

P2P News

Official Newsletter of the Pathways to the Podium Research Project



**VICTORIA
UNIVERSITY**



AUSTRALIAN
INSTITUTE OF SPORT

YORK
UNIVERSITY 

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Issue 1

Welcome!

Welcome to the first edition of P2P News. P2P News is a bi-monthly newsletter keeping you up to date with the latest information from the Pathways to the Podium Research Team.

Within this newsletter you will find updates on our latest participating organisations, alerts to our latest posts on the official blog of the Pathways to the Podium Research Project "The Expert Advantage", brief insights into the latest results and recommendations arising from the Pathways to the Podium Research Project, and interesting information relating to the development of sport expertise.

On behalf on the Pathways to the Podium Research Team, we hope you enjoy reading P2P news throughout your involvement in the Pathways to the Podium Research Project.

Please feel free to distribute this newsletter to your friends, family, colleagues, and sporting communities.

The Pathways to the Podium Research Team values your comments and feedback so please contact us any time at podium@yorku.ca to tell us what you think about P2P News, The Pathways to the Podium Research Project, or if you would like to post something in the next edition of P2P News.

I look forward to sharing exciting news with you in the future.

Melissa Hopwood
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Pathways to the Podium Research Project

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P2P Online



If you can't wait for P2P News to be delivered to your inbox you can always access the most up to date information regarding the Pathways to the Podium Research Project online.

Your one stop shop for detailed information and quick links is the Pathways to the Podium website, which can be found at:

www.yorku.ca/podium

You can also find us on Facebook by searching "The Pathways to the Podium Research Project" or going to:

<http://tinyurl.com/podiumfacebook>

Like our page to receive notification of any breaking news.

New for 2011, the Pathways to the Podium Research Project is also on Twitter!

Follow us @pathways2podium

Join us on line and stay connected with the Pathways to the Podium Research Team.

twitter



The Expert Advantage

The Pathways to the Podium Research Team is:

Melissa Hopwood
Victoria University /
York University

Dr. Joe Baker
York University

Dr. Clare MacMahon
Victoria University

Dr. Damian Farrow
Australian Institute of Sport /
Victoria University

The Expert Advantage is the official blog of the Pathways to the Podium Research Project.

Throughout the course of the Pathways to the Podium Research Project brief insights into the secrets and science of sport expertise will be posted to keep you updated and educated on the latest information relating to skill acquisition, motor learning, and the development of sport expertise.

The most recent articles available on The Expert Advantage ask the question “**Is 10,000 hours a magic number for sport expertise?**” Take a look for an insightful discussion of the 10 year / 10,000 hour rule in sport and other domains.

Check out The Expert Advantage at:

<http://expertadvantage.wordpress.com>

Follow the links on the right-hand side of the blog to subscribe to The Expert Advantage and receive an email alert as soon as new articles are posted.

Thank you

The Pathways to the Podium Research Project would not be possible without the support of the clubs, state / provincial associations, and national sporting organisations that have been busy promoting the Pathways to the Podium Research Project to their members.

The Pathways to the Podium Research Team would like to formally acknowledge and recognise the support of the following organisations that have been integral in the progress of the Pathways to the Podium Research Team:



The Pathways to the Podium Research Project is being conducted by a team of sport scientists from Victoria University, Melbourne, Australia, York University, Toronto, Canada, and the Australian Institute of Sport, Canberra, Australia. This project aims to gain a detailed understanding of the pathways that elite athletes follow on their way towards attaining peak performance. Most importantly, we are interested in how the pathways of elite athletes differ from those of lesser skilled athletes. The information obtained from this research will be used to provide recommendations relating to the conditions of sport participation and practice that are optimal for the development of sport expertise. Visit www.yorku.ca/podium for more information.