

AUSTRALIAN ICE RACING INCORPORATED

Short Track Excellence Program (STEP)



AUSTRALIAN ICE RACING

Program Overview and Criteria

Australian Ice Racing (AIR) is committed to the continuous development and improvement of all skaters within its Athlete Pathway. As opposed to facilitating a development program in only quadrennial Olympic cycles, AIR undertakes to provide a program that aims to insert developing athletes into appropriate development groups to enhance their performance base; the ultimate goal being to represent Australia on the world stage, and bringing out the best possible performances for the Australian team and the individual.

The Australian Ice Racing Short Track Excellence Program (STEP) will be the model to guide the athlete along the excellence pathway to represent Australia on the world stage of short track speed skating. This program is coordinated and controlled by AIR and supported in partnership with the (OWIA). The head of the day to day program will be the appointed National High-Performance Short Track Coach under the direction of the Director STEP.

In providing opportunity, AIR aims to support the developing elite athlete by:

- Providing a challenging program of training opportunities that push the athlete to achieve results at a higher level;
- Supporting athletes with exposure to training with current and former international standard athletes to improve individual and team performances for Australia, not only on the ice, but also off the ice;
- Access to experienced coaching staff who have strong backgrounds in exercise physiology to promote recovery and growth in the high-performance or developing athlete
- Supporting athletes to explore international development competition opportunities outside of World Cup or World Championship events, aimed at the developing athlete;
- Placing a focus on a team-based ethos for Australian success
- Building behaviours that promote excellence, not only in the sporting arena, but in the personal lives of the athletes.

The AIR STEP main program will be based in Melbourne, Australia with support offered to qualified skaters outside of the main program.

Program Oversight: Frank Anderson (STEP Director)
Program Coach: Richard Nizielski (reporting to STEP Director)
Program Assistant: Nic Cicero (Level 1 Short Track Coach)



Australian Short Track Excellence Program (STEP) Selection Criteria

All AIR registered athletes who have met the criteria in this selection attachment may apply to be considered for selection to the AIR STEP. Application will not guarantee acceptance into the program.

An athlete may make application at any time to be included into the AIR STEP, so long as all selection criteria have been met. Being part of the AIR STEP does not guarantee selection into any national team.

Each application will be decided on by the AIR STEP Director and National High-Performance Short Track Coach.

Inclusion into the program is also behavioural and values based. This means that the athlete must possess the aptitude to work within a team environment, commit fully to the program and possess attitudes and behaviours that support a cohesive team building environment in the first instance, and individual discipline to work hard for the other program members and self.

To be eligible for selection into the AIR STEP, athletes must have reached the age of 15 on or before **1st July** in the current season. The AIR STEP cycle will run from **1st May** one year to **30th April** the next.

Athletes seeking selection into the AIR STEP must:

- achieve 2 of the 3 Men's/Ladies **STEP** distance qualifying times as outlined within this document;
- must have achieved those times in one of the below methods:
 - any race meet sanctioned by an ISU member or the ISU where an official protocol is available to the AIR STEP Director or ¹
 - Any race meet - on application to the Australian Ice Racing Inc. Board. The final decision as to whether a time will be included will be at the complete discretion of the AIR STEP Director
- Have achieved the two times within the previous 6-months prior to application.

All athletes will be required to submit a new application for the 2019/2020 cycle commencing **1st May 2019**.

All athletes who are invited to join the AIR STEP and accept to be a member of the AIR STEP must;

- Make themselves available for their registered state for the Duke Trophy or any other event as nominated from time to time by the AIR Inc. Board;
- Contest the Australian Open Short Track Speed Skating Championships in the Senior division where allowed by the relevant rules (this will not be enforced for junior athletes who have qualified in both JSTEP and STEP however it will be desirable);
- Must contest a state championship of their registered state or another Australian State, or contest an overseas event that is endorsed by the AIR Annual Competition Plan.

- Be available to attend at least two AIR STEP camps in any one season when scheduled, unless skating in international competitions or application is made not to attend and is approved by the program coach and/or Director;
- Commit to meet all associated cost of being a member of the AIR STEP;
- Comply with all other aspects of the National Selection Policy for consideration to other National squads or teams, whether or not they are listed in this document.
- Comply with all anti-doping requirements and education events.

AIR STEP Qualification Times

	500m	1000m	1500m
Men	46.50	1:34.50	2:27.50
Ladies	49.50	1:40.00	2:35.50

Any non-compliance with the above or any other component of the AIR National Selection Policy or Code of Conduct may see the immediate removal of an athlete from the J-STEP.

Benefits

AIR STEP cut resistant racing suit subsidy

Access to the AIR STEP on-ice program based in Melbourne (fee payable)

Access to personalised off-ice training programs set by the National High-Performance Coach

Access to apply for AIR International Competition Travel Subsidy

Access to OWIA gymnasium when attending as part of the AIR STEP dedicated gym sessions.

Access to fitness testing regime as programmed by the National High-Performance Coach

IMPORTANT NOTE: 2019/2020 Season – International Selection

Any athlete wishing to qualify for, or be considered for Senior selection into World Cup or World Senior Championships during the 2019/2020 International Season, will be required to attend the AIR STEP from the 8th May 2019 to the 27th July 2019. Other than those attending 90% of all scheduled AIR STEP activities, only those skaters provided an exemption by the AIR Board as per the 2019/2020 National Selection Policy will be considered to trial for these positions. All applications must be approved by the AIR STEP Director and the AIR Board.

[AIR STEP Application Form](#)

Australian Junior Short Track Excellence Program (J-STEP) Selection Criteria

All AIR registered athletes who have met the criteria in this selection attachment may apply to be considered for selection to the AIR J-STEP, the junior component of the AIR STEP.

Application will not guarantee acceptance into the program.

An athlete may make application at any time to be included into the AIR J-STEP, so long as all selection criteria have been met.

Each application will be decided on by the AIR STEP Director and National High-Performance Short Track Coach.

Inclusion into the program is also behavioural and values based. This means that the athlete must possess the aptitude to work within a team environment and possess attitudes and behaviours that support a cohesive team building environment in the first instance, and individual discipline to work hard for the other program members and self.

To be eligible for selection into the AIR J-STEP, athletes must have reached the age of 11 on or before **1st July** in the current season. The AIR STEP cycle will run from 1st May one year to 30th April the next.

Athletes seeking selection into the AIR J-STEP must:

- achieve 2 of the 3 Men's/Ladies **J-STEP** distance qualifying times as outlined within this document;
- must have achieved those times in one of the below methods:
- any race meet sanctioned by an ISU member or the ISU where an official protocol is available to the AIR STEP Director or ²
- Any race meet - on application to the Australian Ice Racing Inc. Board. The final decision as to whether a time will be included will be at the complete discretion of the AIR STEP Director
- Have achieved the two times within the previous 6-months prior to application.

All athletes will be required to submit a new application for the 2019/2020 cycle commencing 1st May 2019.

All athletes who are invited to join the AIR J-STEP and accept to be a member of the AIR J-STEP must:

- Make themselves available for their registered state for the Duke Trophy or any other event as nominated from time to time by the AIR Inc. Board;
- Contest the Australian Open Short Track Speed Skating Championships in at least their natural age division;
- Must contest a state championship of their registered state or another Australian State, or contest an overseas event that is endorsed by the AIR Annual Competition Plan.
- Be available to attend at least one AIR J-STEP camps in any one season when scheduled;
- Commit to meet all associated cost of being a member of the AIR J-STEP;

- Comply with all other aspects of the National Selection Policy for consideration to other National squads or teams;
- Comply with all anti-doping requirements and education events.

AIR J-STEP Qualification Times

	500m	777m	1000m	1500m
Junior A Men	48.00		1:39.50	2:36.50
Junior A Ladies	50.50		1:42.50	2:42.00
Junior B Men	49.50		1:44.00	2:40.00
Junior B Ladies	51.50		1:46.50	2:46.50
SJ Boys	50.50	1:20.50	1:48.00	
SJ Girls	53.50	1:26.50	1:50.00	

Sub Junior Age - 12-14 years
 Junior B Age - 15-16 years
 Junior A Age - 17-18 years

Any non-compliance with the above or any other component of the AIR National Selection Policy or Code of Conduct may see the immediate removal of an athlete from the J-STEP.

Benefits

AIR STEP cut resistant racing suit subsidy

Access to the AIR J-STEP on-ice program based in Melbourne (fee payable) during all school holiday periods in your home state, or by approval for other periods.

Access to personalized off-ice training programs set by the National High-Performance Coach (after assessment)

Access to apply for AIR International Competition Travel Subsidy

Access to OWIA gymnasium when attending as part of the AIR STEP dedicated gym sessions (after assessment of suitability and age)

Access to fitness testing regime as programmed by the National High-Performance Coach (after assessment of suitability and age)

[AIR J-STEP Application Form](#)

Australian Bridging Short Track Excellence Program (Bridging STEP)

Australian Ice Racing will undertake to facilitate the AIR STEP National High-Performance Coach visiting each AIR State member at least once a year to facilitate a local camp to support the movement of skaters into the AIR J-STEP or STEP in future years.

These opportunities will also be open to local coaches to engage with the National High-Performance Coach to support the movement of all skaters towards the AIR STEP in future years, and to build a strong coaching network in Australian Ice Racing to benefit the sport.

There will be no qualification standard to participate in any activity branded as the Bridging STEP. These may also include National camps previously known as Australian Open Development Camps.

Benefits

Access to the visiting AIR STEP National Coach program each year.
Access to Bridging STEP camps when held (fee payable).
Special invites to train with the J-STEP program from time to time.

International Visitors Training Program

Australian Ice Racing understands the value in good training opportunities and extends an initiation for interested ISU members to train within our AIR STEP.

Athletes will be required to provide proof that they have met the required standards outlined within this document. All approvals will be subject application to airstep@australianiceracing.org and upon full payment of training fees.

Australian Ice Racing will undertake to provide a quality program to those visiting skaters, however the Australian National Coach's main priority is success for the Australian team and will not be available to coach any country's athletes other than Australia at international events.

Benefits

Access to the AIR STEP on-ice program based in Melbourne (fee payable)
Access to OWIA gymnasium when attending as part of the AIR STEP dedicated gym sessions.
Access to fitness testing regime as programmed by the AIR STEP National Coach



Program Rules

Being part of the AIR STEP is a privilege, not a right, but the rights you will have are the right to:

1. Respect the rights, dignity and worth of others within the AIR STEP, including coaches, athletes, assistants and administrators from both AIR and OWIA.
2. Be fair, considerate and honest in all dealing with others, both within the AIR STEP and outside partners.
3. Be professional in, and accept responsibility for, all your actions.
4. Be aware of, and maintain an uncompromising adherence to, AIR's standards, rules, regulations and policies.
5. Operate within the rules of the sport including national and international guidelines which govern AIR.
6. Not use your involvement with the AIR to promote your own beliefs, behaviours or practices where these are inconsistent with those of AIR.
7. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example. This includes social media posts or messages that may be perceived as inappropriate.
8. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
9. Refrain from any form of harassment of others, including on social media, the public forum or other activities outside of skating. Your behaviour counts everywhere.
10. Refrain from any behaviour that may bring the AIR STEP into disrepute, including social media posts and comments in the public forum that may be perceived as negative or harassing.
11. Provide a safe environment for the conduct of the AIR STEP and all those who participate.
12. Show concern and caution towards others who may be sick or injured.
13. Be a positive role model for all skaters, and maintain the highest of personal standards.
14. Understand the repercussions if you breach, or are aware of any breaches of the AIR Code of Conduct. It is expected that you will report anything that constitutes a breach immediately to the head coach.
15. Not adversely represent the AIR STEP, AIR, the OWIA or any other organisation charged with the development of high-performance results for Australia, based on your own beliefs.
16. Remember, that it doesn't matter who you are or what you have achieved in the past, you will always be remembered by your most recent actions – make sure they are positive and respectful at all times whilst a member of the AIR STEP and promote the AIR STEP in a positive way.

Finally, note that any successful applicant to the AIR STEP is invited to participate. Should any participant's behaviour be such that it is not conducive to a good culture within the program or any team, they can be removed immediately from the program.

Frank Anderson
Australian Ice Racing President

Our Identity



