

P2P News

Official Newsletter of the Pathways to the Podium Research Project



**VICTORIA
UNIVERSITY**



AUSTRALIAN
INSTITUTE OF SPORT

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January / February, 2012

Issue 7

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From the Research Team

This may be coming a little late considering it is half way through February already, but happy new year! The P2P Research Team had a relaxing break with our families over Christmas, but we are well and truly back on deck and working hard processing results and getting them ready to share with you!

2012 is a big year for the Pathways to the Podium Research Project as we will be starting to release some of our findings both in the academic and applied arenas. We will be sure to let you know where you can see, hear and read more about our results, starting with the 2012 Ontario Coaches Conference in February. More details on this conference are provided [below](#).

The P2P Research Team is also very lucky to have an extra helping hand in 2012. Young-Bin (Binny) Cho joins the team from the University of Guelph-Humber, where he is pursuing his undergraduate kinesiology degree. Binny is completing his field work placement as a research assistant on the Pathways to the Podium Research Project, and has already contributed a great deal to the project. Binny is featured in this issue's "[Research team profile](#)", and also wrote a guest post for The Expert Advantage blog (see [below](#) for more details).

As always, to keep updated with all the latest news, information, results and recommendations from the Pathways to the Podium Research Project follow us on Twitter ([@pathways2podium](#)), like us on Facebook ([facebook.com/pathways2podium](#)), and subscribe to our blog ([expertadvantage.wordpress.com](#)). Here's to 2012!

Melissa Hopwood
Lead Researcher
Pathways to the Podium Research Project

The Expert Advantage

Check out the latest Expert Advantage blog post! Our latest blog post discusses the results from a study of over 800 U.S. Olympians who competed between 1984 to 1998, and addresses some very interesting questions regarding elite athlete development. For example:

What kind of traits do Olympians look for in a coach? (The answer may come as a surprise.)

What factors contributed the most to the long-term success of Olympians? Was it a matter of coaching? Family support? Dedication and commitment?

And conversely, what contributed to the dropout of the peers of Olympians? Why were they unable to achieve the same success?

Click on the link below to find out!

<http://expertadvantage.wordpress.com>

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

2012 Ontario Coaches Conference

The Coaches Association of Ontario [2012 Ontario Coaches Conference](#) is being held February 24-26 at the Hilton Suites, Markham, Ontario. The Pathways to the Podium Research Team is very excited to announce that we will be presenting some of our results in a session titled "Clarification on the 10,000 hour rule". Here is the session description courtesy of the Coaches Association of Ontario:



"How do we grow and develop talented athletes? The Pathways to the Podium Research Project is a large scale examination of the development of sport expertise involving over 500 athletes from across Canada and Australia. Melissa Hopwood, a lead researcher on the project and an expert in sport performance has worked with athletes and coaches from a wide variety of sports to identify the patterns of participation in practice and competition activities that are associated with international level sports performance. In this session, she will put into context the "10,000 hour rule" and clarify other environmental factors that come into play for athletes. She will present very interesting results from a number of Canadian and Ontario sport organizations that have been involved in the Pathways to the Podium Research Project."

Earlier in the program, P2P research team member Joe Baker will be presenting "The X-Factor: Talent Identifiers", and later in the afternoon Joe and Melissa will be teaming up to present "Setting up conditions for effective coaching".

The program for the 2012 Ontario Coaches Conference is jam packed with a wide variety of informative sessions and high profile speakers, so secure your spot and register online now by following this link:

[2012 Ontario Coaches Conference](#)

Research Team Profile: Young-Bin Cho



Young-Bin (Binny) Cho joins the P2P Research Team as a 3rd-year Kinesiology student at the University of Guelph-Humber in Toronto, Ontario. After completing a Bachelor's degree from the University of Toronto in Actuarial Science, Binny decided to follow his passion for sport and exercise and enrolled in the Kinesiology program at Guelph-Humber shortly thereafter. As a lifelong learner and an avid student, Binny hopes to one day move on to complete a Master's degree and PhD in the area of Kinesiology.

In his time away from the classroom, Binny enjoys spending time with friends and family, in addition to playing a variety of sports including basketball, baseball and poker. Binny also works part-time as a youth basketball coach with Elite Camps in Toronto and as a math tutor at Humber College.

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:

