

National Performance Centre - 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 full time athletes with the NPC. The supplementary [Frequently Asked Questions \(FAQ\)](#) web page answers many common questions with particular emphasis on information regarding the support mechanisms and benefits provided to selected full-time NPC athletes. 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 and the FAQs and to talk to their support networks, including the CombatAUS AW&E Manager, 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 National 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 NPCs priority is to support its full-time athletes through targeted technical and performance support services in a highly competitive and performance-focussed environment.

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

Full Time Training Agreement

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

Minimum expectations have been established for NPC 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.

Taekwondo program

For Taekwondo these minimum weekly expectations are;

- 5 group technical training sessions
- Individual or small group training sessions (as required)
- 5 strength & conditioning sessions at the Victorian Institute of Sport

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am S&C Circuit (VIS)	10am - 12pm Group Technical (NPC)	8-9am S&C TKD Circuit Training (VIS/NPC)	8-9am S&C Recovery & Individual (VIS) <u>Optional</u>	9-11.30am Group Sparring (NPC)	Rest	
	12-12.30pm Individual <u>Optional</u>			11.30am-12pm Individual <u>Optional</u>		
				12-1pm S&C (VIS)		
4-6.30pm Group Technical (NPC)	12.30-2pm S&C (VIS)	4-6.30pm Group Speed & Sparring (NPC)	4-7.30pm* Group Technical (NPC)			
6.30-7pm Individual <u>Optional</u>		6.30-7pm Individual <u>Optional</u>	7.30-8pm Individual <u>Optional</u>			

* Session length adapted based on training load & training phase

Judo Program

For Judo these minimum weekly expectations are:

- 2 technical training sessions
- 4 Randori sessions
- 5 strength & conditioning sessions at the VIS and a flexible 6th conditioning session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am or 9am S&C (VIS)	6:30am or 9am S&C (VIS)	6:30am or 9am S&C (VIS)	6:30am or 9am S&C (VIS)	8:15am Conditioning (VIS)	10am-12.30pm Randori Venue TBC	
		11.30am-2.30pm Judo (NPC) Individualised technical with drills in small groups				Rest
3-5pm Judo (NPC) Technical/Drills	6-7.30pm Randori Venue TBC	Rest	7-9.30pm Randori Venue TBC	Time 7pm Randori (NPC) With Victorian Performance Pathway Athletes	Time TBC VIS or other Conditioning	

* Session lengths adapted based on training load & training phase

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.

NPC Selection Guidelines

By exception, full time athletes are able to be included in the NPC on a calendar year basis with the selection process opened in September each year.

- once open, an athlete is able to submit a formal nomination 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.
- by absolute exception an application may be considered outside the calendar year selection process.

Minimum Eligibility Criteria for VIS Scholarship

In order to access a VIS Athlete Scholarship, that provides the HP services that underpin the NPC training environment, an athlete is required to be Categorised for the following year, having had their talent confirmed via the member sport AIS Categorisation Framework – Emerging, Developing, Podium Potential, Podium Ready, Podium. www.combataus.com.au/pathway-progression

Athletes outside this framework (Uncategorised or Categorised as Associate) are still able to engage in the NPC environment as a full time member if selected but are unable to access the service capacity through the VIS as a scholarship holder, with the potential exception being access to the VIS gym facility.

The NPC currently has maximum capacity of 16 full time athletes for each sport program, but with no obligation to fill each of these places, with NPC selection decisions to be made due to athlete suitability and readiness as well as broader program budget priorities emphasised below.

Selection Considerations

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

- that, in the opinion of NPC Selection Panel, an athlete is or has the potential to produce world class performances
- athlete categorisation (being categorised does not guarantee selection)
- an athlete can enhance/support the NPC training environment to produce medals at world leading competitions
- program budget management considerations
- the Judo and Taekwondo Podium Profiles that provide guidance to the athlete attributes that contribute to world class performance outcomes (further info found in the FAQ document).

Additional Selection 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/or may select multiple athletes in one division to ensure appropriate training partners are available.
- The NPC may include athletes to maximise the preparation for specific NPC 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.
- 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 application will be approved.

NPC Selection Process



1. Model of NPC selection process

Stage 1 – Information Meetings and Athlete Nomination

1. An online open community Information Meeting will be held to allow athletes, parents and coaches to engage around how the NPC operates, the VIS support services, transition in and out of the NPC, relocation, and to speak to/hear from current athletes and their experiences.

2. After the Open Information Meeting (via an email to the NPC Program Manager) an athlete can request an additional information meeting (but not required in order to apply) to further discuss their specific circumstances. It is held with:
 - the athlete (if underage also a parent/guardian)
 - the NPC Program Manager, CombatAUS AW&E Manager and an NPC coach,
 - any person/s the athlete may wish to invite, such as their club coach, parent or partner

The intent of these information sessions/meetings 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. These meetings provide a clear opportunity for athletes to ask any questions to make an informed decision to formally apply for a place in the NPC.

3. All current NPC members will be engaged to consider their intentions for 2024.
4. After these meetings, in order to make an application to become or remain an NPC athlete, the athlete is asked to confirm this with the NPC Program Manager via this [online form](#)

Stage 2 – Selection Panel Review #1

The NPC Selection Panel will review new applications and current NPC members, against the Selection Guidelines, along with any additional information to inform the decision. The following may occur:

- The application may be deemed unsuccessful, if in the opinion of the NPC Selection Panel, the athlete does not satisfy the Selection Criteria. New athlete applications will be advised via email of this outcome, current NPC members spoken to directly.
- The application may be put on hold, for reasons such as that there are insufficient places available in the NPC.
- A follow up meeting requested if there are 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
- The application may be added to a Shortlist and progress to Stage 3 of the selection process.
- The application may be deemed successful.

Stage 3 – Selection Panel Review #2

1. Shortlisted nominations may be invited to attend a “trial” engagement at the NPC to enable the selection panel to gain greater understanding of things such as an athlete’s:
 - technical and physical capabilities & deficiencies

- commitment & attitude
 - potential to engage with the NPC multidisciplinary service environment successfully
 - to facilitate relevant medical and physical (or other relevant discipline) reviews
2. As soon as practically possible after the member sport 2024 Athlete Categorisation is confirmed, the NPC Selection Panel will make recommendations to CombatAUS and the VIS for full time places for the NPC, including a VIS scholarship.
 3. Once confirmed with all organisations (CombatAUS, Australian Taekwondo, Judo Australia & the VIS), the selection decisions will be communicated to athletes and their club coach. For Judo and Taekwondo this may be on different dates, as their program activity may influence the finalisation of NPC selection decisions.
 4. Successful athletes and current NPC members who have not been offered a place for the following year will be directly engaged to discuss their individual transition needs.

NPC Selection Panel

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

The NPC Selection Panel will additionally engage with other identified and relevant stakeholders at their discretion in advance of the selection decision.

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