

FTEM stages

Phases & description

YOU are :

Non-Elite (Foundation Movement)

Pre-Elite (Potential to be Elite)

Elite (Senior International)

F 1 **F 2** **F 3**

T 1 **T 2** **T 3** **T 4**

E 1 **E 2** **M 1**

Basic Movement Foundations
Extension & Refinement of Movement Foundations
Sport-specific Commitment &/or Competition

Demonstration of Potential
Talent Verification
Practicing & Achieving
Breakthrough & Reward

Senior National Representation
Podium Success
Sustained Success at E2



Learning fundamentals movement skills relevant for water polo (e.g. swimming, throwing, catching)

Participation in organised water polo activities (e.g. Come and try days, school sport programs, social events, modified sport programs); Informal water polo activities with friends and family in the backyard or local

Competing in water polo for a local club / school & attending regular coaching sessions

Demonstration of talent against national benchmark criteria; Identified as a Targeted Talented Athlete

Confirmation of talent following participation in an observational trial period (e.g. a TID camp, a trial for an emerging athlete development program)

Day to day commitment to training within a pre-elite program (e.g. a state-based emerging athlete development program)

Attainment of a NIN Network (SIS/SAS/AIS) elite sporting scholarship;

Selection to the Stingers or Sharks team for a major international event (e.g. Olympic Games, World Championships, World Cup, or World League Finals)

Winning a medal at Olympic Games or World Championships; Attainment of a major international level individual accolade

Multiple Olympic or World Championship medallist; Attainment of major international level individual accolades over multiple high performance cycles