

# P2P News

Official Newsletter of the Pathways to the Podium Research Project



**VICTORIA  
UNIVERSITY**



AUSTRALIAN  
INSTITUTE OF SPORT

**YORK**  
UNIVERSITY 

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## From the Research Team

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<http://expertadvantage.wordpress.com>

Welcome back to P2P News Issue 6. Like many others I am sure, as I prepare this newsletter I am wondering where 2011 went! Looking back on the progress of the Pathways to the Podium Research Project over the last 12 months, we have achieved some major accomplishments:

We recruited over 635 athletes from over 55 sporting organisations; co-ordinated a team of 11 research assistants to enter all of the data and process individual athlete reports; presented aspects of the Pathways to the Podium Research Project at 3 national and international conferences; published 5 extended blog posts and 6 issues of P2P News; gained 222 followers on Twitter and 132 likes on Facebook; and we have begun to analyse our data!

What a year! No wonder I am looking forward to the holidays!

In this issue of P2P News you will find a sneak peak of our latest Expert Advantage blog post “Sporting milestones and career progression of male Australian junior international level team sport athletes”, and I give a shout out to the York University students that have been working tirelessly as research assistants on various aspects of the Pathways to the Podium Research Project.

I will also take this opportunity to wish you all merry christmas, happy holidays and a wonderful new year. Thank you for your ongoing support, see you again in 2012!

Melissa Hopwood  
Lead Researcher  
Pathways to the Podium Research Project

## 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 latest Expert Advantage blog post discusses some preliminary results from the Pathways to the Podium Research Project.

Specifically, we take a look at the ages at which male Australian junior international level team sport athletes reach various important milestones in their sporting careers.

This information gives us an idea of the typical time scale of the development of sport expertise, which can then be used as a marker to assess athlete development, and to inform the design of developmentally appropriate youth sport programs.

Check out “Sporting milestones and career progression of male Australian junior international level team sport athletes” at:

<http://expertadvantage.wordpress.com>

## Research Team Profile: York University Research Assistants

A research project as big as Pathways to the Podium involves a lot of behind-the-scenes work and a lot of behind-the-scenes workers.

Since June this year a team of graduate and undergraduate kinesiology students from York University have generously committed themselves to assist with the demanding tasks of data entry and participant report generation. These tasks are not as simple as they may sound, and they are also not the most glamorous steps of the research process so I am indebted to them for their help.

There is no way that we would be anywhere near the point of data analysis that we are without their hard work and persistence, so I would like to publicly thank the Pathways to the Podium Research Assistant Team for their efforts.

Thank you very much Rachael Stone, Allan Khano, Samantha Jeske, Cassim Ali, Jeff Bacchus, Melissa Humana-Parades, Stephanie Merenda, Natasha Bussoli, Paul Henein, Justin Black, and Dwayne Brown.

*Pictured below are several members of the Pathways to the Podium Research Assistant Team at our recent Christmas party: (From L to R) Jeff Baccus, Melissa Hopwood, Allan Khano, Rachael Stone, and Paul Henein.*



*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](http://www.yorku.ca/podium) for more information.*

### Pathways to the Podium Research Project Supporting Organisations:

