MEN'S PERFORMANCE PLAN

Season 2021

- Both Juggernaut and Carnage to attend all available Victorian events
- Juggernaut to win Victorian Ultimate Championships
- Juggernaut to finish Top 2 at Australian Ultimate Championships
- Carnage to finish Top 4 at Australian Ultimate Championships Division II

Season 2022

- Both Juggernaut and Carnage to attend all available Victorian events
- Juggernaut to win Victorian Ultimate Championships
- Carnage to attend two AUC Tour events (including qualifying event)
- Juggernaut to finish Top 2 at Australian Ultimate Championships
- Carnage to finish Top 4 at Australian Ultimate Championships Division II
- Juggernaut to finish in the Top 12 at WUCC

1. Develop a clear and coherent talent pathway for all players

- Juggernaut and Carnage to adopt similar game plans that allows for ease in transition from one team to another for players moving between teams.
- Juggernaut to adopt a selection strategy of prioritising players who demonstrate the most potential to improve and perform throughout the upcoming season.
- Juggernaut to drive development within other teams at the club through regular interaction.
- Carnage should endeavour to have a minimum of five players in the 18-20yo age range in the squad each year.
- Carnage are aspiring to compete at AUC regularly. Good enough to beat anyone, not just making up the numbers.

2. Promote and maintain professional standards in training and achieving goals

- Conduct formal pre-season training with a customised strength & conditioning program.
- Appoint non-playing selectors for all teams.
- Instil a winning culture. Keep main focus on results at tournaments instead of being a "social catch-up".

3. Renew our focus on placing ourselves as the club of choice for young players

- Foster stronger links with university clubs and high schools through coaching and networking.
- Promote our training programs as a pathway to Victorian age-group representative teams.
- Explore partnerships with international teams, with a view to promoting a player exchange system.

4. Prioritise coach recruitment, development and retention

- Commence coach recruitment and appointment process as early as possible.
- Provide ongoing administrative and logistical support for coaching staff for all teams.
- Maintain links with mentors outside the club for coaches to reach out to.

WOMEN'S PERFORMANCE PLAN

Season 2021

- Both Phoenix and Inferno to attend all available Victorian events
- Phoenix to qualify for and attend Australian Ultimate Championships
- Inferno to be competitive at Australian Ultimate Championships Division II

Season 2022

- Both Phoenix and Inferno to attend all available Victorian events
- Phoenix to qualify for and attend all AUC Tour events, including the Australian Ultimate Championships
- Inferno to compete in at least one interstate event
- Inferno to finish top 4 at Australian Ultimate Championships Division II

1. Have the main purpose of each team drive all key decisions

- Phoenix – focussed on team results
- Inferno – focussed on player journeys

2. Create and execute a player retention strategy not just for our club, but for the sport

- Have plans for each season in place early. Remove all uncertainties.
- Encourage elite players at the club to mentor club-mates who want to be at elite level.
- Foster regular and meaningful intra-club team interaction.
- Place a greater emphasis on mental health development & personal development.
- Collaborate with other clubs on pre-season recruitment and retention.

3. Promote and maintain professional standards in training and achieving goals

- Develop, evaluate and refine a women friendly strength and conditioning program with two tiers (new to S&C, and performance oriented).
- Appoint Inclusivity Officer at the club.
- Grow the role and the profile of the Development committee within the club.

4. Increase the visibility and profile of women within the club

- Cultivate and promote relatable role models.
- Formalise club-wide pod program and have women involved in running them.
- Women's teams to be promoted on equal terms with men's teams.
- Enable talent and leadership identification to get more women in prolific roles.

5. Foster an environment with a strong sense of belonging with the club

- Recruit, support and retain good quality coaches who are enthusiastic!
- Have teams set individual and collective goals for the season once selected.
- Continue to provide regular non-ultimate activities for social interaction.