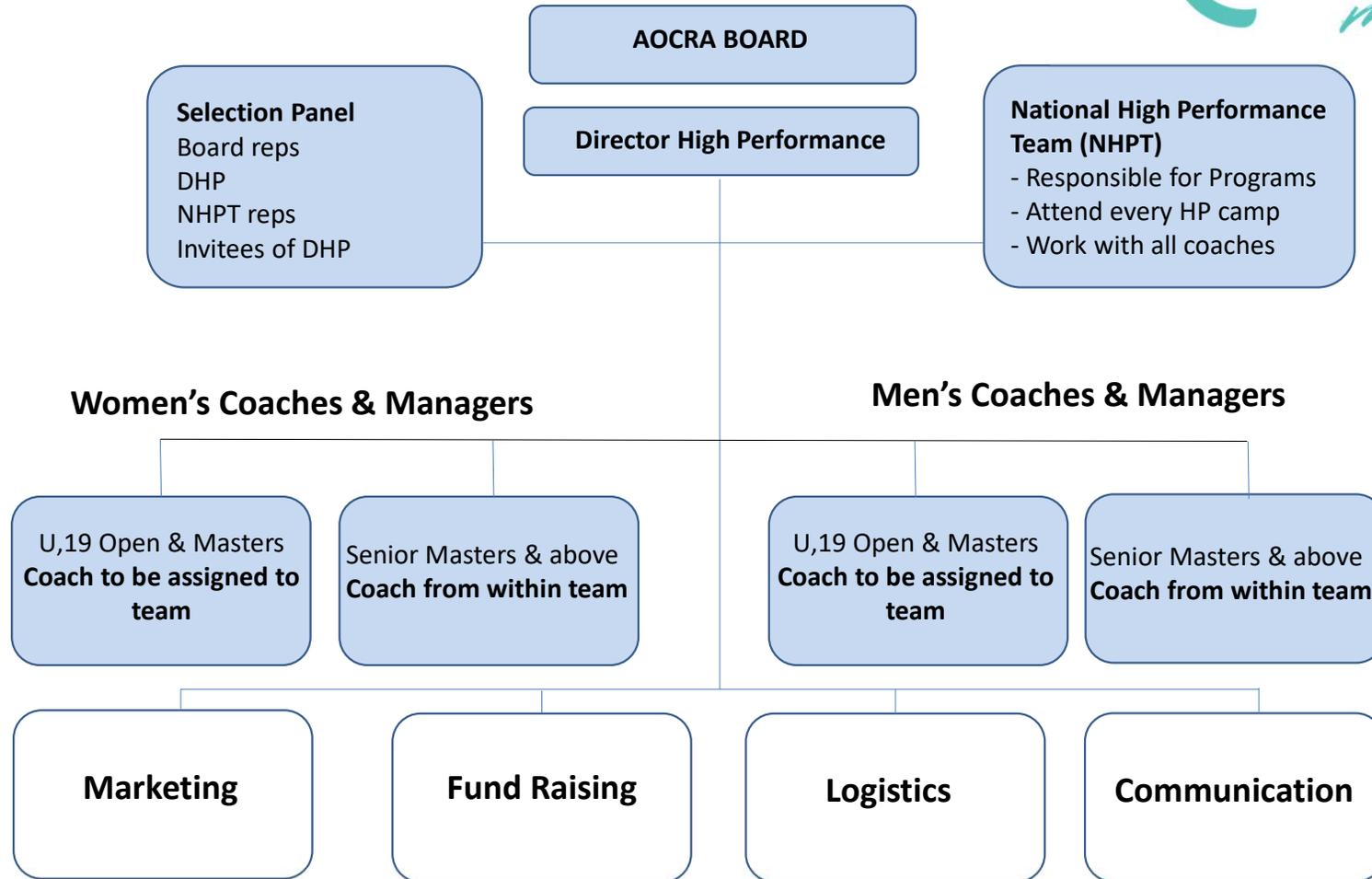
ROAD TO SAMOA 2023 – Strategic Plan on a Page

Provide an opportunity to experience a unique and memorable journey that allows our members to develop and improve not only as a paddler and person



CAMPAIGN KEY FOCUS					
<p>Our Message</p> <ul style="list-style-type: none"> Focus on the Journey and growing as a team and individual Grow our U19 & Open paddlers and show them the world stage Supporting athletes that represent AO and Australia with Pride Constant communication with our members Share our stories along the way 	<p>Fund Raising</p> <ul style="list-style-type: none"> Develop a Value proposition to attract sponsors Approach Government Leverage our community to approach corporate sponsors Look at all forms of Fund raising separate to above Galas, Auctions, GO Fund me etc 	<p>High Performance</p> <ul style="list-style-type: none"> Deliver new High Performance framework from AO Develop a HP program for each team based on their needs Communicate and allow all AO coaches to be part of the journey Teams will establish individual goals with their coaching team 	<p>Skill Development</p> <ul style="list-style-type: none"> Learn about the Samoan way of life and Paddling Culture and share with our community Ensure all our coaches are brought on the HP journey to elevate our coaching capability 	<p>Logistics</p> <ul style="list-style-type: none"> Provide a travel co-ordinator Approach all travel providers to look for support to our members AOCRA is focused on cost efficiencies for the campaign to be managed to ensure minimal expenditure by all 	<p>Participation</p> <ul style="list-style-type: none"> Ensure Para Va'a is included and encouraged Provide a pathway at National/zone level to assist all paddlers to have the same opportunity to Qualify for squads
<p>“Focus on the journey not the outcome”</p>					

ROAD TO SAMOA 2023 High Performance Structure



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AOCRA'S OVERVALL GOALS

- Provide an opportunity for our paddlers to experience a unique and memorable journey that allows them to develop and improve not only as a paddler on the water but also as person off it – values based.
- Embed High Performance programs into our entire paddling community with Zones (seek agreement via MOU)
- Share knowledge and experiences across our sport
- Build High Performance capability with Club Coaches
- For all our teams and individuals to enjoy the journey



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Expectations of Paddlers

- You will be suitable to represent AOCRA and Australia
- Will have satisfied all requirements of Clubs, Zones and AOCRA
- Accept the responsibility of being part of the Team
- Declare any injury or medical condition that may affect your performance
- Declare any medicines or drugs you take as per the AOCRA policies
- Attend physically and mentally to all camps and training in general



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Structured Approach

- Eligibility and Selection Criteria fully detailed
- Criteria for Extraneous factors allowing paddlers to miss camps, training or the campaign
- Process for removal from a Team – hopefully not required
- Structured Appeals process which will include 3 Zone Presidents on an appeal board
- Each athlete will need to sign an Paddle Intent contract acknowledging that they have read and agree to the processes and procedures being put forward



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Selection Criteria

- Coachability
- Experience level
- Personal Traits
- Conduct Attitude and alignment with the team and with AOCRA values
- Physical Condition
- Technical Paddling ability
- Selection Panel to consist of HP executive, reps from AO, HP coach, selected Coaches from our community.
- Selection camp will be filmed, and scorecards implemented to assess all paddlers



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National High Performance Team Role

- To set the overall approach for each coach/team to provide them a structured pathway
- Attend the selection Camp weekend and be involved in selection
- Map out an approach and program for each coach - The level of involvement will vary depending on Coach's ability and the teams coachability
- Communicate between camps with all coaches to check in on progress
- Allow all AOCRA coaches to attend the HP weekends as a learning experience



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All AOCRA Coaches

- We want to encourage all of our coaches to be involved in supporting athletes being selected to represent for Samoa 2023
- AO goal is with the support of Zones to integrate High Performance at Club, Zone and National level



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Functional Roles

Fund Raising - we have a national team formed and looking for members to join this team and or connect us with us to make an introduction to potential sponsor organisations you think would be a great fit to partner with

Logistics - We need Team Mangers, Travel experts, Housing on Selection Camp & Training weekends, and the list goes on. In short we love our community to support our teams where possible

Marketing & Communication – We will promote and communicate regularly on social media, vlogs and emails over the next 10 months as we are all part of this campaign



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Post Road to Samoa 2023

- Survey Monkey
- Team Debrief with athletes and coaches
- Review High Performance framework to improve and be ready for the next campaign

