

Athlete Selection Guidelines

The CombatAUS National Performance Centre (NPC) will deliver “***A supportive environment that develops world class athletes capable of winning medals at world leading competitions***”.

These guidelines outline the selection process to engage as full time athletes with the NPC and provide information on the support mechanisms and benefits provided. We recognise that for many this will be a big decision in their personal and athletic career. Athletes are encouraged to digest the information in these Guidelines as well as the attached Frequently Asked Questions document and to talk to their support networks, including the CombatAUS AW&E Manager, as a means to make informed decisions that are in their best interest.

It is important to reinforce that involvement in the NPC is a choice, not an obligation. Athletes are not required to be part of the NPC to be selected for a national team, and the NPC is also not required and may not be able to include all athletes who apply or are categorised under the AIS Categorisation Framework.

What is the purpose of the CombatAUS National Performance Centre?

The NPC will deliver a supportive environment that develops world class athletes capable of winning medals at world leading competitions. It is an athlete-centred, coach-led program to maximise the performance potential of Australia’s best Taekwondo and Judo athletes.

The NPC’s priority is to support its full time athletes through targeted technical and performance support services in a highly competitive and performance-focussed environment.

For categorised athletes that are not engaged full-time with the NPC, there may be opportunities to access the NPC for camps or for short term training agreements negotiated with the NPC staff.

Full Time Training Agreement

There are defined engagement expectations for full time NPC athletes, with the aim of developing athletes capable of winning medals at world leading competitions.

The Taekwondo and Judo Podium Profiles below are guides to the athlete attributes that contribute to world class performance outcomes. These profiles will be utilised to inform the NPC Selection Panel process and guide the development of athletes engaged with the NPC.



1. Podium Profile (Australian Taekwondo Performance Pathway Program)



2. What It Takes To Win Model (Judo Australia Performance Pathway Program)

Minimum expectations have been established for full time athletes to maximise the benefit of the resources the NPC is able to provide and in consideration of the development time needed to establish technical proficiency and physical competencies to win medals at world leading competitions

For Taekwondo these minimum weekly expectations are;

- 5 group technical training sessions
- 1-2 individual or small group training sessions
- 3 strength & conditioning sessions at the Victorian Institute of Sport

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.30-9am S&C (VIS)	7.30-9am S&C (VIS)	7.30-9am S&C (VIS)	8-10am Group Technical (NPC)	10.15-11.45am S&C (VIS)	Rest
5-7pm Group Technical (NPC)	Alternating weekly 5-6.30pm Female Technical	5-7pm Group Technical (NPC)	5-7pm Group Technical (NPC)			
	6.30-8pm Male Technical (NPC)					

For Judo these minimum weekly expectations are;

- 3 technical training sessions
- 4 Randori sessions
- 3 strength & conditioning sessions at the Victorian Institute of Sport and a 4th conditioning session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning S&C (VIS)	Morning S&C (VIS)	10am-1pm Judo (NPC) Individualised technical with drills in small groups	Morning S&C (VIS)	9-10.30am Judo (NPC) Group technical plus drills	10am-12pm Randori Venue TBC	Rest
3.30-5pm Judo (NPC) Technical/Drills	6-7.30pm Randori Venue TBC	Rest	7-9.30pm Randori Venue TBC	Time TBC Randori (NPC) With Victorian Performance Pathway Athletes	Time TBC VIS or other Conditioning	

Please note all times are under review as service agreements with the VIS are currently being finalised.

Performance planning conversations with NPC staff may vary the overall training load for individual athletes considering their individual needs and circumstances such as:

- the athlete training and chronological age
- injury status
- periodised training plan

Athletes are encouraged to maintain strong links with their home coach and club. When appropriate attendance at club training may be included on top of the respective minimum NPC expectations where agreed as part of their periodised training plan.

NPC staff will support athletes to proactively adjust external influences that may impact training availability rather than compromising the NPC program. It is understood there may be on occasion (an exception) where an athlete has a university exam or is called into work in an emergency that may interrupt a set training session. It is expected that in such circumstances an early conversation is had with the relevant coach to plan an alternative session, ensuring training time is not lost.

What does the NPC provide for Full Time athletes?

For athletes to be competitive internationally and win medals at world leading competitions an environment of high training volume with high quality training partners is required. In order to thrive under this high volume and high quality training environment athletes must also be supported by integrated performance support services.

Core Support Services

The Victorian Institute of Sport (VIS) is engaged to deliver quality assured high performance service provision in:

- strength & conditioning
- physiotherapy
- sports medicine

All of these services are provided in a fee for service arrangement, i.e. they are paid for by CombatAUS and provided to the NPC athletes at no cost.

Additional Support Services

- Integrated, multidisciplinary approach to training programs with pro-active interactions between staff that support:
 - injury recovery
 - training load management

- ongoing technical development
- complex injury case management
- Athlete Wellbeing & Engagement:
 - Supporting and promoting a healthy life during and after an athletes High Performance sporting journey
 - Encourage and support athletes to invest in areas of life outside of sport (including career and education, personal and professional development, and the value of contributing to community).
 - Provide athletes with information relating to available referral networks and resources available to them to best support their wellbeing and engagement.
- Logistical support for full time athletes will at times be provided for:
 - domestic camps
 - overseas camps and competitions
 - other additional benefits provided when the NPC co-coordinate these activities may include:
 - the provision of coaching
 - ground transport
 - support services such as physiotherapy and strength & conditioning

Short/Part Time Training Agreement

For those that are not full-time NPC athletes, there may be opportunities to access the NPC for camps or for short term training agreements negotiated with the NPC staff. However, this is not the priority for, or the focus of the NPC, and may be considered on the basis that such exposure aligns with the training plans of the NPC.

In general, engagements as training partners are likely to be:

1. Short term - a minimum of a week of training and for as long as two training weeks
2. Part Time - a nominated number of weekly sessions for a defined number of weeks/months.

In considering athletes outside the NPC and their suitability as a training partner, insights gained through the engagement with CombatAUS member sports Performance Pathway Program is a priority.

Access to group technical training is provided whilst a training partner at the NPC. Individual technical sessions are not generally provided. Access to our service provider, the Victorian Institute of Sport, their S&C facilities, S&C program prescription, medical, physiotherapy and other services are NOT provided. For short term, one to two weeks in length, there is likely to be access to the strength & conditioning facilities now housed inside the NPC in order to maintain fitness, but not access to the VIS unless the athlete is a scholarship holder at an institute/academy of sport as reciprocal access is usually provided across the National Institute Network. If there are injuries or treatment needs whilst

at the NPC, staff are able to support this by referral to appropriate external providers, with the cost of treatment borne by the athlete

NPC Selection Guidelines

At any time;

- an athlete is able to submit an Expression of Interest (EOI) to join the NPC via this [online form](#)
- an athlete may be approached to discuss their current understanding of the NPC and if it is a training environment that may suit their current circumstances. This should not be viewed as an offer or that an application would be successful.

Selection Criteria

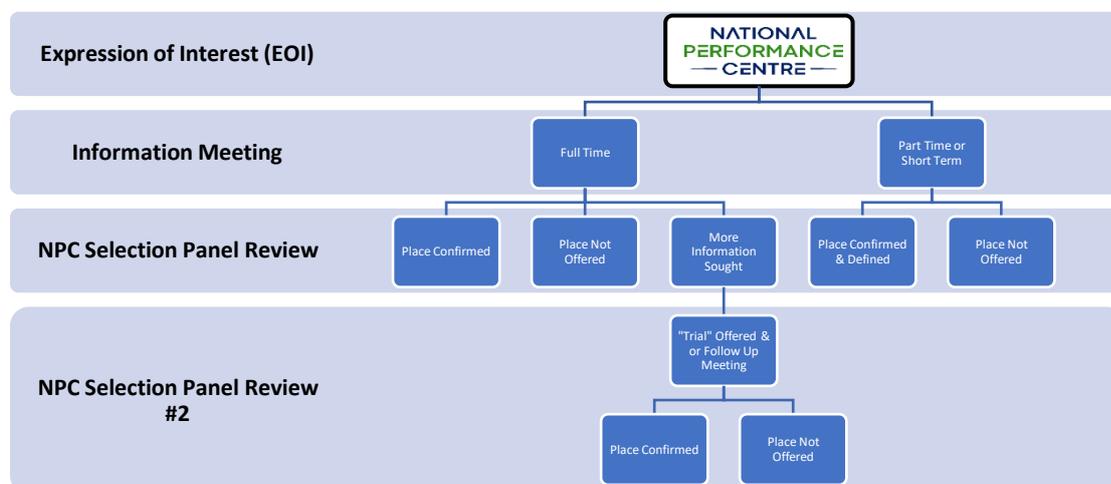
The selection of NPC athletes is at the discretion of the NPC Selection Panel, considering but not limited to:

- that an athlete is or has the potential to produce world class performances (referencing the above Podium Profiles and What it Takes To Win Models)
- an athlete can enhance the NPC training environment to produce medals at world leading competitions
- athlete categorisation

Minimum eligibility Criteria

An athlete must have their talent confirmed by being categorised or be selected into the pathway program of their respective member sport.

Selection Process



3. Model of NPC selection process

1. Submission of an Expression of Interest (EOI) via this [online form](#)
2. An information meeting is held with:
 - the athlete
 - their club coach
 - if underage a parent/guardian
 - NPC coach and NPC Manager
 - CombatAUS AW&E Manager

The intent of this meeting is to clearly outline what the NPC is and is not, the engagement options, the extent of support services provided and the expectations of an athlete, club coach and NPC. This meeting provides a clear opportunity to ask any questions to make an informed decision if an athlete will formally apply for a place in the NPC.

3. After an EOI meeting, in order to confirm an application to become an NPC athlete, the athlete is asked to email their engagement intent, full time, part time, in writing to the NPC program manager, at npc@combataus.com.au

Stage 2 – Selection Panel Review

As soon as practically possible the NPC Selection Panel will review an application against the Selection Criteria considering any additional information to inform the decision. The following may then occur:

4. The application may be deemed unsuccessful if, in the opinion of the NPC Selection Panel, the athlete does not satisfy the Selection Criteria. The athlete will be advised in writing of this outcome.
5. If in their assessment further information is required to make a decision several things may occur:
 - a follow up meeting may be requested if there are further aspects to be considered, supported or organised for an athlete to be successful in the NPC. Previous examples of this have been where an athlete:
 - needs to relocate from interstate,
 - was still completing their final year of school
 - was currently injured
 - an invitation for a “trial” training period at the NPC may be offered to gain greater understanding of things such as an athlete’s:
 - technical capabilities & deficiencies
 - commitment & attitude
 - potential to engage with the NPC multidisciplinary service environment successfully
 - to facilitate relevant medical (or other relevant discipline) reviews

- Once any further information is gathered the application will be reconsidered by the NPC Selection Panel
- 6. The application may be put on hold, for reasons such as there are currently no places available in the NPC.
- 7. Each Application will be assessed by the NPC Selection Panel in isolation of any other previous request Athletes who have previously been reviewed and not offered a place or were previously an NPC athlete and for whatever reason left are able to re-apply as their circumstances change. Previous involvement with the NPC should not be seen as an indication that a new EOI will be approved.

Stage 3 – Successful Application

After consideration of an application the NPC Selection Panel may offer a place to join the NPC:

- immediately
- or by a specific date allowing time for specific things to be put in place, such as:
 - relocation accommodation
 - university studies
 - current work commitments

Additional Considerations

- The NPC must operate as a harmonious, supportive and constructive team. Therefore, the NPC Selection Panel may also take into consideration any history of ability (or inability) of any athlete to function appropriately in a team environment.
- The level of adherence of an athlete to the obligations of any prior Athlete Agreement or NPC Expectations will be considered for ongoing inclusion in the NPC.
- CombatAUS may not fill all weight divisions in the NPC and may select multiple athletes in one division to ensure appropriate training partners are available.
- The NPC may include athletes on a full time or short term/part-time basis to maximise the preparation for specific athletes or of a team for major international competitions.
- Achieving the selection criteria for the NPC or a specific international competition does not qualify the athlete for automatic inclusion into the NPC.

The panel shall be made up of a minimum of three from; the NPC coach, NPC assistant coach, NPC Program Manager, Performance Pathway Lead, CombatAUS High Performance Director, or others as required (at the discretion of the CombatAUS High Performance Director).

Covid 19

All athletes using the NPC are required to adhere to current Victorian Government, VIS and NPC guidelines in managing Covid19 aspects that relate to professional sport and general health. Please note; if border closures or restrictions occur whilst you are in or on your way to/from Melbourne that disrupts your plans, any additional costs that you may incur, such as hotel quarantine, are your responsibility. Under the previous Victorian Government High Performance and Professional Sport Guidance Note the NPC has been permitted to remain open with athletes and staff designated permitted authorised workers enabling training to continue throughout the heaviest restrictions.

Version Date: 1 November 2021

COMBAT AUS