

Adapting to the Pace of Change in the Sport Institute Environment

- Technological advances and changes... the pace of change and readiness

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APEX
GLOBAL SPORT GROUP

3 Key Functions of Sport Organizations

SPORT ORGANIZATION MANAGEMENT

The management of a sport organization is the foundation for building a sustainable sport system. APEX-GSG helps sport organizations review and analyze their structures and operations, then develop a strategy to deliver their visions.



HIGH PERFORMANCE MANAGEMENT

To perform at the highest level, you need to create an environment of success for ALL stakeholders. APEX-GSG has the applied experience and history of success to design and develop sustainable programs to help you deliver optimal performance environments at all levels.

SPORT DEVELOPMENT MANAGEMENT

APEX-GSG supports the development of sports across age and demographic groups. We can help you design and establish a sustainable sport system that includes athlete and coach pathways, from grassroots to lifelong sport participation.

The CSF's are the vital processes that supports the 5 main pillars within a total sport system to fulfil the organization's mission.



Our 5 Pillars as the foundation of a sport system

People

Recruiting, training and developing the best people to enable you to reach your goals.. coaches, administrators, technical experts and volunteers. The right people create success

Policies

With the right people, planning, programs and places, optimal performance is a realistic expectation. However, it requires high level management and decision making.

Places

Athletes, coaches, technical and support staff deserve to practice, compete and/or work in the best environment with the best possible facilities.

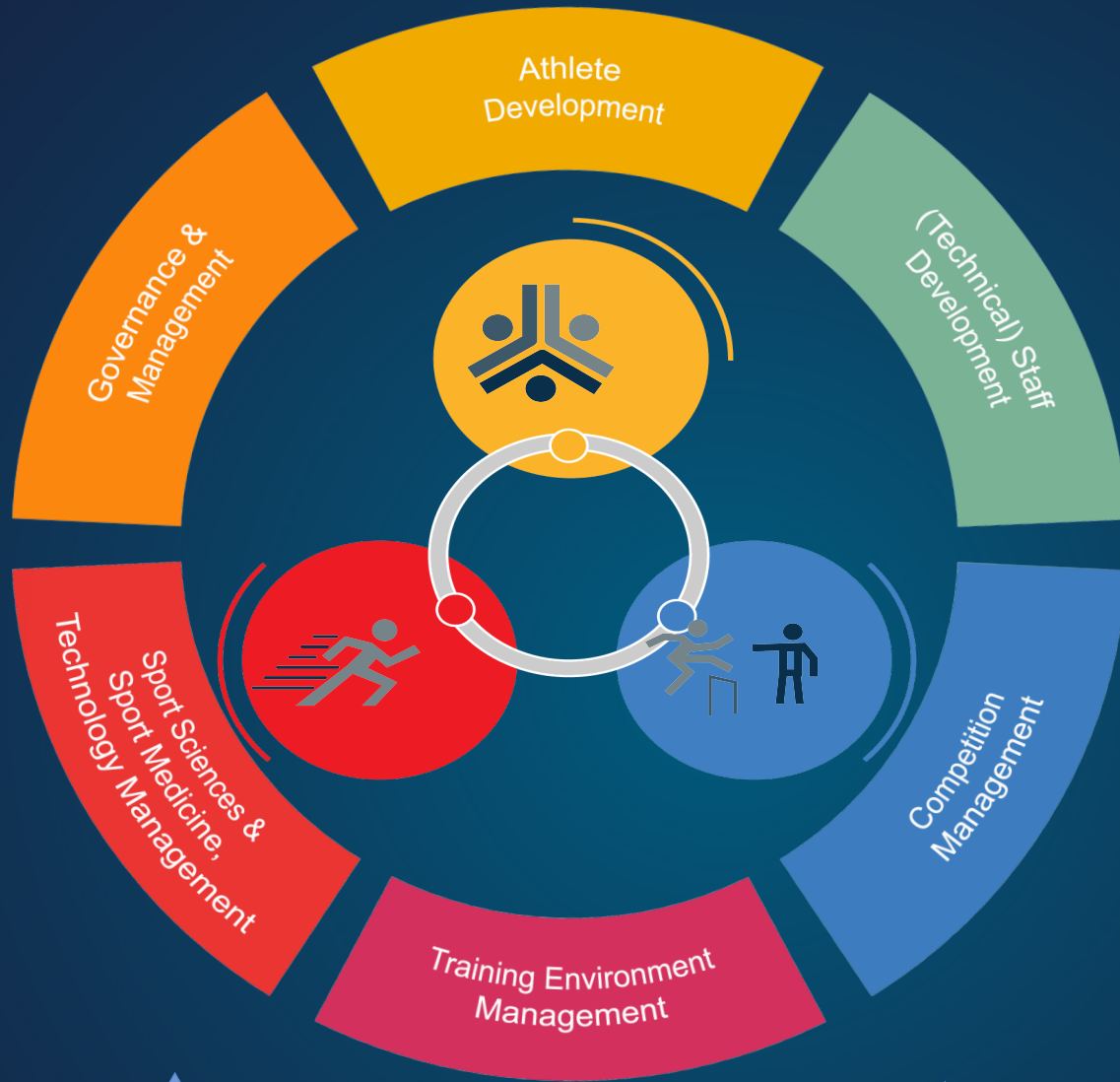


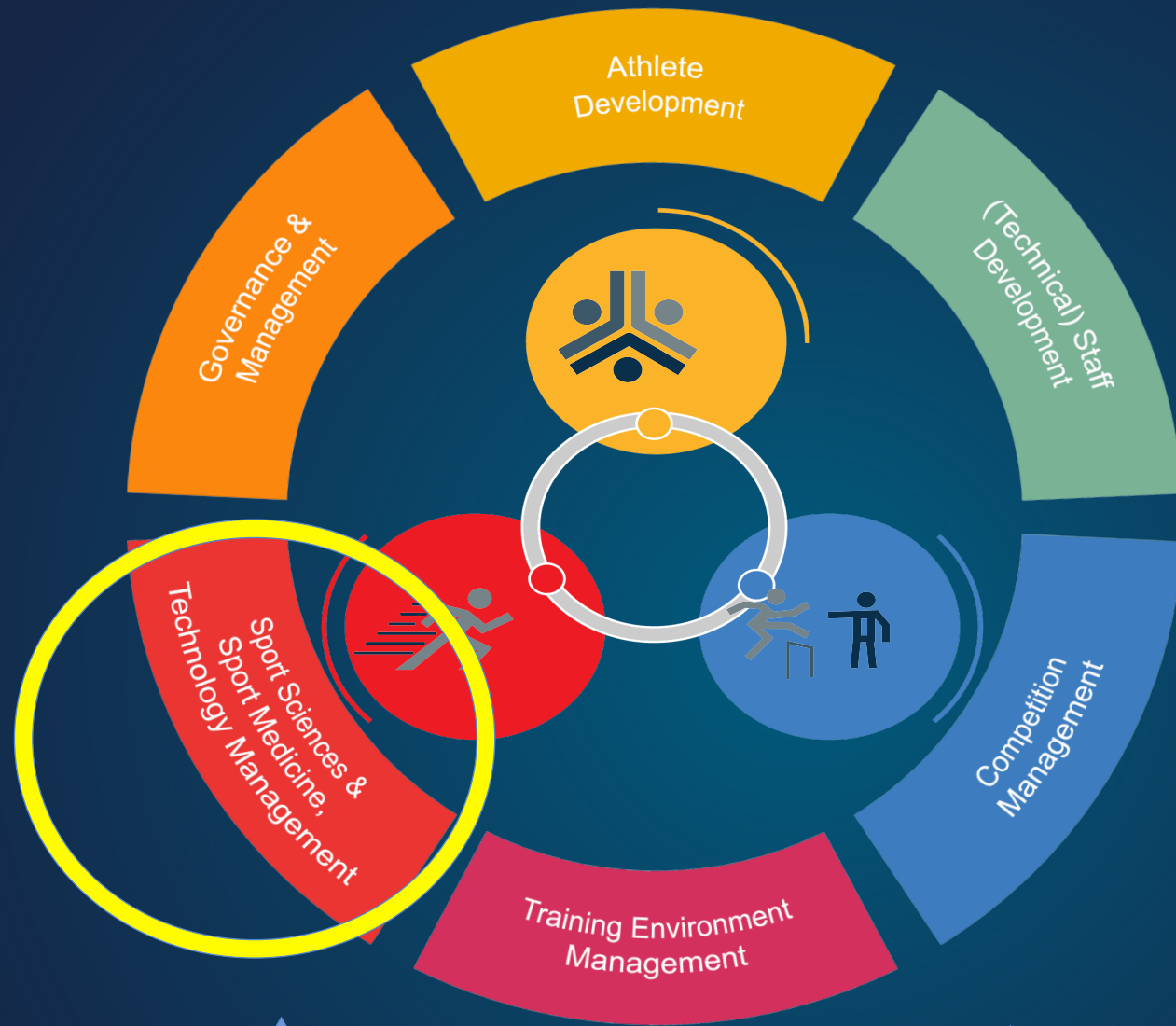
Planning

Sustained success is a managed process. It doesn't happen by accident. It needs to be planned, executed, monitored and evaluated. Strategic plans, operational plans, and change management are all essential ingredients.

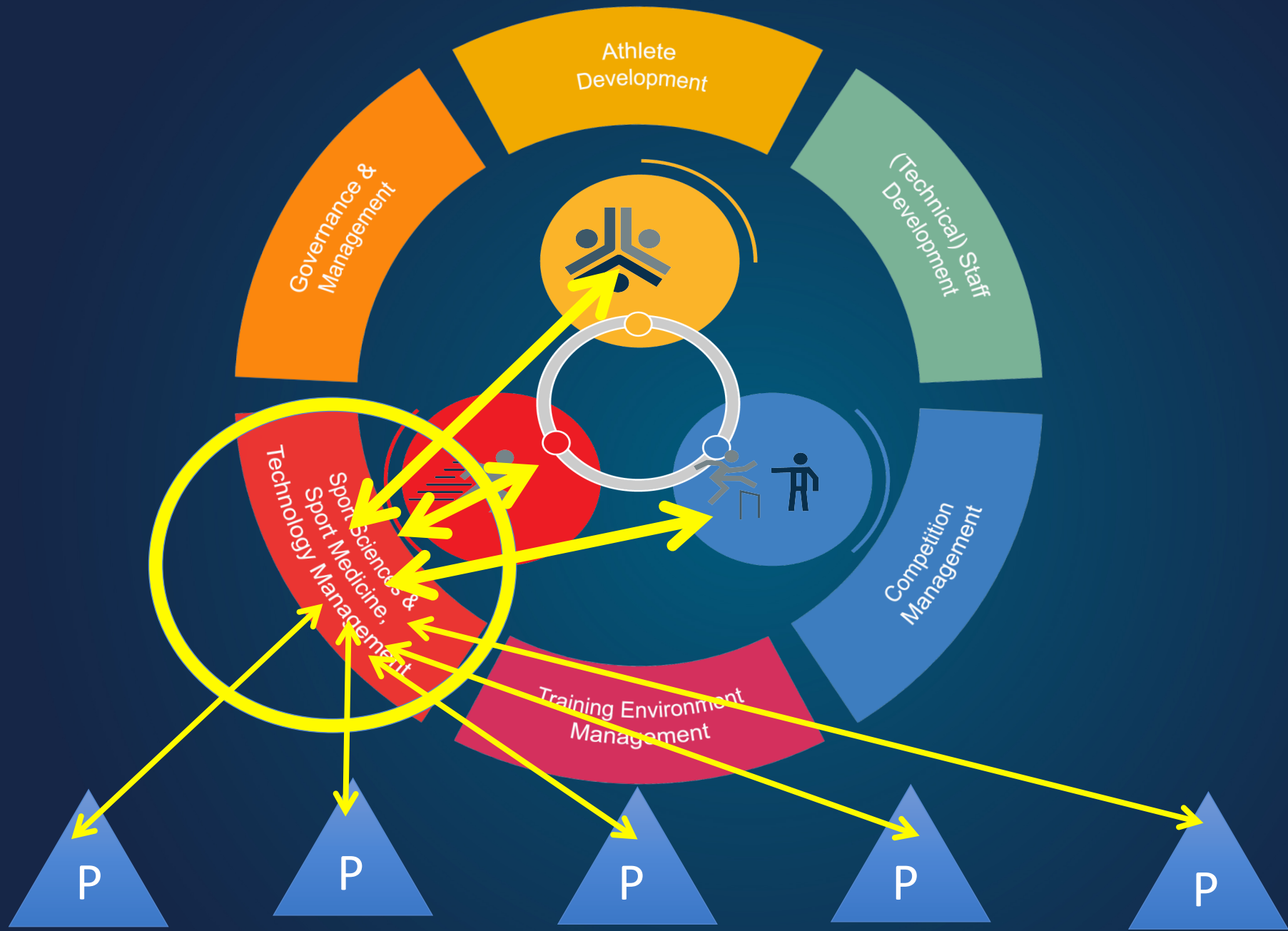
Partnerships


An increasingly diverse and complex sport ecosystem means that few - if any - sports organizations can operate in isolation, or assume they are self-sufficient. The concept of "partnership" helps convert transactional relationships into organic entities capable of adding value.









A photograph of a majestic, snow-covered mountain range. The peaks are rugged and heavily laden with white snow, contrasting sharply with the clear, vibrant blue sky. In the foreground, a valley floor is also covered in snow, with a rocky, light-colored path or scree slope leading up towards the base of the mountains. The overall scene is bright and clear, suggesting a high-altitude, winter or early spring setting.

TECHNOLOGY



TECHNOLOGY

THIS IS YOU

- What is it that you want to hear?
- What is the most important and relevant information you need to know – as leaders/directors of high performance centers



Are you a hostage?.....

- Technological advances and changes... the pace of change and readiness

How do you adapt and manage the avalanche



You must have a **PROACTIVE** technology management plan ... A set of principles or a framework to guide you ... And the coaches and technology specialists

Technology management/decision-making plan

- **Machines, equipment, wireless devices**
- **Apps for EVERYTHING**
- **Software programs – athlete monitoring, data management etc etc**
- **Communication tools**
- **Performance Technology – video, coaching feedback, technique analysis**
- **Virtual reality devices and training**
- **Wearables**
- **Etc. etc.etc.**
- **Bio-feedback**
- **Injectable monitoring**
- **Imaging**
- **Marker-less motion capture**
- **High speed video capture**
- **Force analysis**
- **Technology to enhance/measure/record Training – competition – recovery**
- **Etc. etc. etc.**

TODAY

Focus on High Performance areas.....

But don't forget about the other core functions e.g. governance and management of your facility and potentially the athlete development area And the technology implications/options in those areas

What are the questions you need to ask?

**QUESTION 1 – are the athletes
covering the basic elements of good
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90-95%

- Consistent periodized training
- Aligned/integrated recovery
- Good nutrition
- Sleep

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5 – 10%

- **Advanced technology**

Then what?

Is there a high performance plan or strategy?

(i.e. not just a periodized plan or a competition schedule)

- Does the technology address the performance gap(s)?
- Does the technology address S.W.O.T. elements?
- Can you get the same information or the same/similar result another way
- How/where can you get 2nd opinions – are there other training centers that use the same technology

[] **COST** ... Can you afford if

[] **IMPACT**... What difference will it make ... To your performance goals

[] **DIFFICULTY** ... Will it be difficult to implement, sustain (consider the 'technology paradox')

IMPLEMENTATION

- How and when will it be rolled out – consider periodization and competition schedule
- Is it “secret” - athlete and staff non-disclosures?
- Will it require extensive training
- Will it “disrupt” training to prepare athletes or do extensive testing/data collection
- Psychological implications
 - Guinea pigs ???
 - Relaxation of training intensity ???
 - The final ‘end users’ of the majority of technology
 - Be aware of the “TECHNOLOGY PARADOX”

What is the latest trend in the ever changing world of sport technology

- **“Integration/convergence of information**
- **The use of Artificial Intelligence to integrate multiple areas of information to develop performance solutions**
- **COVID ready training areas, dining areas, coaching areas/remote coaching, residences etc.**

Consider the 5 Ps (for your governance/management operations)

PEOPLE – hire flexible people – for integration and innovation... Consider a 'Technology Review Committee or Panel'

PLACES – are you set up for relatively easy adjustment

POLICIES – practical and flexible to adapt to new scenarios

PLANNING/PROGRAMS – do you have a plan to review/evaluate technology... Do you have a continuing education program for staff to stay up to date at conferences/webinars

PARTNERSHIPS – do you have partnerships with people or groups that can deliver/facilitate new technology

<https://www.sporttechie.com/>

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<https://www.ces.tech/Topics/Sports/Sports-Technology.aspx>

<https://theconversation.com/us/topics/sport-technology-3401>

<https://sportsgeekamplify.com/>

Victoria University (Australia) podcast

<https://www.sportproducttesting.com> - Pro Stergio (University of Calgary)

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