



**BASEBALL**  
WESTERN AUSTRALIA

BASEBALL WA **PATHWAYS FRAMEWORK**

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**Over the past few years, Baseball WA has continued to develop and implement programs and competitions across several areas of the sport, and we recognise that this can be overwhelming at times. In saying this, we embarked on a project over 12 months ago to develop a documented framework to articulate and provide clear communication to help players, coaches, and families understand the athlete pathway more effectively.**

We acknowledge that people participate in sport for many different reasons, whether it be maintaining an active and healthy lifestyle, the thrill of competing, or the enjoyment of hanging with friends on game-days. Other players set their sights on professional careers or representing their country. Whatever the motivation may be, every athlete is on a pathway.

This document has been developed in line with the Australian Institute of Sport pathways model and created specifically for WA baseball.

**The framework consists of four phases of athlete development:** Foundation – Talent – Elite – Mastery, which are broken down further into sub-levels.

By categorising the key attributes and features of an athlete within these pathways, we can better support athletes throughout their sporting journey. It will also provide a better understanding for clubs and Baseball WA to improve the experiences of more people, across more levels of the pathway, more often.

The information on the following pages serves to inform players and their families of the activities that take place to identify at what point of the pathway they are at and what activities they should be targeting to take the next steps.

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**Foundation** phases are associated with the early development, refinement, and expression of the fundamentals of movement.

**Talent** phases are associated with the identification of athletes progressing up the high-performance pathway to an elite or mastery status, whereby skills are identified and specific programming is developed to optimise athlete development.

**Elite** phases are associated with representation in adult national teams, sustained success on the international stage, and individual recognition within these events.

**Mastery** is associated with sustaining the elite performance in the pinnacle competition in the world for over 8 years.

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Explore the new pathways framework over the next few pages.

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# PATHWAY FRAMEWORK



## FOUNDATIONAL PATHWAYS



LEVEL	DESCRIPTION	BASEBALL SPECIFIC	QUALIFYING ACTIVITIES
<b>F3+</b> > <b>SPORT SPECIFIC COMMITMENT AND/OR COMPETITION</b>	Sport-specific skills are being refined and progressed, and where the athlete is committed to regular training and formal or informal competition.	Game play activity	<ul style="list-style-type: none"> <li>JL &amp; SL Charter teams</li> <li>Players who unsuccessfully tried out in a T1 activity</li> </ul>
<b>F3</b> > <b>SPORT SPECIFIC COMMITMENT AND/OR COMPETITION</b>	Sport-specific skills are being refined and progressed, and where the athlete is committed to regular training and formal or informal competition.	Game play activity	<ul style="list-style-type: none"> <li>All club ball</li> <li>LL &amp; IL Charter teams</li> </ul>
<b>F2</b> > <b>EXTENSION AND REFINEMENT OF MOVEMENT</b>	Extend and expose a child to greater movement challenges in order to progress and refine their fundamental movement skills.	Modified activity focussing on skills development and incorporating game play activity	<ul style="list-style-type: none"> <li>Tee-ball</li> <li>Machine Pitch</li> </ul>
<b>F1</b> > <b>LEARNING AND ACQUISITION OF BASIC MOVEMENT</b>	Learning a repertoire of basic or fundamental movement skills.	Highly modified activity focussing on skill development and enjoyment rather than game play	<ul style="list-style-type: none"> <li>Aussie Tee-Ball</li> </ul>

## TRANSITIONAL PATHWAYS



LEVEL	DESCRIPTION	BASEBALL SPECIFIC	QUALIFYING ACTIVITIES
<b>T4</b> > <b>BREAKTHROUGH AND REWARD</b>	<p>An athlete's efforts to improve their performance are rewarded where they may earn an athletic scholarship at a university or an institute/academy of sport. Similarly, they may be drafted into a professional team or an elite training squad greatly enhancing their chances of becoming an 'elite' athlete.</p>	<p>Players have been selected into higher level programs beyond Baseball WA</p>	<ul style="list-style-type: none"> <li>• USA College scholarship</li> <li>• ABL team member</li> <li>• National Under 18 team</li> <li>• National Womens team</li> </ul>
<b>T3</b> > <b>PRACTISING AND ACHIEVING</b>	<p>After being confirmed as potential elite athletes (T2), athletes are now committed to sport specific practice and investment in high training volumes, striving for continual performance improvements.</p>	<p>Athletes have been identified through an established selection protocol and participate in the selected program</p>	<ul style="list-style-type: none"> <li>• High Performance program</li> </ul>
<b>T2</b> > <b>TALENT VERIFICATION</b>	<p>Athletes are observed in a trial period of a specific training and competition environment to demonstrate and confirm their 'trainability' (sport-specific skill acquisition), commitment, motivation, 'coachability', and other positive psychological, self-management and relevant traits.</p>	<p>Athletes have been identified through an established selection protocol and participate in the selected program</p>	<ul style="list-style-type: none"> <li>• State Team selection including train-ons</li> </ul>
<b>T1</b> > <b>DEMONSTRATION OF POTENTIAL</b>	<p>Athletes typically exhibit demonstrable gifts or talents in the physical, physiological, psychological and skill domain, which indicate potential in high performance sport. This may occur through formal (TID testing) or informal TID processes including self-identification prompted by an individual's self-awareness of their ability to outperform their peers.</p>	<p>Athletes have been identified through an established selection protocol and participate in the selected program</p>	<ul style="list-style-type: none"> <li>• State team tryouts progressing passed the first round of cuts</li> <li>• Pro League – selection into the main program</li> <li>• BWA Showcase (required to be selected in national teams T4 level)</li> <li>• WA Country selection</li> </ul>

## ELITE TO MASTERY PATHWAYS



LEVEL	DESCRIPTION	BASEBALL SPECIFIC	QUALIFYING ACTIVITIES
 <b>SUSTAINED ELITE SUCCESS</b>	<p>For Olympic and Paralympic sports, mastery athletes are those that achieve sustained success at an E2 phase over multiple high performance cycles (ie a typical eight year period based on two high performance cycles of four years). Similarly, professional mastery phase athletes are those who achieve repeated and sustained success at E2 over an enduring period or era (ie eight to 10 years).</p>	<p>Sustained E2</p>	<p>Maintaining E2 status for 8 years</p>
 <b>SENIOR ELITE SUCCESS</b>	<p>An E2 phase athlete in an Olympic or Paralympic sport has achieved a medal winning performance at a major senior international competition such as the World Championships, Olympic or Paralympic Games. An E2 athlete in a professional sport has achieved recognition within that sport (eg in the AFL a national premiership, winning the Brownlow Medal or a club's best and fairest player).</p>	<p>Further progression as an adult athlete</p>	<ul style="list-style-type: none"> <li>• MLB</li> <li>• Winning WBC Team Australia</li> <li>• Winning Olympic medal Team Australia</li> </ul>
 <b>SENIOR ELITE REPRESENTATION</b>	<p>The E1 phase represents achievement of an elite athlete status through selection and representation at the highest senior levels of international or professional sport. Examples within non-professional sports include representing Australia at the senior World Championships, Olympic or Paralympic Games. Specific to professional sports, athletes are playing at the highest levels of professional competition.</p>	<p>Further progression as an adult athlete</p>	<ul style="list-style-type: none"> <li>• Pro contract</li> <li>• National Mens team</li> </ul>