



## *Medallists career path workshops*

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- ❖ High performance strategy focusses on sustainable excellence where excellence is constantly being redefined.
- ❖ Meeting the challenge of today's arenas for youth and juniors is in the context of meeting the challenge in the senior arena.

- ❖ The process from beginner/participation through identifying high performance potential to high performance, does not have the same time frame for all developing athletes.
- ❖ A system, understood by athletes, coaches and decision makers, to facilitate the process should be born of teaching, learning and performance principles, but must be flexible and adaptable in practice.

- ❖ Entry to the process requires a carefully designed selection method which assesses potential rather than performance history.
- ❖ No system will be effective without coaches who are competent to lead the programs specific to individual athletes high performance needs.
- ❖ Teachers and others involved in school education require a basis of training in foundation physical activity. The foundation should be general physical activity and coordination.