

# NASS Capacity template

## Background

The capacity of an athlete to perform in the future depends on their physical potential and their processes.

Outstanding physical potential may be sufficient to produce occasional outstanding results, however this must be combined with world class processes in order to excel at major championships and over many years.

Athletics Australia have limited resources and so we will invest the most resources into those athletes most likely to meet the aims of the NASS program – in other words those with the highest capacity.

Across the board we will only invest in athletes with outstanding physical potential.

Our expectations for an athlete's processes varies with their training age and experience within the sport. For example, we expect that **World Class** athletes will always demonstrate world class processes; we have lower expectations for new athletes on the **Development** level – although we do expect these athletes to improve their processes quickly.

*The contents of this document may be shared with other Athletics Australia staff, including our medical team, and our partners from the Australian Institute of Sport and the National Institute Network.*

## NEW Emerging Program

The NASS **Emerging program** aims to bridge the gap that exists between the WU20 Championships, the Development level of NASS and ultimately medals and top 8 performances at benchmark events (Olympics/Paralympics/World Championships).

The **Emerging program** will include engagement with the relevant National Junior Coach (NJC) throughout the year including the attendance at two camps for all athletes and personal coaches. The first to be held at the AIS Saturday 15 December – Tuesday 18 December together as a squad, the second event specific camp across various states during January and February. Personal coaches will only be required across the weekend dates but welcome across the whole camp if available.

The NASS Emerging athlete and personal coach will benefit from their engagement in their SIS/SAS in a similar way other NASS athletes and personal coaches have experienced. The Para NASS Emerging program will be discretionary and limited in selection.

Please visit the AA website for more information: <http://athletics.com.au/High-Performance/Able-Bodied/Junior-High-Performance/Emerging-Squad>

## Instructions

- The NASS Capacity template is to be completed and submitted by Monday 17 September 2018 and is one component that is considered by the NASS selection panel
- It is suggested that athletes and their personal coach complete the template together
- Athletes/personal coach are to provide comments in all sections

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## Athlete details

Name of Athlete:		Date of birth:	
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Date this template completed:	
Form completed by:	

Event (s):			
Personal best (s):		Seasons best (s):	
Personal coach:			
Training locations:			
Other specialist coaches (Sprints, S&C etc):			
Work commitment (weekly hours)			
Education commitment (weekly hours)			

What do you value in the NASS system (eg. Medical servicing, S&C, biomechanics etc.)?	
What and how will you use these NASS services?	

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## Template

		Athlete/Coach NOTES	
FACTOR			
<b>PHYSICAL POTENTIAL</b>	<b>Training Age</b> Athlete's training history		
	<b>Year-on-year Progression</b>	SB this year:	
		SB last year:	
		SB two years ago:	
		SB three years ago:	
		SB four years ago:	
	<b>Global Benchmarks</b>	Typical medal result for event (for Para athletes, Gold result) - at the Major Championships	
		Typical medalist SB (for Para athletes, Gold medalist)	
		Typical top 8 result for event (for Para athletes, minor podium result) - at the Major Championships	
		Typical finalist SB (for Para athletes, minor medalist)	

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PHYSICAL POTENTIAL	FACTOR	Athlete/Coach NOTES	
	<b>INJURY HISTORY</b> Describe issues that have caused more than 3 weeks OR MORE missed training / comp in last 3 Years  Current injury/rehab status		
PROCESSES	FACTOR	Athlete/Coach NOTES	
	<b>Coaching Experience</b>	Years with this athlete:	
		Total Years Coaching:	
		Years coaching this event:	
		Global Medalists / finalists (Para gold / silver/bronze):	
		Number of athletes on International Team(s) (Jnr and Snr)	