



*From 2013 to 2017*

*European Athletics High-Performance Conference*

*Vienna/AUT – 10-12 March 2017*

# Frankfurt 2013

## Report

## Overview

- **First edition**
- **1.5 Days (23-24 November)**
- **57 participants - 42 Member Federations represented**
- **6 invited speakers**
- **Workshop discussion groups**
- **Panel discussion**



# Frankfurt 2013

## Report

## Participant Feedback

- “Conference was worthwhile and valuable” – 100%
- Keynote speakers – 99% “good” or “very good”
- Case studies – 84% “good” or “very good”
- Workshop discussions – 99% “good” or “very good”
- More that 130 comments



### ***“Next Step” Comment Themes***

- **“Stage similar conferences” (biennially, annually), “More exchange opportunities,” “More case studies”**
- **“Better analysis of performances” (pan-European, by event groups)**
- **“Coach education” (Workshops, on-line courses, blogging, video conferences, mentoring, etc.)**
- **“Focus on system structure, programme organisation and team management”**
- **“...ranking system emphasising the number of competitions the athletes does”**

**2013 to 2016**

***Performance Development***

## ***Europe in Rio***

- **Medals - 36 (Men-18 Women- 18) of total (141) - 25.5%**
- **Countries with medals - 18**
- **Finalist points (8-7-6 etc.) – 534 of total (1,692) - 31.6%**
- **Countries with points - 29**



**2013 to 2016**

**Performance Development**

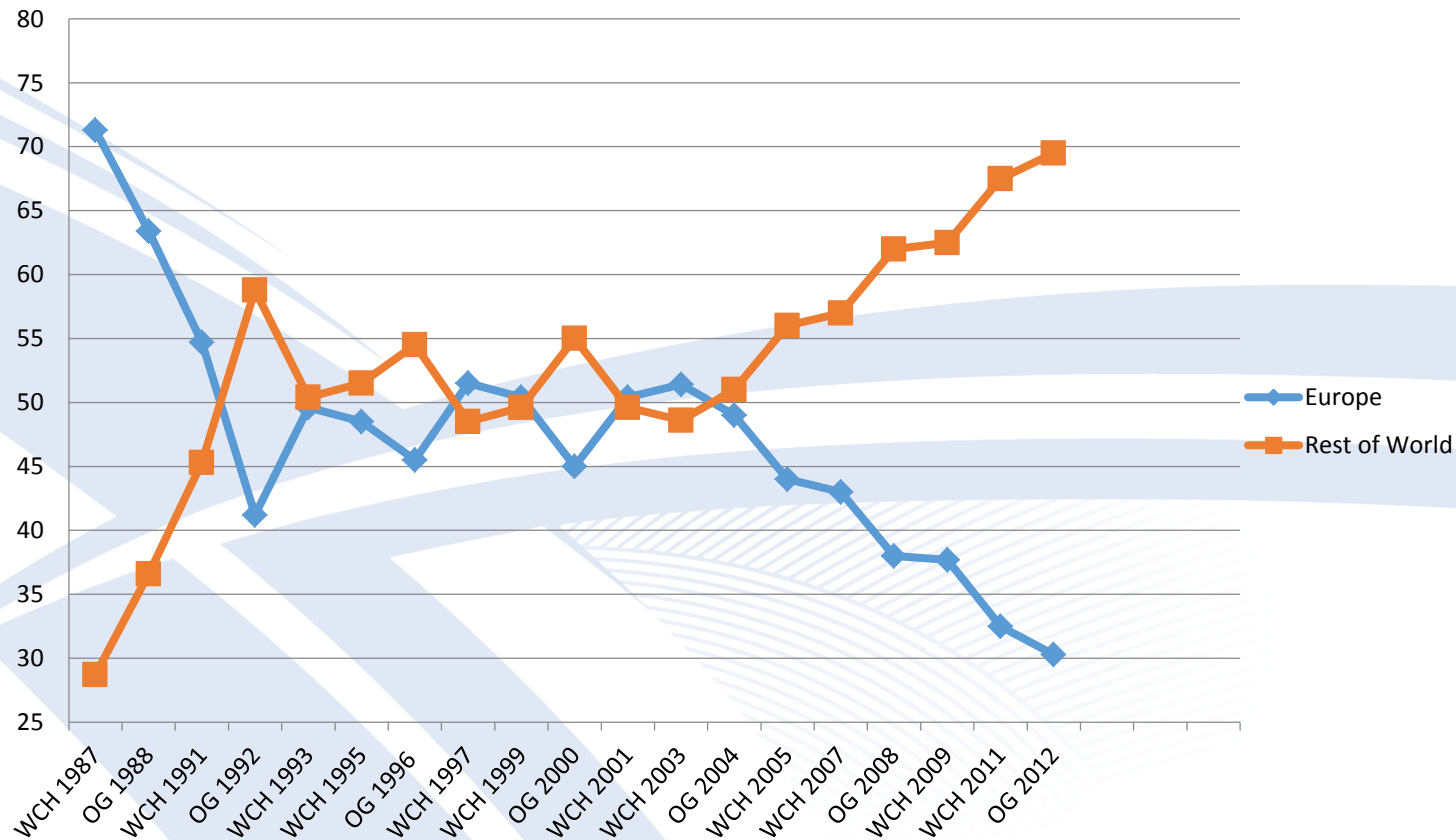
## ***Europe in London vs Rio***

	<b><u>2012</u></b>	<b><u>2016</u></b>
• <b>Medals</b>	<b>44 (30.7%)</b>	<b>36 (25.5%)</b>
• <b>Countries with medals</b>	<b>14</b>	<b>18</b>
• <b>Finalist points</b>	<b>554 (32.7%)</b>	<b>534 (31.6%)</b>
• <b>Countries with points</b>	<b>31</b>	<b>29</b>

# 2013 to 2016

## Performance Development

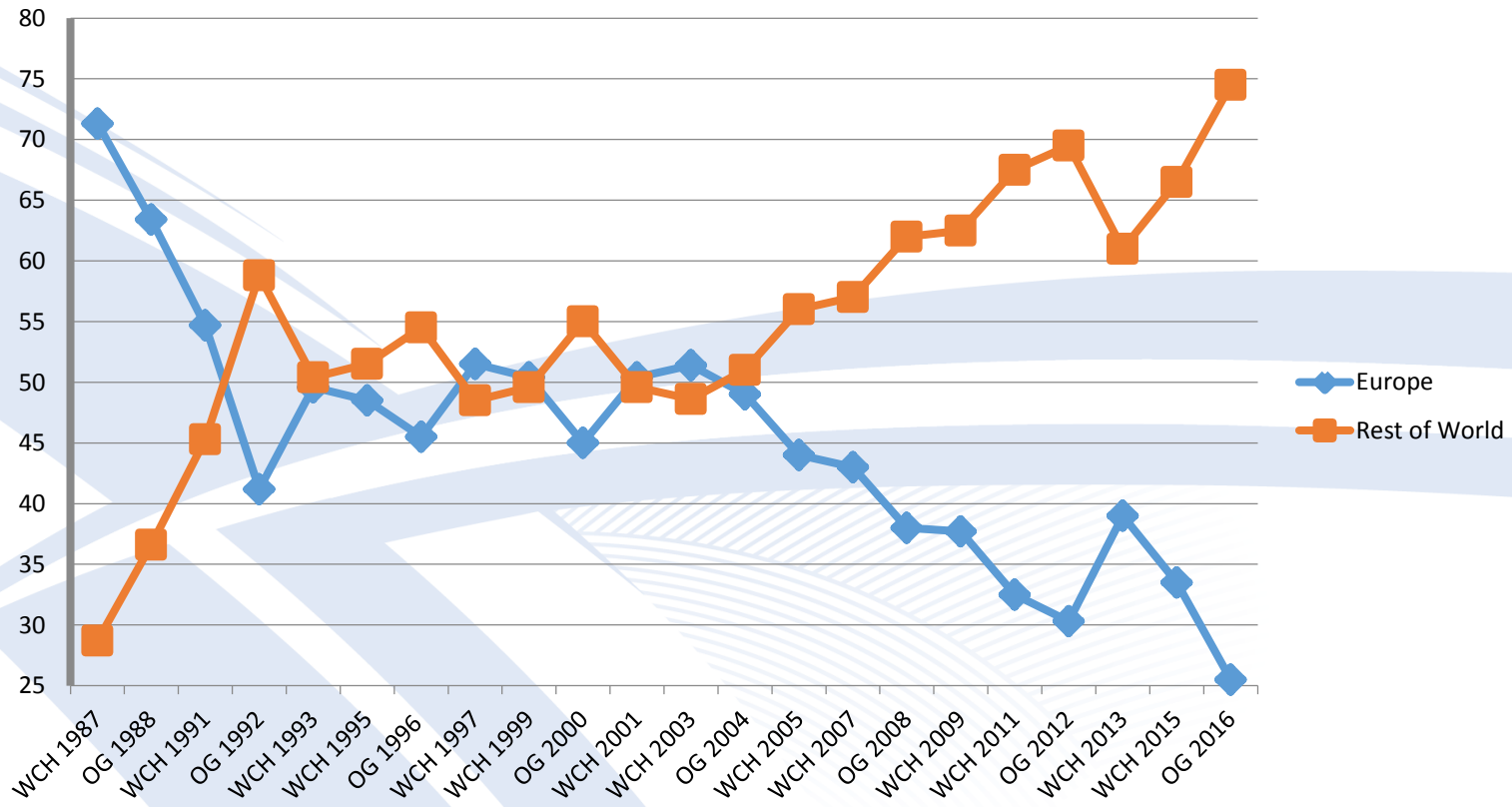
### % of Major Championship Medals Europe vs Rest of World



# 2013 to 2016

## Performance Development

### % of Major Championship Medals Europe vs Rest of World





**2013 to 2016**

**Performance Development**

## ***Performance Delivery Index***

- 1) An athlete can be considered to have delivered on the basic performance objective for an appearance at a major championships if he/she:
  - advances to the next round of the competitionor
  - wins a medal in the final.
  
- 2) Where the first two objectives are not possible, the athlete delivers if he/she achieves a season's best in the appearance in question.

**The Performance Delivery Index (PDI) is the percentage of appearances in which the athlete reaches the performance objective.**

**2013 to 2016**

**Performance Development**

## ***Factors Influencing Performance***

### **Structural**

- Talent Identification System
- Long-Term Athlete Development Model
- Coach Education
- Coach Management & Support System
- Facilities & Equipment
- Competition Structure
- Grass Roots Athletics Activities
- National Athletics Culture

### **Elite Preparation**

- Quality of Coaches
- Training Methodology
- Recovery & Regeneration
- Competition Programme Planning
- Nutrition
- Medical Testing, Monitoring & Support
- Performance Diagnostics
- Sport Psychology and Mental Preparation
- Dual Career Arrangements
- Life Balance
- Financial Security
- Sense of Purpose and Urgency

### **Event Related**

- Team Selection
- Training & Final Prep Camps
- Travel Arrangements
- Acclimatisation
- Hotels & Meal Arrangements
- Tactical Preparation
- Physiotherapy
- Team Spirit

2013 to 2016

Performance Development

## Top 3 Teams\* – Rio 2016 PDI Scores

	<u>Appearances</u>	<u>Advance/Medal</u>	<u>SB</u>	<u>PDI (%)</u>
<b>USA</b>				
Men	111	67	6	65.77
Women	118	71	4	63.56
<b>Total</b>	<b>229</b>	<b>138</b>	<b>10</b>	<b>64.63</b>
<b>KEN</b>				
Men	48	29	2	64.58
Women	33	23	2	75.75
<b>Total</b>	<b>81</b>	<b>52</b>	<b>4</b>	<b>69.14</b>
<b>JAM</b>				
Men	47	29	0	61.70
Women	55	37	0	67.27
<b>Total</b>	<b>102</b>	<b>66</b>	<b>0</b>	<b>64.71</b>

\* By finalist point score

2013 to 2016

Performance Development

## Top 3 European Teams\* – Rio 2016 PDI Scores

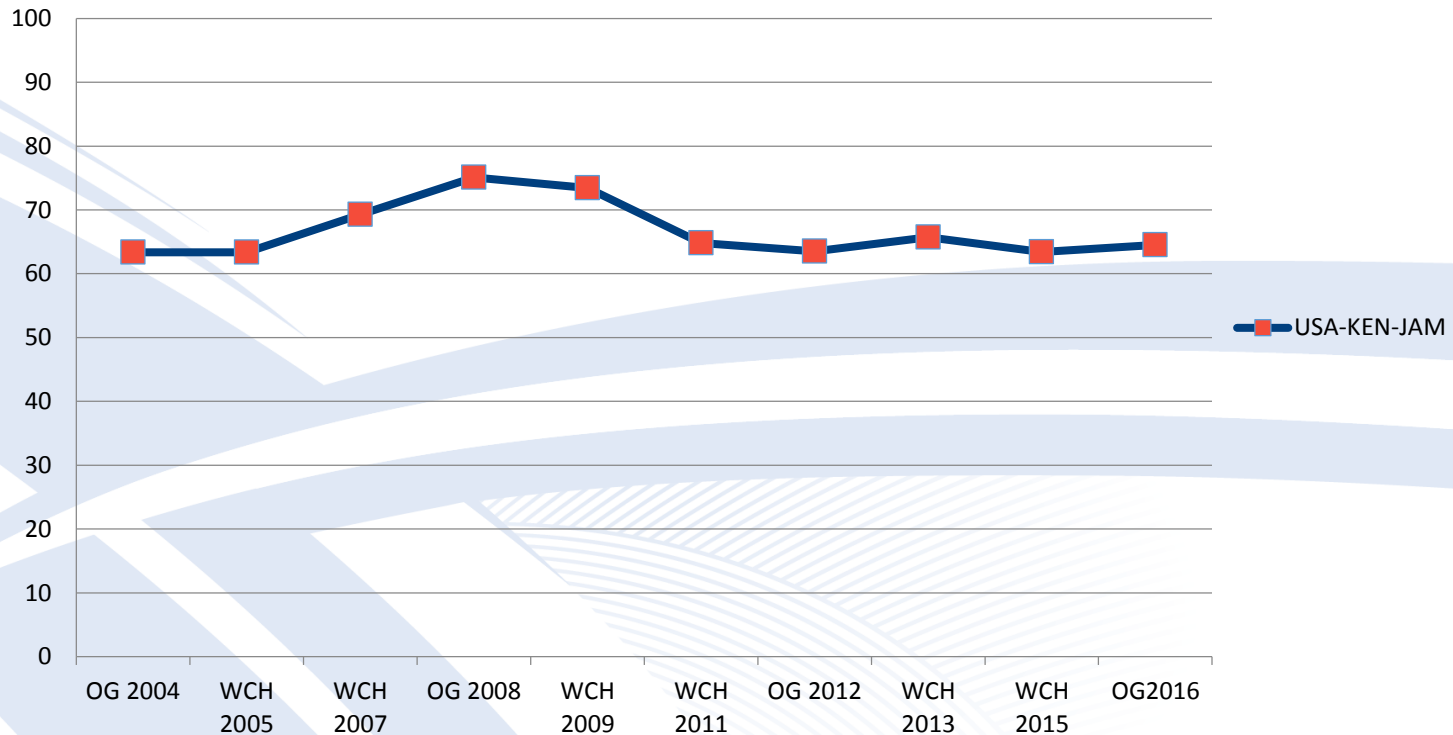
	<u>Appearances</u>	<u>Advance/Medal</u>	<u>SB</u>	<u>PDI (%)</u>
<b>GBR</b>				
Men	57	27	2	50.88
Women	63	36	3	61.90
<b>Total</b>	<b>120</b>	<b>63</b>	<b>5</b>	<b>56.67</b>
<b>GER</b>				
Men	48	11	3	29.17
Women	71	29	3	45.07
<b>Total</b>	<b>119</b>	<b>40</b>	<b>6</b>	<b>38.66</b>
<b>FRA</b>				
Men	38	25	2	71.05
Women	22	6	1	31.82
<b>Total</b>	<b>60</b>	<b>31</b>	<b>3</b>	<b>55.00</b>

\* By finalist point score

# 2013 to 2016

## Performance Development

### PDI Progression 2004 to 2016 – Average of Top 3 Teams in Rio\*

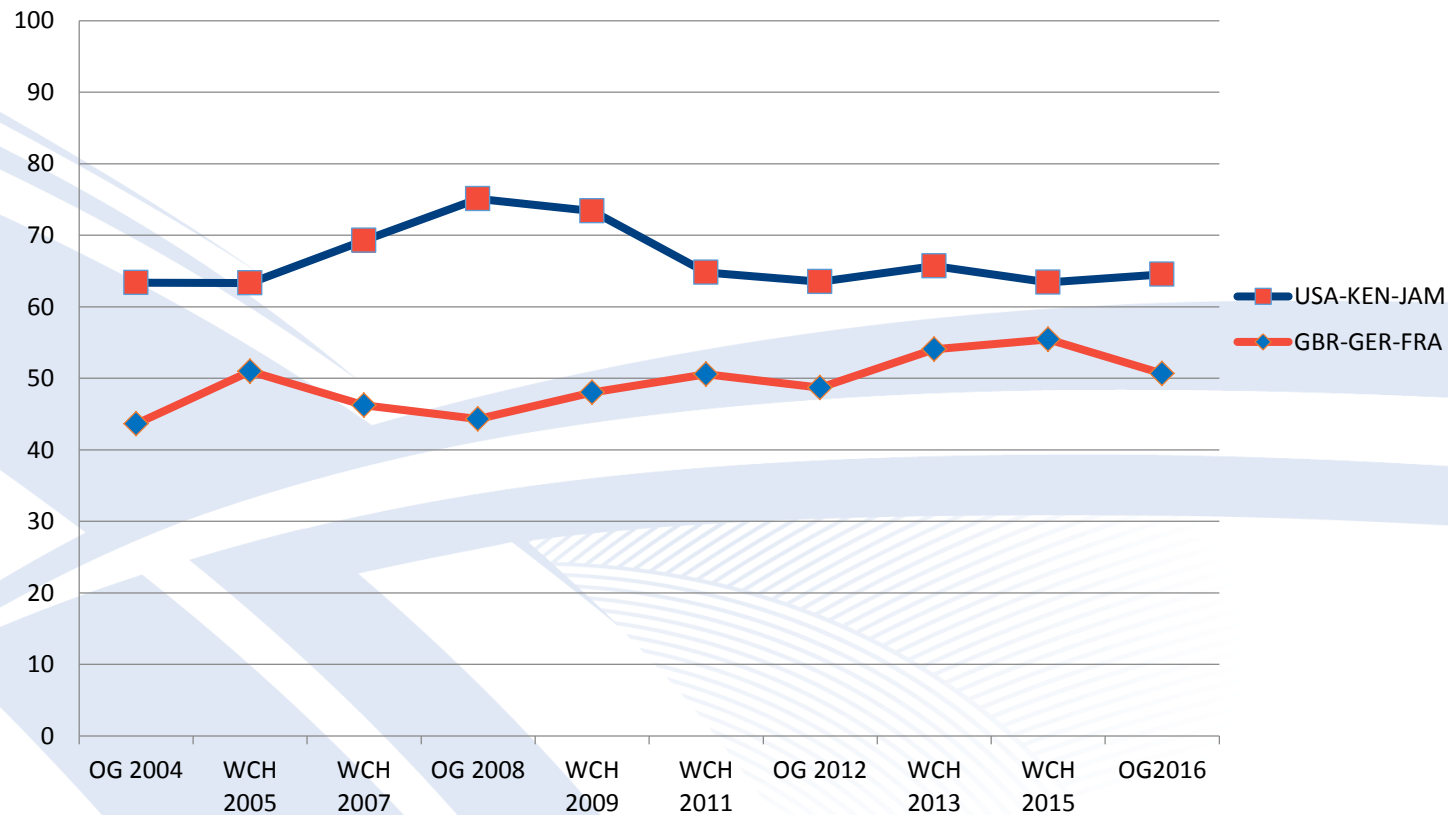


\* By finalist point score

# 2013 to 2016

## Performance Development

### PDI Progression 2004 to 2016 – Average of Top 3 Teams and Top 3 European Teams in Rio\*



\* By finalist point score



**2013 to 2016**

**Performance Development**

## ***Selected European Teams\* – Rio 2016 PDI Scores***

	<u>Appearances</u>	<u>Advance/Medal</u>	<u>SB</u>	<u>PDI (%)</u>
<b>CRO</b>	15	8	1	<b>60.00</b>
<b>DEN</b>	12	5	5	<b>83.33</b>
<b>ESP</b>	57	8	3	<b>19.30</b>
<b>IRL</b>	23	5	9	<b>60.87</b>
<b>ITA</b>	47	10	9	<b>40.43</b>
<b>POL</b>	95	33	3	<b>42.11</b>
<b>TUR</b>	37	7	10	<b>45.95</b>
<b>UKR</b>	84	19	9	<b>33.00</b>

\* Combined men's and women's scores

**2017**

***Points for Discussion***



**Are there any factors where European teams/federations could improve in order to increase consistency?**

**Are there additional factors that planners and coaches should consider?**

**What can Europeans learn from each other or the teams that are consistently outperforming them?**

**How might European Athletics assist in the process?**

***Thanks to Mirko Jalava –  
Tilostopaja, Finland***