



# Talent ID & Development

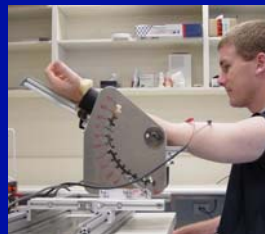
Trevor Allen



## Sports Science vs. Physiology

What works?

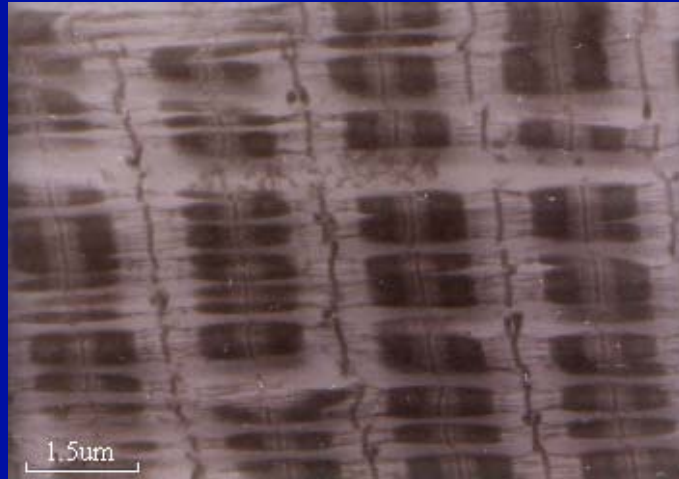
How does it work?



Over Training and a  
discovery  
we need to see the picture.

Both require measurements of performance that are ACCURATE & RELIABLE

Sarcomere = the basic unit of movement



## What is Talent?

“A natural or innate ability to do something well”

“A personal gift or skill” - *Wikipedia*

## Talent “Identification” vs. “Development”

Identification: Makes sense if Talent is a “Gift”

Development: Makes more sense if Talent is something that is a learned skill

## What are the Benefits of Talent ID & Development?



## Talent ID & Development in Oceania SOSDI

### CONCEPTS OF THE PROGRAM:

- "Train the Trainers" in Sport Science & Testing
- Provide access to current technology for Testing & Training
- Give each country "ownership" over their program while providing support
- Provide links between countries in the region
- Provide opportunities for athletes
- Encourage "self improvement" & healthy lifestyle through sport

## Talent ID & Development in Oceania SOSDI

### NEW TECHNOLOGY: The BENEFITS

- Accurate and reliable measurements
- Fast to carry out
- Can test different & new components of human performance
- Used in both TESTING and TRAINING
- Easy to acquire data
- Big novelty/ fun factor

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## Talent ID & Development in Oceania SOSDI

TECHNOLOGY: The CHALLENGES

- Does NOT guarantee accurate and reliable measurement

“Not everything that can be counted counts.  
And not everything that counts can be counted” - Einstein

- Only as good as the operator

- Requires training

- Requires power

“To err is human, to really foul things up requires a computer”

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## SOSDI Test Battery (Level 1)

### TEST

Height  
Weight  
Arm Span  
Sitting Height

Static Balance  
Dynamic Reaction

Basketball Throw  
Vertical Jump  
20m Sprint

Reactive Agility  
20m Shuttle Run

### ATTRIBUTE

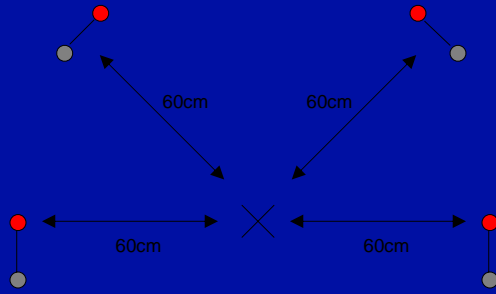
Anthropometry

Balance & Co-ordination  
Reaction

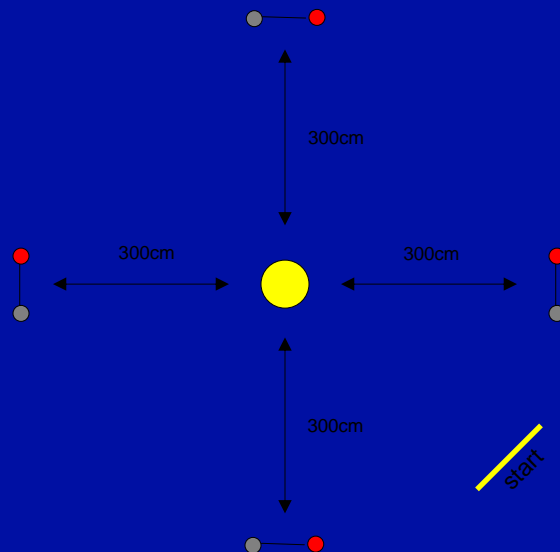
Upper Body Power  
Lower Body Power

Agility  
Endurance

## Dynamic Reaction Task



## Reactive Agility Task



QuickTime™ and a decompressor are needed to see this picture.

## Talent ID & Development in Oceania SOSDI

### THE CHALLENGES AND FUTURE OF THE PROGRAM:

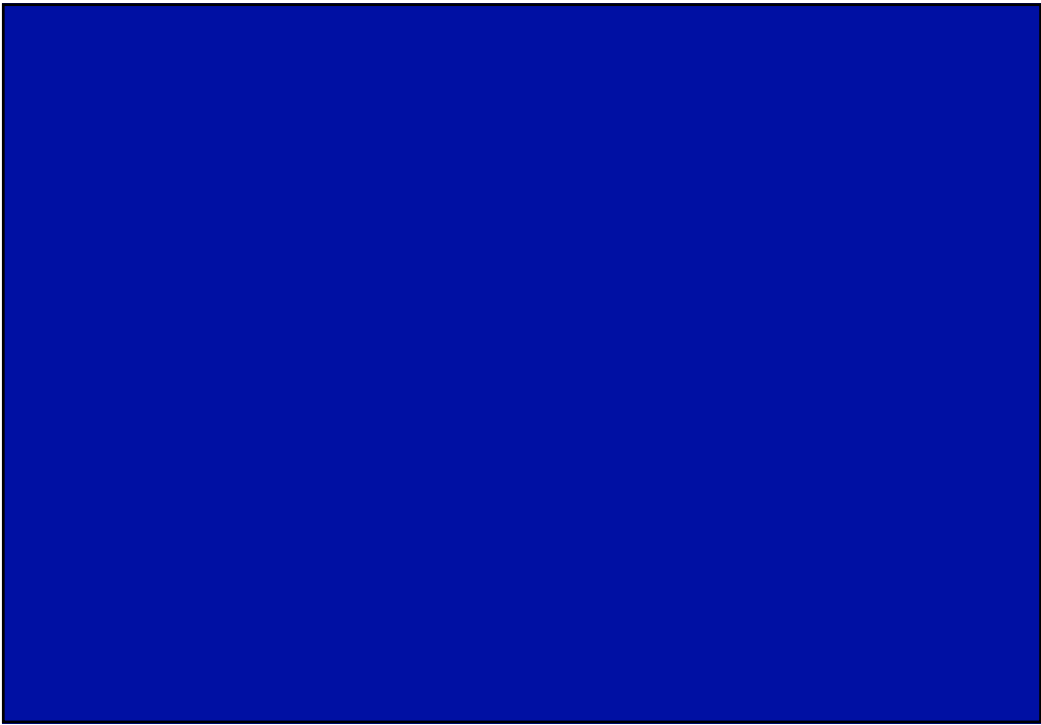
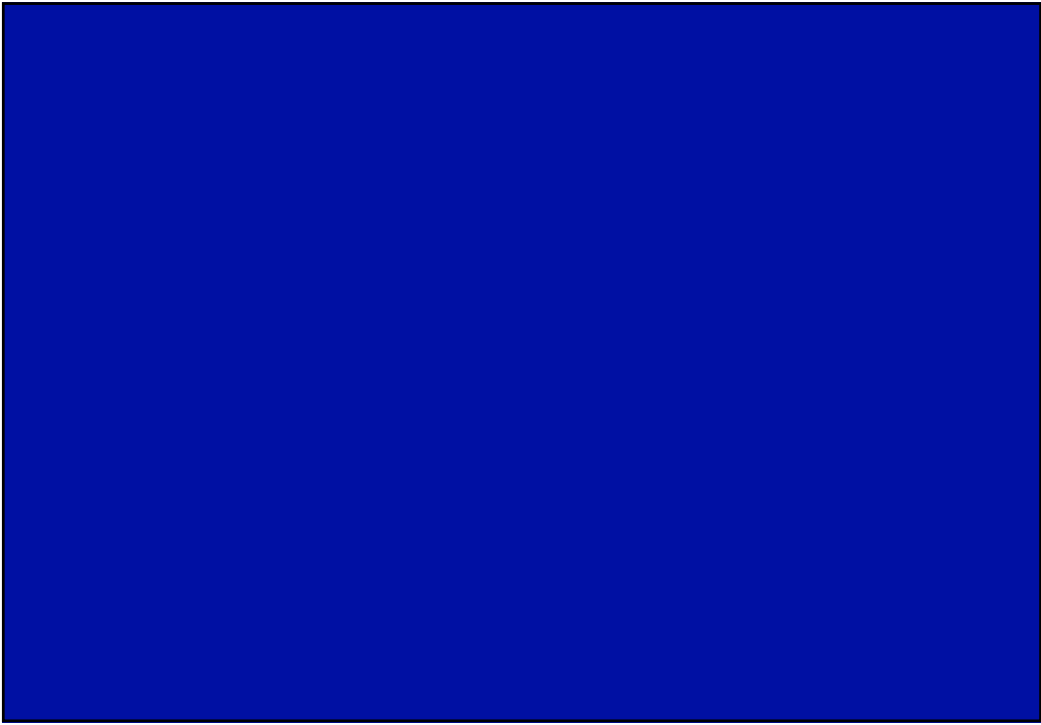
- Measuring Success of the Program
- Providing opportunities for those that are “Identified”
- Keeping/Maintaining the skills of those in the Program
- Managing and using the Data productively
- Geographical distances between and within Countries

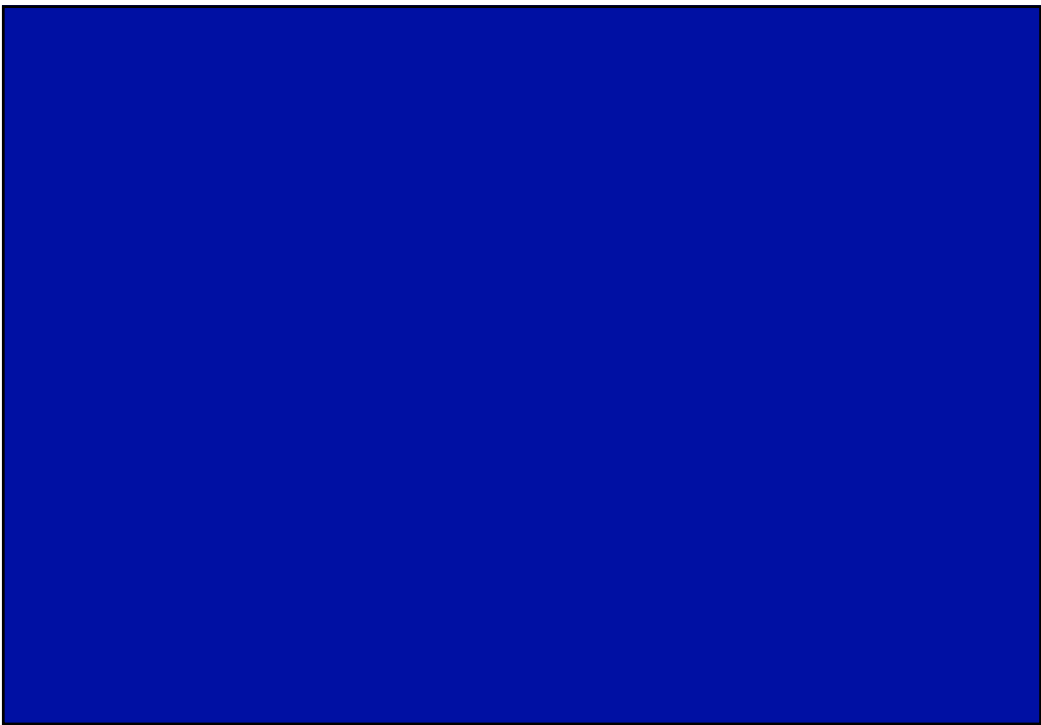
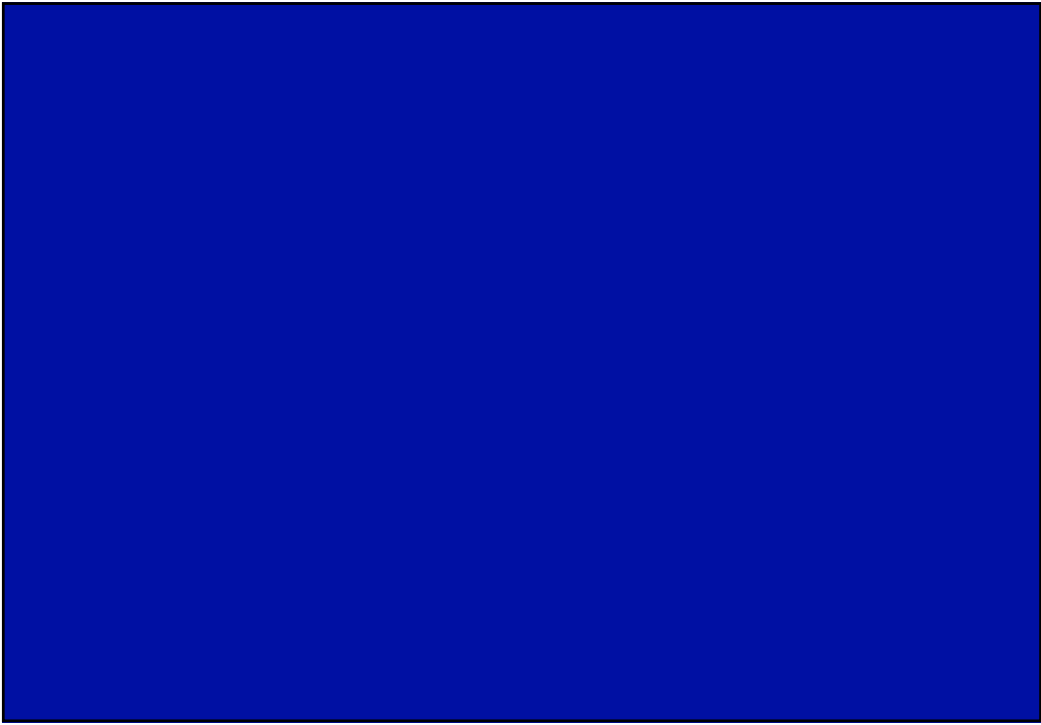
## Acknowledgements

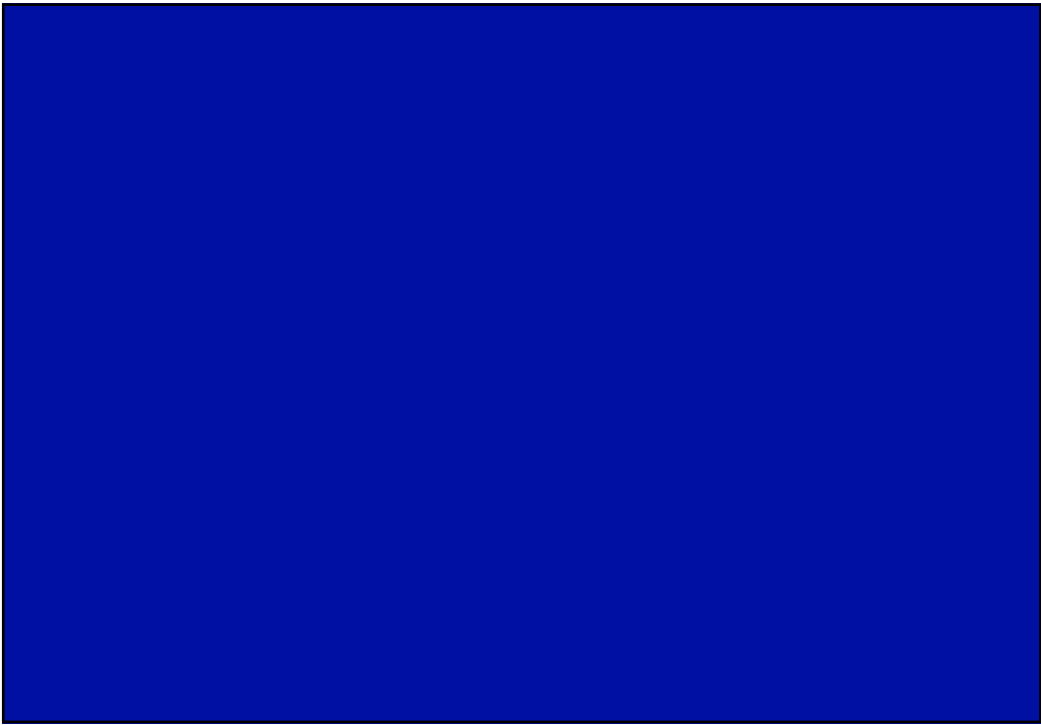
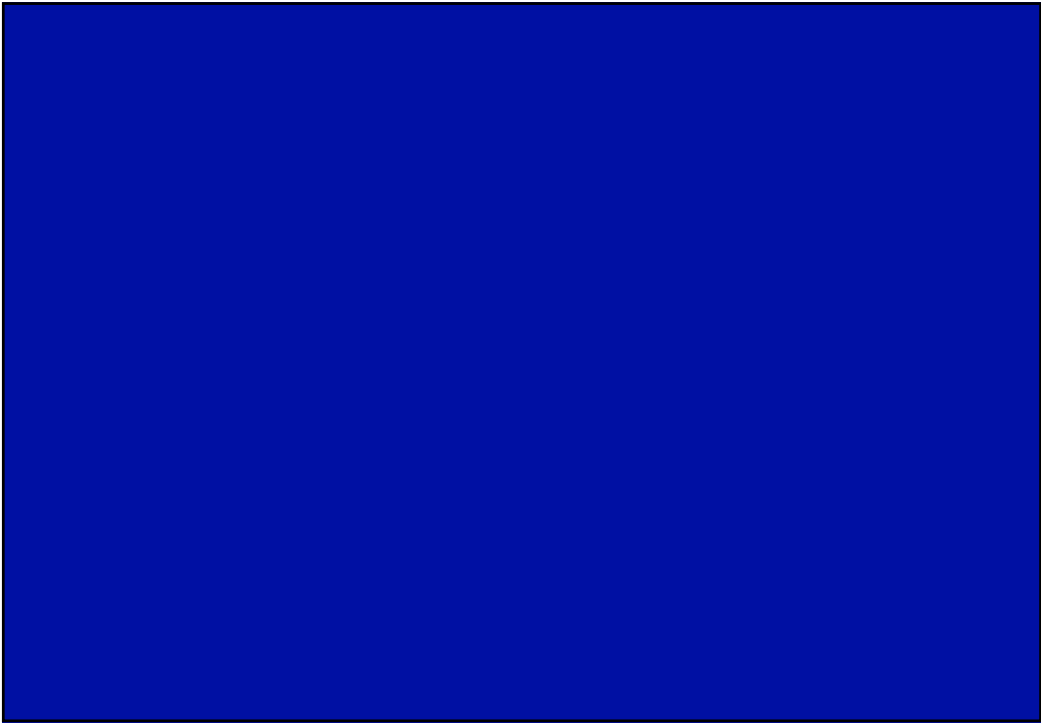
Anne King  
Martin Doulton  
Brian Minikin  
Andrew Robinson  
Kylie Krause

### ONOC's:

Vanuatu  
FSM  
American Samoa  
Palau







# How important is 0.1 sec?



In three consecutive Olympic 100m Men's Finals, the margin separating 1<sup>st</sup> place from 3<sup>rd</sup> place was less than 0.1 seconds

## 1988 OLYMPIC GAMES

1 <sup>st</sup> : 9.92	2 <sup>nd</sup> : 9.97	3 <sup>rd</sup> : 9.99	<b>Margin: 0.07secs</b>
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## 1992 OLYMPIC GAMES

1 <sup>st</sup> : 9.96	2 <sup>nd</sup> : 10.02	3 <sup>rd</sup> : 10.04	<b>Margin: 0.08secs</b>
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## 1996 OLYMPIC GAMES

1 <sup>st</sup> : 9.84	2 <sup>nd</sup> : 9.89	3 <sup>rd</sup> : 9.90	<b>Margin: 0.06secs</b>
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# How important is 0.1 sec?

## 110m Hurdles

- In the Final of Mens 110m Hurdles at the 2004 Athens Olympics the difference between silver medal and 5<sup>th</sup> place was **0.03seconds**

1<sup>st</sup> - 12.91s (**World Record**)

2<sup>nd</sup> - 13.18s

3<sup>rd</sup> - 13.20s

4<sup>th</sup> - 13.21s

5<sup>th</sup> - 13.21s