



# **Ultimate Australia**

## **Athlete Pathway**

### **What is FTEM?**

We all participate in sport for many different reasons:

- some are interested in maintaining an active and healthy lifestyle
- others love the thrill of competing with their friends
- a rare few set their sights on winning medals for their country.

Whatever the motivation we are on a pathway, although sometimes the pathway chooses us. The Australian Institute of Sport (AIS) has developed the Foundations, Talent, Elite and Mastery framework (FTEM framework) to capture these different pathways.

FTEM provides a practical tool to assist sporting stakeholders (National Sporting Organisations (NSOs) and their personnel, coaches, teachers, parents etc.) in reviewing, planning and supporting athlete pathways. The framework consists of four macro phases of athlete development (Foundation, Talent, Elite and Mastery), which are further differentiated into 10 micro phases.

For more information regarding the FTEM model, please visit the Sports Australia website: <https://www.sportaus.gov.au/ais/ftem>

### **Why do we need the FTEM model?**

Athlete pathways mapped to the FTEM model assist Ultimate Australia to:

- Provide visibility and clarity of pathway opportunities for all stakeholders including athletes and their parents,
- Assist our sporting stakeholders to construct a more functional and aligned athlete and sport development system,
- Provide a platform to easily identify and support potential talent to achieve sustained High Performance success.

### **Understanding FTEM stages**

The FTEM framework consists of 4 macro stages of the skill and performance development of sporting participants which are further differentiated into 10 micro stages. These macro and micro stages include Foundations (F1, F2 and F3); Talent (T1, T2, T3 and T4); Elite (E1 and E2); and Mastery (M). These progressive and dedicated levels are pivotal to acquiring and refining the fundamental movement skills and early physical literacy required for athletic development (learn more about physical literacy [here](#)).

Foundations (F1, F2 and F3) contribute to a participant's ability to lead an active lifestyle and participate in sport across the lifespan. These levels highlight the necessity to develop and refine fundamental movement skills and early physical literacy required for athletic development.

The Talent (T1, T2, T3 and T4); Elite (E1 and E2); and Mastery (M) span and support the pathways to High Performance.



## ***Foundation***

The Foundation stage introduces fundamental movement skills and physical literacy to participants. This is the key stage to acquire and refine these movement skills as well as ultimate specific skills like throwing, catching, cutting and marking. Emphasis on physical literacy during the foundation level is important for individuals to develop a love for sport and to encourage sports participation across the lifespan. Examples of activities at this level include throwing a Frisbee at the park, participating in the Uti-Mates program at school, through to participating in local leagues. It is important for young participants to participate in a variety of sports to best develop their fundamental movement skills.

## ***Talent***

The Talent stage outlines the process of an athlete moving into, and/or progressing up, the high performance pathway to an elite or mastery status. The talent stage has a broad variety of opportunities for each of the four Talent micro stages. These opportunities range from selection events for Division 2 clubs, Under-18/Under-22 state teams, all the way through to national championship, Asia-Oceanic Championship and many World Championship events.

## ***Elite***

Athletes at the Elite stage aim to convert their senior national representation to a podium finish and onto achieving sustained success. Athletes are assisted to maintain a healthy ultimate-life balance to enhance their ability to sustain their performance on the world stage. The Elite stage involves selection to a senior Australian team to compete at an international event and athletes can progress through this stage by winning medals at world championship events.

## ***Mastery***

Mastery athletes are those who achieve sustained success over multiple world championship cycles (ie a typical eight year period based on two high performance cycles of four years). The Mastery stage is reached by achieving multiple medal performances for Australia at senior world championship events.

## ***About ultimate pathways in Australia***

There are a number of pathways across age groups (Youth, Open-age, Masters) and variations of the sport (ultimate, beach ultimate) which overlap. Each of these pathways are outlined separately, however it is common for athletes to move between pathways.



## From the Park to the Podium

### Ultimate Australia Athlete Pathway

<b>MASTERY</b>	<b>M1</b>	<b>MULTIPLE SUCCESS</b> A long standing Australian team member that wins multiple medals at world championships
	<b>E2</b>	<b>SENIOR ELITE SUCCESS</b> Team member of Australian team that wins a world championship medal
<b>ELITE</b>	<b>E1</b>	<b>SENIOR ELITE REPRESENTATION</b> Selection to Australian team for world championship <ul style="list-style-type: none"> <li>• World Ultimate Championships</li> <li>• World Games</li> </ul>
	<b>T4</b>	<b>BREAKTHROUGH</b> Showcase readiness to progress to elite representative level <ul style="list-style-type: none"> <li>• World Ultimate Club Championships</li> <li>• Asia-Oceanic Ultimate Championships</li> <li>• WUC Selection Events</li> </ul>
<b>TALENT</b>	<b>T3</b>	<b>COMMITMENT</b> Commit to regular pre-elite training and competition <ul style="list-style-type: none"> <li>• World Junior Ultimate Championships</li> <li>• World Under-24 Ultimate Championships</li> <li>• Australian Ultimate Championships D1</li> <li>• Australian Mixed Ultimate Championships D1</li> </ul>
	<b>T2</b>	<b>CONFIRM</b> Improve your skills within a dedicated development program <ul style="list-style-type: none"> <li>• Australian Under-22 Ultimate Championships</li> <li>• Australian Youth Ultimate Championships</li> <li>• Australian Ultimate Championships D2</li> <li>• Australian Mixed Ultimate Championships D2</li> </ul>
	<b>T1</b>	<b>DEMONSTRATE POTENTIAL</b> Display your on field potential <ul style="list-style-type: none"> <li>• Selection events for State U18 / U22 teams</li> <li>• Selection events for AUC D2 / AMUC D2 club teams</li> <li>• State Championships</li> </ul>
<b>FOUNDATION</b>	<b>F3</b>	<b>ULTIMATE FOR LIFE</b> Develop your skills and fitness and develop friendships and a passion for ultimate <ul style="list-style-type: none"> <li>• Local clubs, leagues and tournaments</li> </ul>
	<b>F2</b>	<b>LEARNING THE SKILLS</b> First exposure to age appropriate, modified ultimate <ul style="list-style-type: none"> <li>• Sporting Schools</li> <li>• Social/pick-up leagues and tournaments</li> </ul>
	<b>F1</b>	<b>GET MOVING</b> Develop fundamental movement skills <ul style="list-style-type: none"> <li>• Parks, barbecues and beaches</li> </ul>

## Juniors and Youth Ultimate Participant Pathway

- Participants aged 15 years and over may crossover with the *Open-Age Ultimate Participant Pathway*

<b>FTEM</b>	<b>PARTICIPANT FOCUS</b>	<b>EVENTS &amp; PRODUCTS</b>
<b>T3</b>	Athletes are committed to year-round training and competition. Aware of their own training requirements, effectively integrating technical, tactical, physical, physiological and psychological components. Self-motivated and proactive in seeking external assistance when necessary. Ability to execute consistent technical skills during competition and training under all conditions. Has a good sport-vocation-life balance and a professional approach to maintaining psychological and physical wellbeing.	<ul style="list-style-type: none"> <li>WFDF World Under-24 Ultimate Championships</li> <li>WFDF World Junior Ultimate Championships (WJUC)</li> </ul>
↑		
<b>T2</b>	Athletes demonstrate and confirm their commitment, motivation, self-management and aptitude for learning and refining ultimate skills.	<ul style="list-style-type: none"> <li>Australian Under-22 Ultimate Championships (AU22UC)</li> <li>Australian Youth Ultimate Championships (AYUC)</li> </ul>
↑		
<b>T1</b>	Initial demonstration of further High Performance potential through trialling at State U18 / U22 selection events. Ongoing development of technical, physical and mental skills through state selection events.	<ul style="list-style-type: none"> <li>Selection events for State U18 / U22 teams</li> </ul>
↑		
<b>F3</b>	Further refining ultimate skills with an emphasis on holistic skill development (technical, tactical, physical and psychological) in early competition and practice.	<ul style="list-style-type: none"> <li>High School and Primary School Gala Days</li> <li>Local Juniors and Youth Leagues and Tournaments</li> <li>University Leagues and Tournaments</li> </ul>
↑		
<b>F1, F2</b>	Participants are enjoying their first Frisbee experience. Learning basic fundamental movement skills (including agility and coordination) and acquiring ultimate-specific skills like throwing and catching.	<ul style="list-style-type: none"> <li>Ulti-Mates (in-school)</li> <li>Skills clinics</li> </ul>

## Open-Age Ultimate Athlete Pathway

- This pathway applies to participants aged 15 years and over.
- Participants between the ages of 15-24 may crossover with *Juniors and Youth Ultimate Participant Pathway*
- All participants may crossover with the *Open-Age Beach Ultimate Participant Pathway*

<b>FTEM</b>	<b>PARTICIPANT FOCUS</b>	<b>EVENTS &amp; PRODUCTS</b>
<b>M1</b>	Athlete achieves a Mastery status in the sport through achieving multiple senior elite podium success over multiple high performance cycles (i.e. a typical 8 year period based on two high performance cycles of four years).	<ul style="list-style-type: none"> <li>• IWGA World Games (WG)</li> <li>• WFDF World Ultimate &amp; Guts Championships (WUGC)</li> </ul>
↑		
<b>E2</b>	Achieves a podium performance at World Ultimate Championship or World Games.	<ul style="list-style-type: none"> <li>• IWGA World Games (WG)</li> <li>• WFDF World Ultimate &amp; Guts Championships (WUGC)</li> </ul>
↑		
<b>E1</b>	Achievement of senior elite status through selection and representation at key International benchmark events including Asia-Oceanic Ultimate Championships, World Ultimate Championships and World Games.	<ul style="list-style-type: none"> <li>• IWGA World Games (WG)</li> <li>• WFDF World Ultimate &amp; Guts Championships (WUGC)</li> <li>• WFDF Asia-Oceanic Ultimate &amp; Guts Championships (AOUGC)</li> </ul>
↑		
<b>T4</b>	Athletes achieve a significant breakthrough such as selection and representation at a WFDF-sanctioned international club event or receiving an invitation to trial for the senior Australian teams. Athletes are individually and independently motivated to train.	<ul style="list-style-type: none"> <li>• WFDF World Ultimate Club Championships (WUCC)</li> <li>• WFDF Asia-Oceanic Ultimate Club Championships (AOUCC)</li> <li>• AOUGC / WUGC Selection Events</li> </ul>
↑		
<b>T3</b>	Athletes are committed to year-round training and competition. Aware of their own training requirements, effectively integrating technical, tactical, physical, physiological and psychological components. Self-motivated and proactive in seeking external assistance when necessary. Ability to execute consistent technical skills during competition and training under all conditions. Has a good sport-vocation-life balance and a professional approach to maintaining psychological and physical wellbeing.	<ul style="list-style-type: none"> <li>• Australian Ultimate Championships Div 1 (AUC D1)</li> <li>• Australian Mixed Ultimate Championships Div 1 (AMUC D1)</li> <li>• Ultimate Australia Tour (UAT)</li> </ul>
↑		

<b>T2</b>	Athletes demonstrate and confirm their commitment, motivation, self-management and aptitude for learning and refining ultimate skills.	<ul style="list-style-type: none"> <li>• Australian Ultimate Championships Div 2 (AUC D2)</li> <li>• Australian Mixed Ultimate Championships Div 2 (AMUC D2)</li> </ul>
↑		
<b>T1</b>	Initial demonstration of further High Performance potential through trialling at Division 2 Club selection events. Ongoing development of technical, physical and mental skills through club selection events.	<ul style="list-style-type: none"> <li>• Selection events for AUC D2 and AMUC D2 teams</li> <li>• State Ultimate Championships</li> </ul>
↑		
<b>F3</b>	Further refining ultimate skills with an emphasis on holistic skill development (technical, tactical, physical and psychological) in early competition and practice.	<ul style="list-style-type: none"> <li>• Local clubs, leagues and tournaments</li> </ul>
↑		
<b>F1, F2</b>	Participants are enjoying their first Frisbee experience. Learning basic fundamental movement skills (including agility and coordination) and acquiring ultimate-specific skills like throwing and catching.	<ul style="list-style-type: none"> <li>• Skills clinics</li> <li>• Social/pick-up leagues and tournaments</li> </ul>

## Open-Age Beach Ultimate Athlete Pathway

- This pathway applies to participants aged 15 years and over.
- Participants between the ages of 15-24 may crossover with *Juniors and Youth Ultimate Participant Pathway*
- All participants may crossover with the *Open-Age Ultimate Participant Pathway*

<b>FTEM</b>	<b>PARTICIPANT FOCUS</b>	<b>EVENTS &amp; PRODUCTS</b>
<b>M1</b>	Athlete achieves a Mastery status in the sport through achieving multiple senior elite podium success over multiple high performance cycles (i.e. a typical 8 year period based on two high performance cycles of four years).	<ul style="list-style-type: none"> <li>• WFDF World Championships of Beach Ultimate (WCBU)</li> </ul>
↑		
<b>E2</b>	Achieves a podium performance at World Ultimate Championship or World Games.	<ul style="list-style-type: none"> <li>• WFDF World Championships of Beach Ultimate (WCBU)</li> </ul>
↑		
<b>E1</b>	Achievement of senior elite status through selection and representation at key International benchmark events including Asia-Oceanic Ultimate Championships, World Ultimate Championships and World Games.	<ul style="list-style-type: none"> <li>• WFDF World Championships of Beach Ultimate (WCBU)</li> <li>• WFDF Asia-Oceanic Beach Ultimate Championships (AOBUC)</li> </ul>
↑		
<b>T4</b>	Athletes achieve a significant breakthrough such as selection and representation at a WFDF-sanctioned international club event or receiving an invitation to trial for the senior Australian teams. Athletes are individually and independently motivated to train.	<ul style="list-style-type: none"> <li>• WFDF Asia-Oceanic Beach Ultimate Championships (AOBUC) <i>representing a club team</i></li> <li>• AOBUC / WCBU Selection Events</li> </ul>
↑		
<b>T3</b>	Athletes are committed to year-round training and competition. Aware of their own training requirements, effectively integrating technical, tactical, physical, physiological and psychological components. Self-motivated and proactive in seeking external assistance when necessary. Ability to execute consistent technical skills during competition and training under all conditions. Has a good sport-vocation-life balance and a professional approach to maintaining psychological and physical wellbeing.	<ul style="list-style-type: none"> <li>• Australian Beach Ultimate Championships (ABUC) <i>finish in top 50% of teams</i></li> </ul>
↑		
<b>T2</b>	Athletes demonstrate and confirm their commitment, motivation, self-management and aptitude for learning and refining ultimate skills.	<ul style="list-style-type: none"> <li>• Australian Beach Ultimate Championships (ABUC)</li> </ul>
↑		

<b>T1</b>	Initial demonstration of further High Performance potential through trialling at Beach Club selection events. Ongoing development of technical, physical and mental skills through club selection events.	<ul style="list-style-type: none"> <li>• Selection events for Beach club teams</li> <li>• State Beach Ultimate Championships</li> </ul>
↑		
<b>F3</b>	Further refining ultimate skills with an emphasis on holistic skill development (technical, tactical, physical and psychological) in early competition and practice.	<ul style="list-style-type: none"> <li>• Local clubs, leagues and tournaments</li> </ul>
↑		
<b>F1, F2</b>	Participants are enjoying their first Beach Frisbee experience. Learning basic fundamental movement skills (including agility and coordination) and acquiring ultimate-specific skills like throwing and catching.	<ul style="list-style-type: none"> <li>• Skills clinics</li> <li>• Social/pick-up leagues and tournaments</li> </ul>





## Masters Ultimate Participant Pathway

- While not explicitly mapped to the FTEM model, outlined below are many exciting opportunities to get involved in Ultimate for Masters aged players of all skill levels.
- This pathway applies to female participants aged 30 years and over and male participants aged 33 years and over.
- All participants may crossover with the *Open-Age Ultimate Participant Pathway*

<b>PARTICIPANT FOCUS</b>	<b>EVENTS &amp; PRODUCTS</b>
Athletes demonstrate and confirm their commitment, motivation, self-management and aptitude for learning and refining ultimate skills.	<ul style="list-style-type: none"> <li>• WFDF World Masters Ultimate Championships (WMUC)</li> <li>• WFDF World Masters Ultimate Club Championships (WMUCC)</li> <li>• AOFDF Asia-Oceanic Masters Ultimate Championships (JMUC)</li> <li>• Australian Ultimate Championships Masters (AUCM)</li> </ul>
↑	
Initial demonstration of further High Performance potential through trialling at Master Club selection events. Ongoing development of technical, physical and mental skills through club selection events.	<ul style="list-style-type: none"> <li>• Selection events for Master club teams</li> <li>• State Masters Ultimate Championships</li> </ul>
↑	
Further refining ultimate skills with an emphasis on holistic skill development (technical, tactical, physical and psychological) in early competition and practice.	<ul style="list-style-type: none"> <li>• Local clubs, leagues and tournaments</li> </ul>
↑	
Participants are enjoying their first Frisbee experience. Learning basic fundamental movement skills (including agility and coordination) and acquiring ultimate-specific skills like throwing and catching.	<ul style="list-style-type: none"> <li>• Skills clinics</li> <li>• Social/pick-up leagues and tournaments</li> </ul>



## Masters Beach Ultimate Participant Pathway

- While not explicitly mapped to the FTEM model, outlined below are many exciting opportunities to get involved in Beach Ultimate for Masters aged players of all skill levels.
- This pathway applies to female participants aged 30 years and over and male participants aged 33 years and over.
- All participants may crossover with the *Open-Age Beach Ultimate Participant Pathway*

<b>PARTICIPANT FOCUS</b>	<b>EVENTS &amp; PRODUCTS</b>
Athletes demonstrate and confirm their commitment, motivation, self-management and aptitude for learning and refining ultimate skills.	<ul style="list-style-type: none"> <li>• World Championships of Beach Ultimate (WCBU)</li> <li>• Asia-Oceanic Beach Ultimate Championships (AOBUC)</li> <li>• Australian Beach Ultimate Championships (ABUC)</li> </ul>
↑	
Initial demonstration of further High Performance potential through trialling at Master Club selection events. Ongoing development of technical, physical and mental skills through club selection events.	<ul style="list-style-type: none"> <li>• Selection events for Master club teams</li> <li>• State Masters Ultimate Championships</li> </ul>
↑	
Further refining ultimate skills with an emphasis on holistic skill development (technical, tactical, physical and psychological) in early competition and practice.	<ul style="list-style-type: none"> <li>• Local clubs, leagues and tournaments</li> </ul>
↑	
Participants are enjoying their first Frisbee experience. Learning basic fundamental movement skills (including agility and coordination) and acquiring ultimate-specific skills like throwing and catching.	<ul style="list-style-type: none"> <li>• Skills clinics</li> <li>• Social/pick-up leagues and tournaments</li> </ul>