

P2P News

Official Newsletter of the Pathways to the Podium Research Project



**VICTORIA
UNIVERSITY**



AUSTRALIAN
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YORK
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From the Research Team

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As many of you are winding down to enjoy a brief Easter break, things at Pathways to the Podium are ramping up! All participating athletes have now received their personalised reports outlining their 'Pathway to the Podium', I am in the depths of writing my PhD dissertation, and we are busy presenting some of our results at academic and applied conferences ([more on this below](#)).

You have all been very patient in waiting for your final report of results and recommendations, and I can assure you that preparation of this report is underway. We have decided to delay delivery of this report for a little while longer because we have so many interesting questions to address, and so far, so many fascinating results, that we want to make sure we provide you with a complete, comprehensive summary of findings rather than tease you with a short excerpt! We encourage you to stay in touch via Twitter ([@pathways2podium](#)), Facebook ([facebook.com/pathways2podium](#)), and our Expert Advantage blog ([expertadvantage.wordpress.com](#)) to make sure you are up to date with all the latest news and information in the mean time.

In this Issue of P2P News we share details of some recent and upcoming conference presentations relating to the Pathways to the Podium Research Project, and we tell you about an exciting new feature on our blog.

Enjoy your long weekend,

Melissa Hopwood
Lead Researcher
Pathways to the Podium Research Project

At long last....results!

The Pathways to the Podium Research Team is very excited to be sharing some of our results at academic and applied conferences (finally!).

In the [last issue](#) of P2P News we mentioned our presentation at the Ontario Coaches Conference where we shared some preliminary results with an enthusiastic group of coaches from across the province. In March we gave the presentation "Sport expertise: A family affair?" at the [Eastern Canada Sport and Exercise Psychology Symposium](#) hosted by Western University in London, Ontario, delving into some of our results relating to family influences on sport expertise development.

We are now pleased to announce that in June, Melissa Hopwood, Joe Baker, Damian Farrow, and Clare MacMahon will all be heading to Hawaii to present four papers at the [North American Society for the Psychology of Sport and Physical Activity](#) Conference!

Details of each of these conference presentations will be available on the [Pathways to the Podium website](#) in the near future so please check back regularly for updates.

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

Since the last issue of P2P News, a new feature has been added to the Expert Advantage Blog.

'Expert Advantage Recommended Reads' provides a list of five news items, research articles, video clips, or musings the Pathways to the Podium Research Team have found interesting, that we think you might like to take a look at too.

Our Recommended Reads will appeal to coaches, athletes, parents, sport scientists, sport administrators, and sport fans alike - there really is something for everyone!

Recommended Reads will be posted regularly so be sure to subscribe to the Expert Advantage or add us to your RSS feed to receive instant alerts of new postings. Check out the first instalment of the Expert Advantage Recommended Reads here:

<http://expertadvantage.wordpress.com>

While you are visiting The Expert Advantage, take a look at our latest article "[A look back at Linsanity \(in case you missed it\)](#)". This post reviews some of the different lenses through which journalists, bloggers, and scientists viewed the recent Linsanity phenomenon.

If you are interested in talent development or you are a basketball fan, then this is a must read for you! If you skipped over all of the earlier posts on the topic, "A look back at Linsanity" will give you a nice review of what you missed, and even if you read them all, this article will give you a neat synthesis of some of the key commentaries on Jeremy Lin's rise to success. Like I said before, there really is something for everyone!

Wishing you a safe and happy Easter break



From 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.

Pathways to the Podium Research Project Supporting Organisations:

