

P2P News

Official Newsletter of the Pathways to the Podium Research Project



March / April, 2011

Issue 2

From the Research Team

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<http://expertadvantage.wordpress.com>

Welcome back to P2P News, the official newsletter of the Pathways to the Podium Research Project.

In this issue of P2P News you will find an update on athlete recruitment, a teaser for the latest Expert Advantage blog post, and the first profile from an upcoming series in which you will meet each member of the Pathways to the Podium Research Team. This issue we profile none other than yours truly – Melissa Hopwood!

If you are new to P2P News, thank you for joining us! In this bi-monthly newsletter we will provide you with all the latest news and information relating to the Pathways to the Podium Research Project. If you can't wait for the next issue of P2P news to catch up on what is happening, don't forget that you can always check out our website at <http://www.yorku.ca/podium>, find us on Facebook at <http://tinyurl.com/podiumfacebook>, or follow us on Twitter [@pathways2podium](https://twitter.com/pathways2podium).

As always, please feel free to distribute this newsletter to your friends, family, colleagues, and sporting communities. Please also drop us a line at podium@yorku.ca if you have any questions, comments, or feedback relating to P2P News or the Pathways to the Podium Research Project.

Happy Reading!

Melissa Hopwood
Lead Researcher
Pathways to the Podium Research Project

Athlete Recruitment Update

The Pathways to the Podium Research Team have been actively recruiting athletes since November 2010, and we have recently received our 500th athlete registration!

We now have over 500 athletes from across Canada and Australia, representing over 40 sports, involved in the Pathways to the Podium Research Project. These athletes range in skill level from social / recreational competitors right through to national team members, even Olympic medal winners.

With such a diverse sample of athletes we will be able to compare and contrast sporting histories between different sports, different skill levels, and the two different countries. This will allow us to identify the factors that appear to be generally associated with the development of sport expertise, characteristics that may be sport-specific, and characteristics that may be culturally influenced.

We are still recruiting new athletes so if you know anyone who may be interested in participating or you would like to discuss advertising the Pathways to the Podium Research Project to your organisation, please contact us at podium@yorku.ca.

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



The Expert Advantage is the official blog of the Pathways to the Podium Research Project. Every few weeks an informative article is posted discussing the latest research relating to skill acquisition, motor learning, and the development of sport expertise.

The most recent post provides an introduction to an upcoming three part series outlining alternative pathways to elite performance. The first article of the series, "Elite performance via early specialisation", will consider the benefits and risks of high investment in a single sport from an early age.

Other articles in this series will include "Elite performance via diversification" and "Elite performance via talent transfer".

Check out The Expert Advantage at:

<http://expertadvantage.wordpress.com>

Don't forget to subscribe to The Expert Advantage to receive an email alert as soon as new articles are posted. Visit the blog and follow the links from the menu on the right-hand side of each post.

Research Team Profile: Melissa Hopwood



Melissa Hopwood is a PhD candidate at Victoria University, Melbourne, Australia. The Pathways to the Podium Research Project forms a major component of her PhD research, alongside the construction and validation of the Developmental History of Athletes Questionnaire (the questionnaire completed by athletes involved in the Pathways to the Podium Research Project).

A former national level gymnast and diver, Melissa obtained her Bachelor of Applied Science in Exercise and Sport Science from the University of Sydney. After completing her honours research in swimming physiology, Melissa then spent 3 years as Skill Acquisition Assistant at the Australian Institute of Sport in Canberra. In this role she provided skill acquisition services to a variety of team and individual sports, conducted coach and athlete education sessions, and executed a variety of applied research projects.

Melissa is currently based at York University in Toronto, Canada, where she is trying her hand at snowboarding and has become an avid Toronto Blue Jays fan.

Thank You!

The Pathways to the Podium Research Team would like to recognise the following organisations who have joined us since the last edition of P2P News. Your assistance and support is invaluable to the project, and the quality of our research will benefit greatly from your involvement. Thank you very much to all coaches, athletes, parents and administrators.

Australian Sports Commission National Talent Identification and Development Program

Australian University Sport

Athletics Australia

Australian Canoeing

Australian Water Polo

Basketball ACT

Canberra Diving Academy

Capital Football

Cycling Australia

Diving Australia

Diving Parramatta

Football Federation Australia

Melbourne Victory Football Club

Menai Swim Club

Netball Australia

New South Wales Institute of Sport

Nunawading Swimming Club

Rowing Australia

Sports Medicine Australia

Sport 4 Ontario

Swimming Australia

Triathlon Australia

Tuggeranong Hawks Football Club

Volleyball South Australia

Western Australia Institute of Sport

Yachting Queensland

Pathways to the Podium Research Project

Supporting Organisations:



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.