

P2P News

Official Newsletter of the Pathways to the Podium Research Project



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Issue 5

From the Research Team

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Hello and welcome to P2P News Issue 5! Since our last newsletter, the Pathways to the Podium Research Team have been hard at work entering all of the responses to the Developmental History of Athletes Questionnaire into a large database, in preparation for statistical analysis. The data entry and analysis stages of the project are very time consuming, and while I am sure you are anxious to hear the results of the Pathways to the Podium Research Project, I am afraid that you will have to wait until early 2012 before the final report of results and recommendations is released. We appreciate your patience and understanding of the delay.

While you wait for the final report to be released, please check out our newly revised website at <http://www.yorku.ca/podium>. The new website sports not only a new look, but a wide range of new pages with detailed information relating to the Pathways to the Podium Research Project. Read more about our new website in the feature below.

Also in this issue you will find a short profile of Pathways to the Podium Research Team Member Dr. Damian Farrow, and brief introduction to our latest Expert Advantage blog post “Elite performance via talent transfer”.

I hope you enjoy this issue of P2P News. As always, please feel free to share this newsletter with your friends, family, colleagues, athletes and membership body. Happy reading!

Melissa Hopwood
Lead Researcher
Pathways to the Podium Research Project

Pathways to the Podium Website Update

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 Pathways to the Podium website has recently received an overhaul to reflect our transition from data collection to data analysis. Both the content and the look of the website have been re-vamped, and I am sure that you will find the new site to be far more informative and engaging than earlier version.

The new website features a detailed description of the research project including a statement of aims and research questions, a list of publications and presentations relating to the project, and a page for discussion of the results and recommendations arising from the research that will be updated periodically as findings are released.

You will also find breaking news, research team profiles, an archive of P2P News, and a catalogue of Expert Advantage blog posts, along with a long list of useful links and recommended resources.

Please take a few minutes to browse our new site, and bookmark the page to make sure you check back regularly for future updates:

<http://www.yorku.ca/podium>



The Expert Advantage

The final article in our 3-part series on Pathways to Elite Performance is now available on our sport expertise blog, The Expert Advantage.

To wrap up the series we discuss elite performance via talent transfer:

"... talent transfer occurs when an athlete ceases or reduces their involvement in a sport in which they have invested significant time, effort, and resources, and concentrates their efforts on a sport that is new to them, but involves similar movement skills, physiological requirements, and/or tactical components to their earlier sport".

The post includes three impressive talent transfer case studies, including profiles of successful Canadian speed skater and cyclist Clara Hughes, the Australian women's skeleton team, and the UK Sport Talent Identification and Development division.

To read this post and view earlier articles in the series on pathways to elite performance, check out The Expert Advantage at:

<http://expertadvantage.wordpress.com>

Research Team Profile: Dr. Damian Farrow

Dr. Damian Farrow currently holds a joint appointment as Professor of Sport Science within the Victoria University Institute of Sport, Exercise, and Active Living (ISEAL), and the Australian Institute of Sport (AIS).



Formerly a Lecturer in the School of Human Movement and Sports Science at the University of Ballarat (1995-1999), Damian completed his PhD in Perceptual-Motor Expertise at The University of Queensland (2001). He was then appointed as the inaugural AIS Skill Acquisition Specialist (2002) and Discipline Head of Psychology and Skill Acquisition (2009), where he was responsible for research and support of coaches seeking to develop the skills of Australian athletes. He has worked with a range of AIS and National sports programs including the Australian Football League, Cricket Australia, Tennis Australia, Netball Australia, Swimming Australia and the Australian Rugby Union.

Damian publishes and presents extensively on his research interests, centred on understanding the factors critical to sport expertise and talent/skill development, with a specific focus on perceptual and decision-making skill and practice methodology. A former tennis coach and physical education teacher, Damian is passionate about community engagement through the translation of theory into practice via coach education and the publication of general interest sports science books including; "Run Like You Stole Something", "Why Dick Fosbury Flopped" and "It's True: Sport Stinks".

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.

Pathways to the Podium Research Project Supporting Organisations:

