

**WHAT IT TAKES  
TO WIN**

**& HP STRATEGY**



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# ACKNOWLEDGEMENT TO COUNTRY

Badminton Australia acknowledges the Australian Aboriginal and Torres Strait Islander Peoples of this nation, the traditional custodians of the lands and seas on which we live. We pay our respects to ancestors and Elders, past, present, and emerging.

Through this Strategy, we are committed to honouring Aboriginal and Torres Strait Islander Peoples' unique cultural and spiritual relationships to the land, waters, and seas. We recognise the outstanding contribution they make to sport in Australia and celebrate the power of sport to promote reconciliation and reduce inequality.





# INSPIRING AUSTRALIANS

The 2024 Falcon Uniform design for Badminton Australia celebrates our country's rich indigenous heritage and natural beauty. Featuring traditional indigenous patterns, the artwork symbolises our athletes' deep connection to the land they represent. This design honours our cultural heritage and reflects our commitment to inclusivity and respect as we compete on the global stage. Click [here](#) to view the video showcasing the uniform's artwork.

Click [here](#) to view the video, *Shuttle Smash – How We Inspire All Australians*.

At Badminton Australia, we are dedicated to fostering an inclusive environment that supports and celebrates diversity across all levels of the sport. Our commitment is reflected in our comprehensive inclusivity policies, which ensure fair and equitable opportunities for all athletes.

- [Inclusivity Policy](#)
- [Able-bodied Selection Policy Clause 7.1.1.3.3](#)
- [Para Selection Policy Clause 7.2.4.1.1](#)





# INTRODUCTION

The Badminton Australia What It Takes to Win (WITTW) and High-Performance (HP) Strategy document provides a comprehensive guide to how Australia will identify, prepare, develop, and support its badminton athletes—both Able-bodied and Para—toward achieving podium success at future international competitions, most notably the Los Angeles 2028 Olympic and Paralympic Games and the Brisbane 2032 Games.

By outlining the standards of world-class performance and identifying key areas for development, this document serves as a roadmap for achieving high-performance excellence across all levels of Australian badminton. With a focus on creating a sustainable pipeline of talent, the WITTW framework and HP Strategy to ensure that Australia will remain competitive on the world stage for years to come.



# SECTION 1: WHAT IT TAKES TO WIN



# INTRODUCTION

In the fast-evolving world of international badminton, success at pinnacle events such as the Olympic and Paralympic Games requires a deep understanding of the factors that drive winning performances. For Australia to excel at events like the Los Angeles 2028 and Brisbane 2032 Games, it is critical to identify and implement a strategy based on What It Takes to Win (WITTW) at the highest levels of competition. This section provides a detailed framework for defining the performance standards necessary to achieve success in Able-bodied and Para badminton. By understanding the essential performance and support factors required for success, Badminton Australia can strategically close the gap between current performances and those needed for podium finishes.

The purpose of this section is to outline Badminton Australia's WITTW for both Able-bodied and Para badminton disciplines as we prepare for the Los Angeles 2028 Olympic and Paralympic Games and the Brisbane 2032 Games.

## **These WITTW frameworks (Olympic and Paralympic) outline:**

- **Future Winning Performances:** What winning performances at future Pinnacle Events, including the Olympics and Paralympics, are likely to look like.
- **Key Performance and Support Factors:** The critical elements, both physical and psychological, that are required to deliver a winning performance on the world stage.
- **Standards for Each Factor:** The specific standards and KPIs that define success in each key area, and what combination of these KPIs leads to winning performances.
- **Measurement Tools:** The methods and tools we will use to assess our current standing and progress over time against these standards/KPIs.

**This WITTW Document Will Be Used To:**

- **Assess Athlete Performance:** Provide a comprehensive assessment of where each athlete currently stands in relation to the WITTW standards and track their progress over time.
- **Develop Performance Profiles:** Build detailed performance profiles for athletes at every stage, from Emerging talent through to Podium-level competitors, helping to tailor training and development efforts.
- **Support Key Development Initiatives:** Guide talent identification, development, and transfer initiatives, as well as inform the creation of Individual Athlete Plans (IAPs), coach selection, support staff development plans, and overall program support.

**To create this WITTW framework, we have relied on a robust mix of evidence, including:**

- Game statistics and analysis from pinnacle events like the BWF World Championships and the 2020 Tokyo Olympic and Paralympic Games & 2024 Paris Olympic and Paralympic Games.
- Competition results that provide insights into key performance trends.
- Performance data compiled from international competitions and high-performance training environments.
- Expert opinions from master coaches and world-class support staff, drawing on decades of elite-level experience.

Importantly, given the evolving nature of badminton and the changing landscape of international competitions—including performance levels, qualification processes, and potential rule adjustments—this WITTW is a “living” document. It will be periodically reviewed and updated to reflect any changes that may impact the predicted WITTW performance or key benchmarks.

# WITTW - BADMINTON

The What It Takes to Win (WITTW) framework for Badminton is divided into 2 sections. Section 1 (Tables 1 - 3) will outline the key performance factors for badminton events, specifically Singles and Doubles (both Able-bodied and Para Badminton). Section 2 (Tables 4 and 5) outlines the key support factors necessary for success in Badminton.

This What It Takes to Win (WITTW) section outlines the key performance and support factors necessary for success in both Able-bodied and Para badminton at the highest levels of competition. It includes detailed performance criteria across all event disciplines and identifies the specific factors that drive winning performances at Pinnacle Events, such as the Olympic and Paralympic Games.

**The WITTW framework is divided into two main sections:**

## **1. Key Performance Factors**

These factors directly influence athlete performance and are broken down by event groups to reflect the unique demands of each discipline in badminton.

### **Event Groups:**

- Men's and Women's Singles
- Men's, Women's, and Mixed Doubles
- Para badminton Events (including specific classification groups)

## WITTW - BADMINTON

For each event group, the WITTW outlines:

- **Focus Areas:** The critical aspects of performance that lead to success at pinnacle events.
- **Key Performance Indicators (KPIs):** Specific metrics for measuring athlete success in each area (e.g., physical endurance, technical skill, tactical decision-making, and psychological resilience).
- **Required Standards:** The benchmarks or performance levels athletes must achieve to be competitive at international competitions.
- **Measurement Tools:** The methods used to assess performance, including fitness tests, technical skill evaluations, match analytics, and psychological assessments.

## 2. Key Support Factors

The support factors provide the foundation for athletes to achieve their performance goals. These factors are common across all event groups and disciplines, ensuring consistent support for all athletes, whether they compete in Able-bodied or Para badminton.

**Key Support Areas:**

- **Coaching:**
  - Access to high-quality technical and tactical coaching to enhance performance.
  - Continuous professional development for coaches to maintain world-class standards.

## WITTW - BADMINTON

- **Sports Science and Medicine:**
  - Comprehensive support for nutrition, strength and conditioning, injury prevention, and recovery.
  - Access to cutting-edge sports science to drive performance improvements.
- **Athlete Well-being:**
  - Mental health programs and psychological support to help athletes manage stress and maintain focus.
  - Ongoing monitoring of athletes' overall physical and emotional well-being.
- **Facilities and Equipment:**
  - Access to state-of-the-art training facilities and equipment that meet the demands of elite performance.
  - Regular upgrades and maintenance to ensure athletes train under optimal conditions.
- **International Competition Exposure:**
  - Opportunities to compete regularly against world-class athletes to enhance readiness for pinnacle events.
  - Partnerships with other high-performance nations to provide regular sparring and match play.

➤ **KEY  
PERFORMANCE  
FACTORS**





# KEY PERFORMANCE FACTORS - OLYMPICS

To win a gold medal at a Pinnacle Event in Olympics and Paralympics), athletes must demonstrate a combination of physical agility, technical mastery, tactical intelligence, and psychological resilience. Matches require athletes to play best-of-three games, each game up to 21 points, with constant changes in pace, direction, and strategy.

## **Athletes capable of winning at a Pinnacle Event in Badminton are:**

- Physically fast and strong, with excellent agility.
- Technically proficient in a variety of strokes, including smashes, clears, drops, and net play.
- Tactically intelligent, adapting to opponents' strengths and weaknesses.
- Mentally resilient, capable of maintaining focus throughout long, high-pressure matches.



# KEY PERFORMANCE FACTORS - SINGLES (MEN'S & WOMEN'S)

Table 1

Focus Area	Key Performance Factors	Standards, KPI's	Measures (Where Relevant)
<b>Physical</b>	<ol style="list-style-type: none"> <li>1. Agility and speed</li> <li>2. Endurance</li> <li>3. Strength and Power</li> <li>4. Reaction Time</li> <li>5. Flexibility and Mobility</li> </ol>	<ol style="list-style-type: none"> <li>1. Agility and speed world standards to be further identified</li> <li>2. Endurance ability to last 90+ mins in a match conditions. Ability to perform for 7+ matches across the event</li> <li>3. Jump height for smashes above 60cm (men) and 50cm (women).</li> <li>4. React to shuttle movements within 0.3 seconds.</li> <li>5. Full range of motion to prevent injuries and aid recovery.</li> </ol>	<ol style="list-style-type: none"> <li>1. Time in seconds for agility drills and change-of-direction tests.</li> <li>2. Endurance tests, lactate threshold measurements, match endurance statistics.</li> <li>3. Measured jump heights during fitness testing.</li> <li>4. Reaction time drills using digital or manual tests.</li> <li>5. Physiotherapist assessments, flexibility tests.</li> </ol>
<b>Technical</b>	<ol style="list-style-type: none"> <li>1. Shot accuracy</li> <li>2. Consistency</li> <li>3. Serve and return quality</li> <li>4. Variety of strokes</li> <li>5. Footwork</li> </ol>	<ol style="list-style-type: none"> <li>1. 90% accuracy when targeting specific zones on the court.</li> <li>2. Make fewer than 2 unforced errors per match.</li> <li>3. Win 70% of points off serves or returns.</li> <li>4. Mastery of smashes, clears, drops, and net shots.</li> <li>5. Efficient movement around the court with no wasted steps.</li> </ol>	<ol style="list-style-type: none"> <li>1. Video analysis and accuracy tracking.</li> <li>2. Match statistics, error tracking.</li> <li>3. Match statistics, win/loss on serve and return.</li> <li>4. Coach observation and video analysis.</li> <li>5. Footwork drills and video analysis.</li> </ol>
<b>Tactical</b>	<ol style="list-style-type: none"> <li>1. Adapting tactics mid-match</li> <li>2. Game planning</li> <li>3. Shot selection</li> <li>4. Deception</li> <li>5. Exploit opponent weaknesses</li> </ol>	<ol style="list-style-type: none"> <li>1. Adjust strategy based on opponent's weaknesses within 3 points.</li> <li>2. Ability to execute a predefined game plan 80% of the time.</li> <li>3. Choose the optimal shot for each scenario with 85% accuracy.</li> <li>4. Successfully deceive the opponent with at least 10% of shots.</li> <li>5. Win key points by targeting opponent's weak side or skills.</li> </ol>	<ol style="list-style-type: none"> <li>1. Match analysis, strategy assessments from coaches.</li> <li>2. Coach feedback and match reviews.</li> <li>3. Match statistics and video analysis.</li> <li>4. Video analysis of deceptive shots.</li> <li>5. Match statistics, video analysis.</li> </ol>
<b>Psychological/ Behavioural</b>	<ol style="list-style-type: none"> <li>1. Winning when it matters</li> <li>2. Resilience</li> <li>3. Confidence &amp; Being Brave</li> <li>4. Self-regulate</li> <li>5. High reflective behaviour</li> </ol>	<ol style="list-style-type: none"> <li>1. Maintain performance in high-pressure situations (e.g., match points).</li> <li>2. Recover quickly from losing a point or game.</li> <li>3. Display high levels of self-belief during matches and be able to take risks throughout the match</li> <li>4. Stay composed regardless of match outcomes.</li> <li>5. Be able to reflect after each point and have efficient decision making</li> </ol>	<ol style="list-style-type: none"> <li>1. Win % in close games (Refer to table on page xx)</li> <li>2. Psychological assessments, coach feedback.</li> <li>3. Psychological tests, player feedback.</li> <li>4. Psychological assessments, coach feedback.</li> <li>5. Player self-assessments, coach feedback.</li> </ol>



Focus Area	Key Performance Factors	Standards, KPI's	Measures (Where Relevant)
<h3>Demographic</h3>	<ol style="list-style-type: none"> <li>1. Average age (age range) of gold medallists.</li> <li>2. Average age (age range) of medallists.</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Men's Singles:</b> The average age of gold medallists is around 26-28 years, with an age range typically between 24-30 years. This age range reflects a balance between peak physical condition and extensive international experience.</li> <li>• <b>Women's Singles:</b> The average age for gold medallists is slightly younger, at around 24-26 years, with an age range from 22-28 years. Women's singles athletes often achieve peak performance earlier in their careers.</li> </ul>	<p>Data from general trends based on athlete profiles, competition statistics, and historical performance data often available through platforms such as:</p> <ul style="list-style-type: none"> <li>• BWF (Badminton World Federation) Tournament Results: Age and performance statistics of Olympic and Paralympic medallists can be found through BWF official sites and tournament archives.</li> <li>• Olympic and Paralympic Historical Data: The IOC and IPC provide detailed information about athletes, including their ages, in their archives or statistical platforms.</li> <li>• Public Athlete Profiles: Age and career timelines are typically available on sports media outlets, team profiles, and sports analytics websites.</li> </ul>
<h3>Athlete Performance History &amp; Experience</h3>	<ol style="list-style-type: none"> <li>1. World ranking in 2 years prior to Pinnacle Event.</li> <li>2. Medals at past Pinnacle &amp; Benchmark Events, Regional Championships, Qualifying events.</li> <li>3. Win/loss record in international events.</li> <li>4. No. of years competing at international level.</li> <li>5. No. of elite quality competitions/games per year.</li> </ol>	<ol style="list-style-type: none"> <li>1. World Ranking: Medallists are typically ranked in the top 10 globally in the two years leading up to the event, with a strong upward trajectory.</li> <li>2. Medals at Major Events: Athletes with past medals at World Championships, Asian Games, or key regional events like the All England Open have a higher likelihood of podium success.</li> <li>3. Win/Loss Record: A win/loss ratio of 70-80% or higher in international events, especially wins against top 5 opponents, is a key indicator of readiness.</li> <li>4. Experience: Most medallists have at least 6-8 years of international competition experience, showcasing consistency and adaptability.</li> <li>5. Elite Competitions: Competing in 8-12 elite international tournaments per year ensures athletes are prepared for high-level competition and consistent pressure.</li> </ol>	<ol style="list-style-type: none"> <li>1. Badminton World Federation (BWF) for rankings and match records.</li> <li>2. Olympic/Paralympic databases for historical medallists and performance statistics.</li> <li>3. Historical Performance Trends: Common knowledge within the badminton community, where top athletes and medallists typically rank within the top 10 globally and compete frequently in elite tournaments like the BWF World Championships and Super Series events.</li> <li>4. Win/Loss Records &amp; Rankings: General patterns seen in top players' performance in the years leading up to Olympic or Paralympic events, particularly their consistency in winning matches and achieving high rankings.</li> </ol>
<h3>Athlete Training Background</h3>	<ol style="list-style-type: none"> <li>1. Years in this sport/other sports.</li> <li>2. Years training at a HP level.</li> <li>3. Days/sessions/types of sessions per week.</li> <li>4. Equipment/facility/DPE/Coaching access.</li> <li>5. Full-time athlete or not?</li> <li>6. Integration into a formal performance pathway.</li> </ol>	<ol style="list-style-type: none"> <li>1. Experience: Medal contenders typically have 10+ years in badminton or related sports, and 5-8 years training at a high-performance level.</li> <li>2. Training Load: Athletes train 5-6 days per week, with 2-3 sessions daily focused on technical skills, conditioning, and recovery.</li> <li>3. Access to Facilities &amp; Coaching: Full-time athletes have access to world-class facilities, equipment, and an enhanced Daily Performance Environment (DPE), including top-tier coaches and sports scientists.</li> <li>4. Full-Time Commitment: Most medallists are full-time athletes, fully dedicated to training and competition.</li> <li>5. Performance Pathway Integration: Athletes are part of structured high-performance pathways, ensuring systematic development from grassroots to elite competition.</li> </ol>	<ul style="list-style-type: none"> <li>• Badminton World Federation (BWF) Insights: General patterns observed in elite-level players from badminton tournaments and high-performance programs globally.</li> <li>• Olympic and Paralympic Preparation Standards: Guidelines from high-performance sports programs, including those for badminton, which focus on the integration of full-time training, coaching, and access to world-class facilities.</li> </ul>

# KEY PERFORMANCE FACTORS - DOUBLES (MEN'S, WOMEN'S, MIXED)

Table 2

Focus Area	Key Performance Factors	Standards, KPI's	Measures (Where Relevant)
<b>Physical</b>	<ol style="list-style-type: none"> <li>1. Agility and speed</li> <li>2. Endurance</li> <li>3. Strength and Power</li> <li>4. Reaction Time</li> <li>5. Flexibility and Mobility</li> </ol>	<ol style="list-style-type: none"> <li>1. Agility and speed world standards to be further identified</li> <li>2. Able to play matches lasting &gt;1 hour with minimal intensity drop</li> <li>3. Jump height for smashes above 60cm (men) and 50cm (women).</li> <li>4. React to shuttle movements within 0.3 seconds.</li> <li>5. Full range of motion to prevent injuries and aid recovery.</li> </ol>	<ol style="list-style-type: none"> <li>1. Time in seconds for agility drills and change-of-direction tests.</li> <li>2. Endurance tests, lactate threshold measurements, match endurance statistics.</li> <li>3. Measured jump heights during fitness testing.</li> <li>4. Reaction time drills using digital or manual tests.</li> <li>5. Physiotherapist assessments, flexibility tests.</li> </ol>
<b>Technical</b>	<ol style="list-style-type: none"> <li>1. First 3 shots (Serve, return, third shot) quality and consistency</li> <li>2. Defence - quality, variation, consistency</li> <li>3. Attacking variation</li> </ol>	<ol style="list-style-type: none"> <li>1. Achieve 90% accuracy on targeted shots</li> <li>2. Minimal errors in serves, returns, and attacking shots</li> <li>3. Ability to execute all overhead shots types of shots under pressure and consistently</li> </ol>	<ol style="list-style-type: none"> <li>1. Match video analysis, tracking percentage of successful shots</li> <li>2. Technical analysis from match and training</li> <li>3. Assessment of different strokes during match play</li> </ol>
<b>Tactical</b>	<ol style="list-style-type: none"> <li>1. Adapt game tactics during match</li> <li>2. Rotation with partner</li> <li>3. Opponent analysis</li> <li>4. Unforced errors</li> </ol>	<ol style="list-style-type: none"> <li>1. Ability to adjust tactics and strategies during critical moments in matches</li> <li>2. Maintain optimal positioning relative to partner during rallies</li> <li>3. Create winning strategies based on the opponent's strengths and weaknesses</li> <li>4. Make less than 2 unforced errors a match</li> </ol>	<ol style="list-style-type: none"> <li>1. Review of in-game decision-making through video analysis</li> <li>2. Positioning assessment through match footage</li> <li>3. Pre-match strategy plans and in-game adjustments</li> </ol>
<b>Psychological/ Behavioural</b>	<ol style="list-style-type: none"> <li>1. Winning when it matters</li> <li>2. Emotional regulation</li> <li>3. Confidence</li> <li>4. Competitiveness</li> </ol>	<ol style="list-style-type: none"> <li>1. Performance tracking during high-pressure moments (e.g., match points)</li> <li>2. Remain calm and focused under high-stress situations</li> <li>3. Demonstrate self-confidence during tough match situations</li> <li>4. Show a high level of drive and competitiveness, especially in tight games</li> </ol>	<ol style="list-style-type: none"> <li>1. Win % in close games (Refer to table on page xx)</li> <li>2. Psychological assessments, coach observations</li> <li>3. Feedback from coaches, self-reflections</li> <li>4. Win/loss records in close matches</li> </ol>

Focus Area	Key Performance Factors	Standards, KPI's	Measures (Where Relevant)
<p><b>Demographic</b></p>	<ol style="list-style-type: none"> <li>1. Average age (age range) of gold medallists.</li> <li>2. Average age (age range) of medallists.</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Men's Doubles:</b> <ul style="list-style-type: none"> <li>• Average age: 28-30 years.</li> <li>• Age range: 26-32 years.</li> </ul> </li> <li>• <b>Women's Doubles:</b> <ul style="list-style-type: none"> <li>• Average age: 25-28 years.</li> <li>• Age range: 23-30 years.</li> </ul> </li> <li>• <b>Mixed Doubles:</b> <ul style="list-style-type: none"> <li>• Average age: 27-29 years.</li> <li>• Age range: 25-32 years.</li> </ul> </li> </ul>	<p>Data from general trends based on athlete profiles, competition statistics, and historical performance available in the following:</p> <ul style="list-style-type: none"> <li>• BWF (Badminton World Federation) Tournament Results: Age and performance statistics of Olympic and Paralympic medallists can be found through BWF official sites and tournament archives.</li> <li>• Olympic and Paralympic Historical Data: The IOC and IPC provide detailed information about athletes, including their ages, in their archives or statistical platforms.</li> <li>• Public Athlete Profiles: Age and career timelines are typically available on sports media outlets, team profiles, and sports analytics websites.</li> </ul>
<p><b>Athlete Performance History &amp; Experience</b></p>	<ol style="list-style-type: none"> <li>1. World ranking in 2 years prior to Pinnacle Event.</li> <li>2. Medals at past Pinnacle &amp; Benchmark Events, Regional Championships, Qualifying events.</li> <li>3. Win/loss record in international events.</li> <li>4. No. of years competing at international level.</li> <li>5. No. of elite quality competitions/games per year.</li> </ol>	<ol style="list-style-type: none"> <li>1. World Ranking: Medalists are typically ranked in the top 10 globally in the two years leading up to the event, with a strong upward trajectory.</li> <li>2. Medals at Major Events: Athletes with past medals at World Championships, Asian Games, or key regional events like the All England Open have a higher likelihood of podium success.</li> <li>3. Win/Loss Record: A win/loss ratio of 70-80% or higher in international events, especially wins against top 5 opponents, is a key indicator of readiness.</li> <li>4. Experience: Most medalists have at least 6-8 years of international competition experience, showcasing consistency and adaptability.</li> <li>5. Elite Competitions: Competing in 8-12 elite international tournaments per year ensures athletes are prepared for high-level competition and consistent pressure.</li> </ol>	<ol style="list-style-type: none"> <li>1. Badminton World Federation (BWF) for rankings and match records.</li> <li>2. Olympic/Paralympic databases for historical medalists and performance statistics.</li> <li>3. Historical Performance Trends: Common knowledge within the badminton community, where top athletes and medalists typically rank within the top 10 globally and compete frequently in elite tournaments like the BWF World Championships and Super Series events.</li> <li>4. Win/Loss Records &amp; Rankings: General patterns seen in top players' performance in the years leading up to Olympic or Paralympic events, particularly their consistency in winning matches and achieving high rankings.</li> </ol>
<p><b>Athlete Training Background</b></p>	<ol style="list-style-type: none"> <li>1. Years training at a HP level.</li> <li>2. Days/sessions/types of sessions per week.</li> <li>3. Equipment/facility/DPE/Coaching access.</li> <li>4. Full-time athlete or not?</li> </ol>	<ol style="list-style-type: none"> <li>1. Experience: Medal contenders typically have 10+ years in badminton or related sports, and 5-8 years training at a high-performance level.</li> <li>2. Training Load: Athletes train 5-6 days per week, with 2-3 sessions daily focused on technical skills, conditioning, and recovery.</li> <li>3. Access to Facilities &amp; Coaching: Full-time athletes have access to world-class facilities, equipment, and an enhanced Daily Performance Environment (DPE), including top-tier coaches and sports scientists.</li> <li>4. Full-Time Commitment: Most medalists are full-time athletes, fully dedicated to training and competition.</li> </ol>	<ul style="list-style-type: none"> <li>• Badminton World Federation (BWF) Insights: General patterns observed in elite-level players from badminton tournaments and high-performance programs globally.</li> <li>• Olympic and Paralympic Preparation Standards: Guidelines from high-performance sports programs, including those for badminton, which focus on the integration of full-time training, coaching, and access to world-class facilities.</li> </ul>

# WINNING WHEN IT MATTERS METRICS

**Key Points:**

**Data Source:** Knockout matches from 2019 World Championships onwards, including Tokyo and Paris Olympics.

**Focus:** Analysing close games (decided by 2 points) and how often Olympic and World Championship medalists win them.

**Confidence Level:** 95% confidence interval for reliable results.

- **Women's Singles:**
  - Close games occur 12.6% of the time. Medalists win these close games 73.1% of the time.
- **Men's Singles:**
  - Close games occur 12.0% of the time. Medalists win 79.3% of those games.
- **Women's Doubles:**
  - Close games occur 23.6% of the time. Medalists win 66.0% of those games.
- **Men's Doubles:**
  - Close games occur 20.5% of the time. Medalists win 71.1% of those games.
- **Mixed Doubles:**
  - Close games occur 10.8% of the time. Medalists win 77.3% of those games.

**Table 1.1**

<b>Event Name</b>	<b>Close Game Prevalence</b>	<b>Close Game Win Rate</b>
	What proportion of games played by Olympic/World Champ medallists are decided by 2pts?	What proportion of these games do Olympic and World Champs medallists win?
<b>Singles – Women</b>	12.6% ± 4.5%	73.1% ± 17.0%
<b>Singles – Men</b>	12.0% ± 4.1%	79.3% ± 14.7%
<b>Doubles – Women</b>	23.6% ± 5.9%	66.0% ± 13.5%
<b>Doubles – Men</b>	20.5% ± 5.3%	71.1% ± 13.2%
<b>Doubles – Mixed</b>	10.8% ± 4.3%	77.3% ± 17.5%

# WITTW - PARALYMPICS

## **Olympic Classes:**

- WH1 Singles Men and Women (M and W)
- WH2 singles (M and W)
- WH 1/ 2 Doubles (M and W)
- SL3 Singles (M and W)
- SL4 Singles (M and W)
- SU5 Singles (M and W)
- SU5- SL3 XD
- SH6 Singles ( M and W)
- SH6 XD

# LA 2028 & BRISBANE 2032 TARGETED CLASSES

- WH1 WS
- WH2 WS
- WH1/2 WD
- SL3 WS
- SL4 MS
- SL4 WS
- SL3 /SU5 XD



# KEY CHARACTERISTICS OF PARA CLASSES

The primary classification criterion for all players is being at the lower end of the impairment scale. This positioning allows athletes to maximise power, speed, agility, and overall performance.

## WH Classification

- WH (Wheelchair) Singles: Matches are played on a half court.
- Doubles: Played on a full court, with the front service line marking the front boundary.

**WH1:** Players in this category have impairments in both upper and lower limbs. They need to develop significant power and strength to perform forehand clears effectively, as this is particularly challenging compared to WH2 players. In doubles, WH1 athletes often become the primary target for opponents, so they must maintain high consistency in shot quality and overall fitness.

**WH2:** These players have lower limb impairments. They need exceptional speed and movement, especially in doubles, where they often cover for WH1 athletes. Tactical awareness of opponents' strengths and weaknesses is crucial for exploiting openings during play. Endurance is vital as rallies can be prolonged, with many matches lasting around an hour. This requires excellent shot placement to maintain competitiveness.

## SL Classification

- **SL3:** Matches are played on a half court. Players with two lower limbs seem to have an advantage over those with prosthetics. Rallies can be long and the pace is often slower, demanding great focus and consistent shot-making. Athletes must have an impairment that can endure the physical challenges of extended matches.
- **SL4:** This classification shows a more pronounced difference between players with prosthetics and those with two limbs. Players with prosthetics may struggle with mobility around the court compared to their peers.

Standing Doubles

Finding the right player combinations within this classification is crucial for success. A weaker player in terms of movement should excel as a front court player, capable of maintaining a controlled game while adapting pace and direction as needed.

## SU5 Classification

Their upper limb impairment may impact balance subject to degree of their impairment. Those with more severe impairments, will have increased difficulty with upper body balance, which becomes more noticeable when fatigued. SU5 athletes should be able to play at various paces and maintain excellent fitness levels. Given that these athletes have the lowest level of impairment across all classes, it is very easy to integrate these athletes into able-bodied training programs.

## SH6 Classification

Short stature athletes must possess the ability to move quickly across the court and jump effectively to minimise their height disadvantage. Due to the shot angles being compromised, rallies tend to be very long and therefore a high level of fitness is essential, allowing them to execute shots from all four corners. SH6 is a high intensity game, requiring a higher level of anticipation to make up for the court area they are required to cover.

# KEY PERFORMANCE FACTORS - PARALYMPICS

Table 3

Focus Area	Key Performance Factors	Standards, KPI's	Measures (Where Relevant)
Physical	<ol style="list-style-type: none"> <li>1. Strength and power output relative to disability classification.</li> <li>2. Cardiovascular endurance and ability to sustain long rallies.</li> <li>3. Agility and quickness, including chair mobility for wheelchair athletes.</li> <li>4. Reaction time, especially for athletes with upper limb disabilities.</li> <li>5. Flexibility and range of motion tailored to specific impairments (e.g., limb amputations, spinal injuries).</li> </ol>	<ol style="list-style-type: none"> <li>1. Must be able to play 5 matches to win a medal</li> <li>2. Must be able to sustain matches from an average range of 22-29 minutes</li> <li>3. Speed, power and change of direction testing protocols to be developed</li> </ol> <p>**Given that para badminton is in its infancy, very limited data and protocols are available</p>	<ol style="list-style-type: none"> <li>1. Power testing and performance tracking during key training drills and competition.</li> <li>2. Endurance tests, match duration statistics, and training session recovery times.</li> <li>3. Chair mobility/agility tests and change-of-direction drills.</li> <li>4. Reaction time drills, match statistics for reaction-based shots (e.g., smash returns).</li> <li>5. Physiotherapist assessments, flexibility tracking in relevant movement patterns.</li> </ol>
Technical	<ol style="list-style-type: none"> <li>1. Consistency in serves and returns tailored to athlete's classification limitations.</li> <li>2. Mastery of specific shots (e.g., net shots, clears) despite physical impairments.</li> <li>3. Defensive play and shot anticipation, particularly for players with mobility restrictions.</li> </ol>	<ol style="list-style-type: none"> <li>1. 90% accuracy in serves and 85% success rate in returning first shot, adjusted for classification needs.</li> <li>2. Ability to successfully execute classification-adapted technical skills (e.g., using non-dominant hand).</li> <li>3. Win 70% of defensive points in rallies, with emphasis on strategic positioning and anticipation.</li> </ol>	<ol style="list-style-type: none"> <li>1. Video analysis of serve/return success, match statistics, and technical assessments.</li> <li>2. Shot execution analysis, coach feedback, match success rates for key technical skills.</li> <li>3. Defensive win/loss statistics, video analysis, and coach observations.</li> </ol>
Tactical	<ol style="list-style-type: none"> <li>1. Ability to adapt tactics based on opponent's classification and impairments.</li> <li>2. Shot selection and risk management in relation to physical impairments.</li> <li>3. Deception and unpredictability in shot-making to counteract opponent strengths.</li> </ol>	<p>KPI's to be developed with support from AIS data team and Paralympics Australia</p> <p>**Given that para badminton is in its infancy, very limited data and protocols are available</p>	<ol style="list-style-type: none"> <li>1. Match analysis, coach feedback on in-game adaptations, and tactical success rates.</li> <li>2. Shot selection review via video analysis and match statistics.</li> <li>3. Video analysis of deceptive play, match statistics, and opponent forced error rates.</li> </ol>
Psychological/ Behavioural	<ol style="list-style-type: none"> <li>1. Mental resilience and ability to stay focused under pressure, especially in long rallies and matches.</li> <li>2. Confidence in executing shots and strategies, despite limitations or past injuries.</li> <li>3. Emotional regulation and resilience when facing physical challenges or in-game setbacks.</li> </ol>	<ol style="list-style-type: none"> <li>1. Maintain high concentration in 95% of match points, particularly in critical moments (e.g., match point).</li> <li>2. Display high self-belief in 90% of match play, maintaining risk-taking and confidence throughout.</li> <li>3. Recover from setbacks within 1-2 points, maintaining emotional balance and strategic focus.</li> </ol>	<ol style="list-style-type: none"> <li>1. Mental toughness assessments, feedback from coaches, and match pressure performance data.</li> <li>2. Psychological assessments, player feedback, and coach evaluations.</li> <li>3. Post-match self-assessments, coach feedback, and player mental health check-ins.</li> </ol>



# KEY PERFORMANCE FACTORS - PARALYMPICS

Table 3

Focus Area	Key Performance Factors	Standards, KPI's	Measures (Where Relevant)
Demographic	<ol style="list-style-type: none"> <li>1. Average age (age range) of gold medallists.</li> <li>2. Average age (age range) of medallists.</li> </ol>	<ol style="list-style-type: none"> <li>1. Determine age range of gold medallists in specific classifications (e.g., WH1, SL4) to set benchmarks.</li> <li>2. Track the age range of medalists at Pinnacle Events for comparison across years and athlete progression.</li> </ol>	<ol style="list-style-type: none"> <li>1. Analysis of age data from past gold medallists in Paralympic events and World Championships.</li> <li>2. Review of historical data from Paralympic and World Championship medalists by classification.</li> </ol>
Athlete Performance History & Experience	<ol style="list-style-type: none"> <li>1. World ranking in 2 years prior to Pinnacle Event.</li> <li>2. Medals at past Pinnacle &amp; Benchmark Events, Regional Championships, Qualifying events.</li> <li>3. Win/loss record in international events.</li> <li>4. No. of years competing at international level.</li> <li>5. No. of elite quality competitions/games per year.</li> </ol>	<ol style="list-style-type: none"> <li>1. Top 10-15 world ranking two years prior to the Pinnacle Event increases likelihood of medalling.</li> <li>2. Medal success at World Championships, Regional Championships, and Paralympic qualifiers is essential.</li> <li>3. Win/loss ratio of 70% or higher against top 10 opponents is a strong predictor of future success.</li> <li>4. Minimum of 6-8 years of international competition experience prior to medalling at Pinnacle Events.</li> <li>5. Competing in 8-12 elite-level para badminton events per year to build consistency and resilience.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete ranking data tracked over a 2-year period, focusing on world ranking improvements.</li> <li>2. Historical medal records from major para badminton competitions, benchmarking against peers.</li> <li>3. Win/loss records tracked across international events, with specific focus on top-tier matches.</li> <li>4. Athlete competition history reports showing years competing at international levels.</li> <li>5. Athlete competition schedules and performance tracking across major international tournaments</li> </ol>
Athlete Training Background	<ol style="list-style-type: none"> <li>1. Years in this sport/other sports.</li> <li>2. Years training at a HP level.</li> <li>3. Days/sessions/types of sessions per week.</li> <li>4. Equipment/facility/DPE/Coaching access.</li> <li>5. Full-time athlete or not?</li> <li>6. Integration into a formal performance pathway.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athletes typically have 10+ years of experience in para badminton or other high-level sports.</li> <li>2. Minimum of 5-8 years of dedicated high-performance training to be podium-ready.</li> <li>3. Athletes engage in 5-6 days of training per week, with 2-3 daily sessions focusing on skills, conditioning, etc.</li> <li>4. Access to world-class facilities, equipment, and an enhanced Daily Performance Environment (DPE) is crucial.</li> <li>5. Full-time athletes have higher consistency in performance, crucial for medalling at Pinnacle Events.</li> <li>6. Athletes part of structured high-performance pathways progress more consistently towards international success.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete background profiles documenting years of experience across sports.</li> <li>2. Training logs showing participation in high-performance programs.</li> <li>3. Training schedules and attendance tracking, focusing on session types and intensity.</li> <li>4. Facility access logs, athlete satisfaction reports, and feedback from coaching teams.</li> <li>5. Athlete schedules documenting their full-time or part-time commitment to badminton.</li> <li>6. Pathway integration tracking, athlete progression reports from grassroots to elite levels.</li> </ol>

**> KEY  
SUPPORT  
FACTORS**



# KEY SUPPORT FACTORS - BADMINTON

Athletes capable of winning at a Pinnacle Event in Men’s Singles, Women’s Singles, Men’s Doubles, Women’s Doubles & Mixed Doubles have:

Table 4

Focus Area	Key Support Factors - Standards, KPI’s	Measures (Where Relevant)
<b>World Class Coaching</b>	<ol style="list-style-type: none"> <li>1. Technical &amp; Tactical Expertise: Comprehensive understanding of advanced badminton techniques (e.g., footwork, strokes) and in-game tactics (attacking, defence, transitions).</li> <li>2. Communication &amp; Emotional Intelligence: High emotional intelligence and clear communication with athletes, coaches, and support staff.</li> <li>3. Individual Athlete Plans (IAP) - Development and implementation of individual athlete plans (IAPs), ensuring athlete peak performance at critical events.</li> <li>4. Psychologically Safe Environment - Creates a supportive and inclusive environment that encourages learning, risk-taking, and mental resilience.</li> <li>5. Communication with DPE Coaches - Ensures consistent communication and collaboration with athletes’ home coaches to align training plans and manage athlete development.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete progression in technical drills (shot accuracy, footwork), tactical analysis of matches (video feedback, win/loss data).</li> <li>2. Athlete feedback surveys, peer reviews, coaching effectiveness evaluations.</li> <li>3. Athlete IAP progress tracked through monitoring systems (fitness benchmarks, recovery scores, competition results).</li> <li>4. Athlete well-being surveys, mental toughness assessments, and participation rates in high-stress scenarios (e.g., match points).</li> <li>5. Number of collaborative meetings with home coaches, consistency in athlete load and training plans between DPE and HP programs.</li> </ol>
<b>Planning</b>	<ol style="list-style-type: none"> <li>1. Athlete and team training plans are closely aligned with specific performance targets, addressing identified gaps in skills, strategy, and physical conditioning.</li> <li>2. Plans are regularly reviewed and shared with all relevant stakeholders, including coaches and performance staff.</li> <li>3. Camps and competition schedules are incorporated to ensure athletes have the necessary exposure to high-level events and training environments.</li> <li>4. Annual tournament calendar and weekly training schedule are designed to fit in with university and work schedule.</li> </ol>	<ol style="list-style-type: none"> <li>1. Quarterly reviews of training plans for alignment with goals. Completion of performance gap analysis and updated plans based on athlete development.</li> <li>2. Documented review and confirmation of plans by multidisciplinary teams.</li> <li>3. Tracking of competition and training camp attendance and performance preparation.</li> <li>4. Athlete Satisfaction: Conduct regular surveys to ensure at least 90% positive feedback from athletes on the balance between their academic/work commitments and the tournament/training schedule.</li> </ol>
<b>World Class Daily Performance Environment</b>	<ol style="list-style-type: none"> <li>1. Athlete and coach have access to world-class facilities and equipment necessary for high-level training, including badminton-specific technology.</li> <li>2. Athlete regularly trains with high-quality sparring partners who match or exceed their current skill level.</li> <li>3. Athletes are provided a psychologically safe space to explore new techniques, take risks, and build mental resilience.</li> </ol>	<ol style="list-style-type: none"> <li>1. Access to and usage of top-tier training facilities. Measured by facility checklists, equipment usage logs, and athlete feedback.</li> <li>2. Quality of sparring partners assessed through coach reports and performance data comparisons.</li> <li>3. Tracked through athlete feedback surveys, mental resilience assessments, and observation reports from sports psychologists.</li> </ol>
<b>HP Culture</b>	<ol style="list-style-type: none"> <li>1. Badminton Australia fosters a positive, inclusive, and healthy team culture with strong support systems, both on and off the court. All team members feel valued, respected, and supported by coaches, staff, and fellow athletes.</li> <li>2. Clear behavioural expectations and standards are established, communicated, and enforced (e.g., codes of conduct, team agreements) for all athletes and staff.</li> <li>3. Any deviations from expected behaviour or team values are addressed quickly, transparently, and effectively. Safeguarding protocols and support mechanisms are in place for all athletes and staff.</li> </ol>	<ol style="list-style-type: none"> <li>1. Regular team culture surveys and feedback assessments. Athlete and staff engagement levels measured by wellbeing check-ins.</li> <li>2. Tracking adherence through compliance reports and reviews of any behavioural incidents.</li> <li>3. Incidents and resolution logs, as well as safeguarding effectiveness reviews.</li> </ol>

Focus Area	Key Support Factors - Standards, KPI's	Measures (Where Relevant)
<b>World Class Equipment, Technology, Innovations</b>	<ol style="list-style-type: none"> <li>1. Athletes have access to world-class badminton equipment (racquets, shuttlecocks, shoes) that is optimally selected, fitted, and regularly maintained.</li> <li>2. Program uses data-driven performance technology, such as motion-tracking devices and game analysis software, to provide real-time feedback during training and competition.</li> <li>3. The team has access to performance data management systems that allow for tracking athlete progress and areas of improvement, including integration with sport science metrics.</li> </ol>	<ol style="list-style-type: none"> <li>1. Feedback from athletes and equipment reviews, regular performance checks, equipment testing logs.</li> <li>2. Reports generated from game analysis tools, athlete and coach usage statistics, technology integration assessments.</li> <li>3. Usage logs for performance analysis software, athlete progression reports, frequency of data analysis reviews.</li> </ol>
<b>High Performance Behaviour</b>	<ol style="list-style-type: none"> <li>1. Athlete takes responsibility and is accountable for their choices and performance in both training and competition environments.</li> <li>2. Athlete uses feedback to learn and improve, showing a willingness to accept correction and adapt their training methods.</li> <li>3. Athlete possesses a growth mindset, displaying strong self-belief and an insatiable hunger to succeed by trying new things, pushing limits, and constantly looking for areas to improve.</li> <li>4. All performance staff understand, support, and encourage the above behaviours while modelling high-performance behaviour themselves.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete self-assessment logs, coach feedback, accountability metrics from performance reviews.</li> <li>2. Athlete reflection journals, feedback from coaches, performance improvements based on feedback cycles.</li> <li>3. Mindset assessments, athlete interviews, consistent application of new training techniques.</li> <li>4. Staff evaluations, performance review meetings, feedback from team culture assessments</li> </ol>
<b>Health &amp; Well Being</b>	<ol style="list-style-type: none"> <li>1. Athlete is proactive with self-recovery &amp; engages with available support systems (e.g., physiotherapists, nutritionists, psychologists) when needed.</li> <li>2. Athlete reports injury/illness accurately &amp; promptly, ensuring they access appropriate services in a timely manner.</li> <li>3. Performance staff monitor &amp; maintain athlete well-being &amp; energy management, ensuring athletes are promptly accessing relevant support when necessary.</li> <li>4. Performance staff ensure athletes are fit to fulfil their duties in and out of competition, with relevant assessments and support services in place.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete self-reporting logs, use of recovery tools (e.g., physiotherapy, massage, etc.), adherence to recovery protocols.</li> <li>2. Injury/illness reporting logs, communication assessments between athletes and medical staff.</li> <li>3. Regular wellness check-ins, monitoring reports, and feedback from support teams.</li> <li>4. Staff fitness assessments, performance monitoring during training camps and competition phases, regular medical reviews.</li> </ol>
<b>Targeted Training Camp &amp; Competition Exposure</b>	<ol style="list-style-type: none"> <li>1. Athlete/Team have access to required domestic &amp; international training camps during development &amp; preparation phases. Establish partnerships with badminton powerhouses like Denmark, Indonesia, or Korea to facilitate high-quality sparring camps.</li> <li>2. Athlete/Team has access to the best competition opportunities to qualify &amp; prepare for Benchmark &amp; Pinnacle Events.</li> <li>3. Any venue-specific challenges &amp; appropriate mitigation strategies are identified by relevant Performance staff well in advance of Benchmark/Pinnacle Events.</li> <li>4. Athletes &amp; Performance staff prepare appropriately for any venue-specific challenges.</li> </ol>	<ol style="list-style-type: none"> <li>1. Number of training camps attended, location data, athlete performance reviews post-camp.</li> <li>2. Qualifying event results, competition outcomes, and benchmarking against Pinnacle Event standards.</li> <li>3. Identification of venue-specific challenges, implementation of venue-specific training simulations, and assessments.</li> <li>4. Staff and athlete readiness assessments, checklists for addressing venue-specific issues, feedback from test events.</li> </ol>

Focus Area	Key Support Factors - Standards, KPI's	Measures (Where Relevant)
<b>World Class Research</b>	<ol style="list-style-type: none"> <li>1. Established collaborative partnerships with leading sports research institutions (e.g. VIS) and bodies to facilitate cutting-edge, high-impact research projects aimed at enhancing athlete performance.</li> <li>2. Integration of innovative technology (e.g., wearable sensors, performance-tracking apps) to gather data on athlete development, health, and performance metrics for continuous improvement.</li> <li>3. Continuous monitoring and adaptation of research findings into daily training and competition strategies to maintain a competitive edge at Pinnacle Events</li> </ol>	<ol style="list-style-type: none"> <li>1. Number of research projects initiated in collaboration with top-tier institutions and practitioners.</li> <li>2. Regular reporting on technological innovations integrated into athlete training and their effectiveness in performance gains.</li> <li>3. Regular feedback from coaches, athletes, and support staff on the practical applications of research findings.</li> </ol>
<b>Pathways</b>	<ol style="list-style-type: none"> <li>1. Structured Talent Identification Programs: Regular scouting events and talent programs across all age groups, ensuring a pipeline of new talent.</li> <li>2. Progressive Athlete Development Model: A clear development framework that includes age-specific training programs and competition exposure at appropriate levels.</li> <li>3. Mentorship and Leadership Development: Experienced athletes and coaches mentor younger athletes, offering guidance on both technical skills and personal development.</li> <li>4. Holistic Support Services: Comprehensive services that include mental health, nutrition, physiotherapy, and recovery programs to support all aspects of athlete well-being.</li> </ol>	<ol style="list-style-type: none"> <li>1. Talent Retention and Progression: Track the percentage of athletes progressing from junior to senior levels and their retention in the pathway over time.</li> <li>2. Athlete Competition Results: Analyse performance data such as ranking improvements and results in key national and international tournaments.</li> <li>3. Athlete Satisfaction and Well-Being: Regular athlete surveys assessing satisfaction with the pathway and services provided, including mental health and physical recovery support.</li> <li>4. International Competition Exposure: Number of athletes competing internationally and their performance relative to pathway expectations (e.g., podium finishes, match wins).</li> </ol>
<b>Administration</b>	<ol style="list-style-type: none"> <li>1. Experienced and organised management staff with clear roles.</li> <li>2. Seamless integration between administration, coaching, and performance support staff.</li> <li>3. Efficient logistical planning and execution for athlete travel and competition.</li> </ol>	<ol style="list-style-type: none"> <li>1. Number of successful events or competitions managed without logistical issues.</li> <li>2. Timeliness and accuracy of communication between staff and athletes.</li> <li>3. Staff satisfaction surveys reflecting administrative support.</li> </ol>

# KEY SUPPORT FACTORS - BADMINTON (PARA)

Athletes capable of winning at a Pinnacle Event in Para have:

Table 5

Focus Area	Key Support Factors - Standards, KPI's	Measures (Where Relevant)
<b>World Class Coaching</b>	<ol style="list-style-type: none"> <li>1. Technical &amp; Tactical Expertise: Understanding para-specific modifications for badminton, such as movement patterns, chair-based strokes, or lower limb impairment.</li> <li>2. Collaboration with Medical &amp; Support Teams: Strong integration with medical experts, physiotherapists, and sport psychologists for tailored physical and mental care.</li> <li>3. Preparation for Paralympic Events: Peak athletes for key tournaments with para-specific strategies, focusing on classification impacts and rules.</li> <li>4. Coach and official education initiatives – to ensure badminton coaches and officials are familiar with Para Badminton rules, regulations, equipment needs, class/event specifics, athlete needs, qualification requirements and training and competition opportunities.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete progression in para-specific technical drills and match simulations, assessed through video and coach feedback.</li> <li>2. Collaboration logs and feedback from medical staff on the athlete's physical and mental well-being.</li> <li>3. Match strategy evaluations during para-focused training camps and readiness assessments before Paralympic-level competitions.</li> </ol>
<b>Planning</b>	<ol style="list-style-type: none"> <li>1. Training Plans Adapted for Disabilities: Align plans with specific para performance targets, ensuring drills accommodate various physical impairments.</li> <li>2. Classification-Specific Game Strategy: Tailored strategies for each classification (e.g., SL3, WH2), addressing strengths and weaknesses related to disabilities.</li> <li>3. Inclusion of Assistive Equipment: Integration of appropriate assistive technologies (wheelchairs, prosthetics) into daily training.</li> </ol>	<ol style="list-style-type: none"> <li>1. Regular performance reviews on disability-specific adaptations and effectiveness of the training regimen.</li> <li>2. Athlete match analysis post-tournaments to gauge the effectiveness of classification-specific strategies and training effectiveness.</li> <li>3. Equipment usage tracking logs and coach feedback on the athlete's adaptation to new technology.</li> </ol>
<b>World Class Daily Performance Environment</b>	<ol style="list-style-type: none"> <li>1. Access to Para-Specific Facilities: Athletes and coaches access para-appropriate equipment and court facilities (e.g., adapted courts for wheelchair athletes).</li> <li>2. Sparring Opportunities with Able-Bodied &amp; Para Athletes: Ensure regular high-quality sparring opportunities to improve tactical and technical sharpness.</li> <li>3. Multidisciplinary Team Access: Provide daily support from a full multidisciplinary team (e.g., physiotherapists, sport scientists, nutritionists)</li> <li>4. Ensure centres/training and domestic competition facilities are accessible; ensure centre management and performance support staff understand Para athlete needs.</li> </ol>	<ol style="list-style-type: none"> <li>1. Facility checklists to ensure para-friendly modifications and accessibility.</li> <li>2. Athlete satisfaction reports on sparring quality and number of sessions with able-bodied and para peers.</li> <li>3. Athlete feedback on the integration of para-specific medical and recovery programs into daily training.</li> <li>4. Conduct accessibility audits to ensure facilities are accessible</li> </ol>
<b>HP Culture</b>	<ol style="list-style-type: none"> <li>1. Inclusive Team Environment: Foster a positive, inclusive, and psychologically safe environment for both able-bodied and para athletes.</li> <li>2. Clear Behavioural Expectations for Para Athletes: i.the expectations should be the same and clear to everyone – all athletes (AB and Para) and staff.</li> <li>3. Adjustments for Universal Design: Ensure that all training spaces, travel arrangements, and competition venues are accessible for para athletes.</li> <li>4. Cultural Integration and Respect: Promote a culture of respect, fairness, and collaboration between able-bodied and para athletes, staff, and coaches.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete and staff surveys measuring inclusivity and satisfaction within the HP culture.</li> <li>2. Regular compliance reports and feedback from athletes and staff on adherence to behavioural expectations.</li> <li>3. Facility audits and accessibility assessments, feedback from athletes on their experience with universal design.</li> <li>4. Conflict resolution reports and peer assessments reflecting the integration and cohesion of the team culture.</li> </ol>

Focus Area	Key Support Factors - Standards, KPI's	Measures (Where Relevant)
<b>World Class Equipment, Technology, Innovations</b>	<ol style="list-style-type: none"> <li>1. Access to Para-Specific Equipment (para badminton-specific chairs for WH1, WH2 classes, prosthetics for relevant SL3 and SU5 athletes. Identify what the World Best are using and establish relationships/ partnerships with relevant equipment manufacturers/suppliers/prosthetics. Collaborate with Paralympics Australia on potential projects to improve Para Badminton disability sport equipment (e.g., seating project for WH1, WH2 classes; arm prosthetic for balance, where relevant).</li> <li>2. Data-Driven Performance Technology: Implement motion tracking and video analysis tools tailored for para athletes, ensuring real-time feedback and performance gains.</li> <li>3. Performance Data Management: Use athlete-specific data to monitor progress, physical limitations, and recovery, integrating it with para-sport science metrics.</li> </ol>	<ol style="list-style-type: none"> <li>1. Equipment usage logs, athlete feedback on the effectiveness of the provided equipment.</li> <li>2. Reports from game analysis tools, athlete usage statistics, and feedback on technology integration.</li> <li>3. Athlete progression reports, frequency of data analysis reviews, and athlete recovery statistics.</li> </ol>
<b>Health &amp; Well Being</b>	<ol style="list-style-type: none"> <li>1. Injury Prevention: Athletes maintain low injury/illness incidence, supported by para-specific physiotherapy and medical care.</li> <li>2. Self-Responsibility for Health: Athletes proactively manage their health and well-being, engaging with recovery tools and medical staff.</li> <li>3. Health &amp; Performance Monitoring: Performance staff track athlete well-being to ensure readiness for competitions.</li> </ol>	<ol style="list-style-type: none"> <li>1. Physiotherapy assessments, wellness check-ins, and injury history logs.</li> <li>2. Self-reporting logs, usage of recovery tools, and adherence to recovery protocols.</li> <li>3. Performance monitoring reports, feedback from medical teams, and regular wellness assessments.</li> </ol>
<b>Targeted Training Camp &amp; Competition Exposure</b>	<ol style="list-style-type: none"> <li>1. Access to Domestic and International Training Camps: Athletes regularly participate in para-specific training camps for high-quality preparation.</li> <li>2. International Competition Experience: Ensure athletes compete regularly in international para tournaments, gaining exposure to various playing styles.</li> <li>3. Adapting to Competition Venues: Athletes are prepared for competition venues with para-specific challenges (e.g., accessibility, travel logistics).</li> </ol>	<ol style="list-style-type: none"> <li>1. Training camp attendance logs, performance reviews post-camp, and athlete feedback on the effectiveness of the training camps.</li> <li>2. Athlete competition calendars, results from international competitions, and performance tracking across tournaments.</li> <li>3. Venue-specific assessments, feedback from athletes on readiness, and effectiveness of adjustments made to venue-specific conditions.</li> </ol>
<b>Competition Management</b>	<ol style="list-style-type: none"> <li>1. Access to International Competitions: Athletes have access to domestic and international para badminton tournaments, appropriate to their level and classification.</li> <li>2. Venue-Specific Challenges: Competition venues are assessed for para-specific challenges (e.g., accessibility, environmental factors).</li> <li>3. Logistical and Support Planning: Ensure all para athletes and support teams are adequately prepared for travel, accommodation, and venue challenges.</li> </ol>	<ol style="list-style-type: none"> <li>1. Athlete competition calendars, results from international tournaments, and performance evaluation post-competition.</li> <li>2. Venue assessments, athlete feedback on the effectiveness of adjustments to competition venues, and pre-competition readiness reports.</li> <li>3. Feedback from athletes and support staff on travel logistics, accommodation suitability, and overall preparation for international events.</li> </ol>

Focus Area	Key Support Factors - Standards, KPI's	Measures (Where Relevant)
<b>World Class Research</b>	<ol style="list-style-type: none"> <li>1. Development of a Para Badminton data base – including WITTW data, match results/statistics and videos, etc</li> <li>2. Evidence-Based Training Adaptations: Research findings are integrated into daily training for para athletes, specifically addressing their physical challenges.</li> <li>3. Para Badminton Profiling project – initiative to: develop an evidence-based WITTW (by class/event); identify potentially “soft” events; and identify, implement, review optimal testing protocols for para badminton athletes (by class/event).</li> </ol>	<ol style="list-style-type: none"> <li>1. Number of para-specific research projects initiated, collaboration logs with institutions, and implementation reports.</li> <li>2. Reports from research projects showing performance improvements, feedback from coaches and athletes on implementation.</li> </ol>
<b>Pathways</b>	<ol style="list-style-type: none"> <li>1. Talent Identification Programs: (Para System Uplift) - target groups should include relevant disability and disability sport organisations, rehabilitation centres, schools, community recreation centres plus TID and Talent Transfer initiatives in collaboration with Paralympics Australia).</li> <li>2. Progressive Athlete Development Model: Create a structured athlete development pathway that includes age-specific programs and competition opportunities for para athletes.</li> <li>3. Mentorship &amp; Leadership Development: Provide mentorship for younger para athletes, pairing them with experienced para athletes for technical and personal development.</li> <li>4. Holistic Support Services: Ensure para athletes have access to mental health, nutrition, physiotherapy, and recovery programs to support their development.</li> <li>5. Growth of financial support (over time) to enable athletes and staff to commit full-time to Para Badminton (with appropriate long term/career planning)</li> </ol>	<ol style="list-style-type: none"> <li>1. Percentage of para athletes identified through talent programs, athlete progression reports, and retention rates in the performance pathway.</li> <li>2. Athlete performance tracking data, progression through classification levels, and competition results.</li> <li>3. Athlete and mentor feedback on mentorship programs, athlete progression reports.</li> <li>4. Athlete satisfaction surveys on support services, usage data of health and recovery services, and feedback from medical and support staff.</li> </ol>
<b>Administration</b>	<ol style="list-style-type: none"> <li>1. Experienced Management for Para Athletes: Ensure management staff are trained and experienced in handling the specific needs and logistics for para athletes.</li> <li>2. Efficient Travel and Logistical Planning: Plan and execute travel, accommodation, and venue logistics specific to the needs of para athletes (e.g., accessibility).</li> <li>3. Budget and Resource Allocation: Ensure resources and funding are adequately allocated for para-specific equipment, travel, and competition needs.</li> <li>4. Contingency Planning for Para Athletes: Develop robust contingency plans for unforeseen challenges (e.g., medical emergencies, equipment malfunctions) during events.</li> </ol>	<ol style="list-style-type: none"> <li>1. Number of successful events/competitions managed without logistical issues, staff feedback on performance in para-specific administrative tasks.</li> <li>2. Feedback from athletes on the adequacy of travel and accommodations, efficiency ratings from logistical staff.</li> <li>3. Budget tracking reports, athlete feedback on equipment and resources, and assessment of resource allocation during key events.</li> <li>4. Frequency of implemented contingency plans, success rates of resolving issues, and feedback from athletes and staff on crisis management.</li> </ol>



# NEW TRENDS, CHANGES, OPPORTUNITIES

If we are to maximise the performance of Australian Olympic and Paralympic badminton players, then it's important to not only define WITTW (i.e., what the World Best are doing), but also to identify any new trends, changes or opportunities that may impact future performance (e.g., equipment advancements, changes to rules or competition formats, competition opportunities). We have identified the following new trends, changes and opportunities in badminton

## **New Equipment Technology:**

Advances in racquet technology (e.g., lighter, more durable materials) and shuttlecock innovations may influence speed and control in the game.

**Impact on Australia:** Australia's players will need to stay ahead in adopting and mastering new equipment.

**Actions:** Establish partnerships with equipment manufacturers to test and train with the latest technology before global competitors.

## **Increased Para Badminton Inclusion:**

Greater integration of para badminton into international events, including more classifications and medal opportunities.

**Impact on Australia:** This presents an opportunity to increase Australia's representation and success in para badminton.

**Actions:** Invest in talent identification and targeted development programs to prepare para athletes for future events.

## **Access to International Sparring Partners:**

Potential collaborations with top badminton nations for joint training and sparring opportunities.

**Impact on Australia:** Improved sparring opportunities would elevate the competitive readiness of Australian athletes.

**Actions:** Establish partnerships with badminton powerhouses like Denmark, Indonesia, or Korea to facilitate high-quality sparring camps.

## **Well-Being Psychological Support:**

**Opportunity:** The growing focus on mental health in high-performance sport highlights the importance of psychological resilience, stress management, and maintaining a healthy balance between competition and well-being. In addition, they can help athletes navigate through a sustainable pathway of high performance in badminton.

**Impact on Australia:** Athletes who receive mental health support are more likely to perform consistently under pressure, avoid burnout, and sustain longer careers.

**Actions:** Employ a well-being practitioner to badminton that supports both able-bodied and para athletes that includes regular mental health check-ins, mindfulness training, and support networks. Integrate mental resilience training into regular practice sessions.

# REFERENCES - WITTW

- Badminton World Federation (BWF) – Tournament results, rankings, and athlete profiles. Available at: <https://bwfbadminton.com>
- International Olympic Committee (IOC) – Historical data on Olympic badminton events and athlete performances. Available at: <https://olympics.com>
- International Paralympic Committee (IPC) – Paralympic badminton results and athlete profiles. Available at: <https://www.paralympic.org>
- International Journal of Sports Physiology and Performance – Research on sports physiology, including para-athlete performance and recovery strategies. Available at: <https://journals.humankinetics.com/view/journals/ijssp/ijssp-overview.xml>
- Australian Institute of Sport (AIS) – Reports and data on high-performance sports programs, athlete development, and competition performance. Available at: <https://www.ais.gov.au>
- National High Performance Programs – General insights on high-performance training environments and coaching access, gathered from reports by national sporting organisations, including Badminton Australia.
- Frontiers in Sports and Active Living – Journal covering advancements in para-sport research, athlete performance metrics, and adaptive sports technologies. Available at: <https://www.frontiersin.org/journals/sports-and-active-living>
- Performance Analysis in Sport – A comprehensive guide to performance analysis techniques in elite sports, including badminton and para-sport. Available at: <https://www.routledge.com/Performance-Analysis-in-Sport-Second-Edition/Hughes-Franks/p/book/9780415673614>

**➤ SECTION 2:  
HP STRATEGY**





# INTRODUCTION

## **Sport Overview & Olympic and Paralympic History:**

Badminton is a high-speed, precision-based racquet sport, requiring agility, endurance, and tactical intelligence. It has been part of the Olympic program since 1992 and made its Paralympic debut at the Tokyo 2020 Games. Para badminton has quickly grown in global popularity, and Australia has embraced the sport, with athletes showing promise on the international stage. Australia has a proud Olympic and Paralympic history, marked by resilience, dedication, and a commitment to excellence. Although Australian badminton has yet to reach the podium at these events, the focus is now on establishing a pathway for future success.

## **HP Strategy Focus and Purpose (2025-2032):**

Our High-Performance Strategy for Badminton Australia is deeply aligned with the principles outlined in the Win Well 2032 framework. Our strategy is designed to create a sustainable, world-class program that delivers long-term success across both Able-bodied and Para badminton. At the core of our strategy is a commitment to the Win Well principles, values, and behaviours. We place a strong emphasis on athlete health, wellbeing, and holistic development as key components of our high-performance approach. This is demonstrated through our focus on World-Class Coaching, Sports Medicine, and the launch of the Athletes Commission, which provides athletes a voice and insight into their overall development and wellbeing. Our commitment extends beyond athletes, ensuring that staff also operate with integrity, accountability, and inclusivity across the entire system.


In addition, Badminton Australia is fully committed to inclusion, with Para Badminton being an integral part of our strategy. Both Able-bodied and Para athletes are included in our WITTW and performance targets, ensuring that we address the unique needs of all players. This commitment to inclusion reflects our broader goal of inspiring Australians from diverse backgrounds and promoting badminton as a sport for everyone. This strategy outlines our commitment to building pathways for athletes from grassroots through to elite competition, enhancing coaching expertise, and providing holistic athlete support, including sports science, mental well-being, and performance analysis.

Our aim is to qualify Australian athletes in all badminton disciplines for the LA 2028 Olympic and to win a medal at the LA 20208 Paralympic Games, while setting the foundation to achieve podium success at the Brisbane 2032 Olympic and Paralympic Games. The strategy focuses on creating high-performance environments that foster athlete development, competitiveness, and resilience, ensuring that Australia becomes a global leader in badminton.



**OUR VISION**

To build a legacy of world-class badminton athletes who inspire and unite Australians.



➤ Our mission is to qualify for all five disciplines at the LA 2028 Olympics, win a Paralympic medal in LA 2028, and achieve medal success at both the Olympic and Paralympic Games in Brisbane 2032.



# OUR VALUES



## EXCELLENCE

We strive for the highest standards in everything we do, pushing ourselves and each other to continuously improve. Excellence is not just about winning but about the pursuit of mastery, innovation, and resilience in our journey.



## COLLABORATION

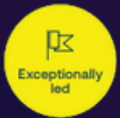
No fear and no egos.

We prioritise team work and open-mindedness.

While we may have differing opinions, decisions are made collectively with our shared objectives in mind.



# ➤ OUR VALUES



Exceptionally led

## RISK-TAKING

At times, calculated risks are necessary.

We cannot foresee every outcome, and uncertainty may arise.

We must step up, be brave and instil this in our athletes.



Athlete focused



Purposefully collaborative

## GROWTH MINDSET

We commit to continuous improvement, fostering innovation and creativity.

Complacency has no place in high-performance.

Athletes and staff must look strive for excellence daily, identifying performance gaps and address them promptly.



# ➤ OUR VALUES



Performance driven

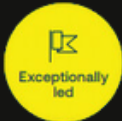


Athlete focused

## CONSISTENCY

Cultivating a high-performance culture demands consistent delivery of expert and exceptional guidance and support.

HP staff must show up daily to drive excellence.



Exceptionally led

## MODELLING

Each athlete and HP staff member embodies excellence in every facet of their lives. We prioritise optimal nutrition, restorative sleep, effective communication and mutual support.

We are fun to be around.





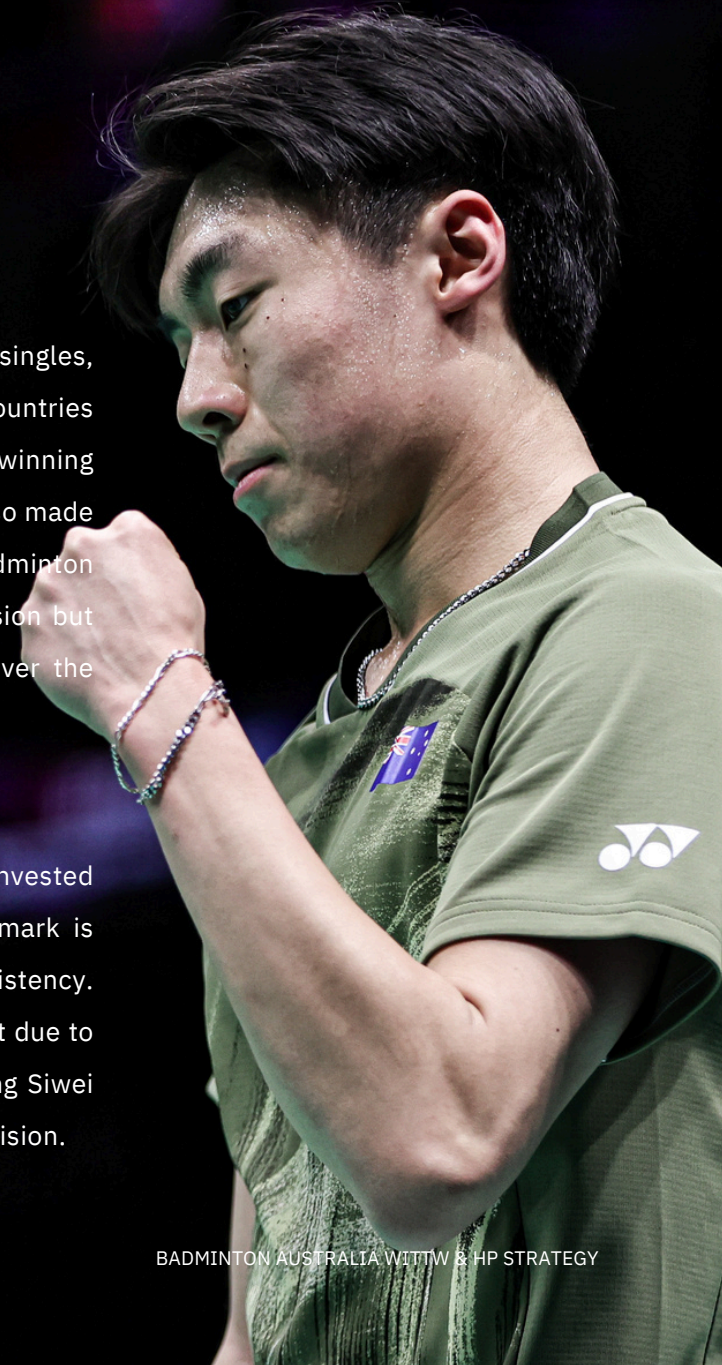
# CURRENT STATE OF PLAY OLYMPICS

## Olympic Performance History

Badminton has been part of the Olympic Games since 1992, with five disciplines: men's singles, women's singles, men's doubles, women's doubles, and mixed doubles. Over the years, countries from Asia, such as China, Indonesia, Japan, and South Korea, have consistently dominated, winning the majority of medals across all disciplines. European nations, especially Denmark, have also made significant strides, particularly in men's singles and mixed doubles. Australia's Olympic badminton history has been modest, with athletes qualifying for most Games since the sport's inclusion but with limited success beyond the early rounds. While Australian badminton has grown over the years, it has yet to produce Olympic medalists, but the potential for growth remains.

## Review of the Current World Best

The current world leaders in badminton come primarily from Asia, where countries have invested heavily in athlete development and support. In men's singles, Viktor Axelsen from Denmark is currently the standout player, renowned for his height, power, tactical discipline, and consistency. In women's singles, An Se-young from South Korea and Chen Yufei from China are dominant due to their quick reflexes, fitness, and court coverage. The mixed doubles is led by China's Zheng Siwei and Huang Yaqiong, who showcase exceptional physical abilities, coordination and shot precision.



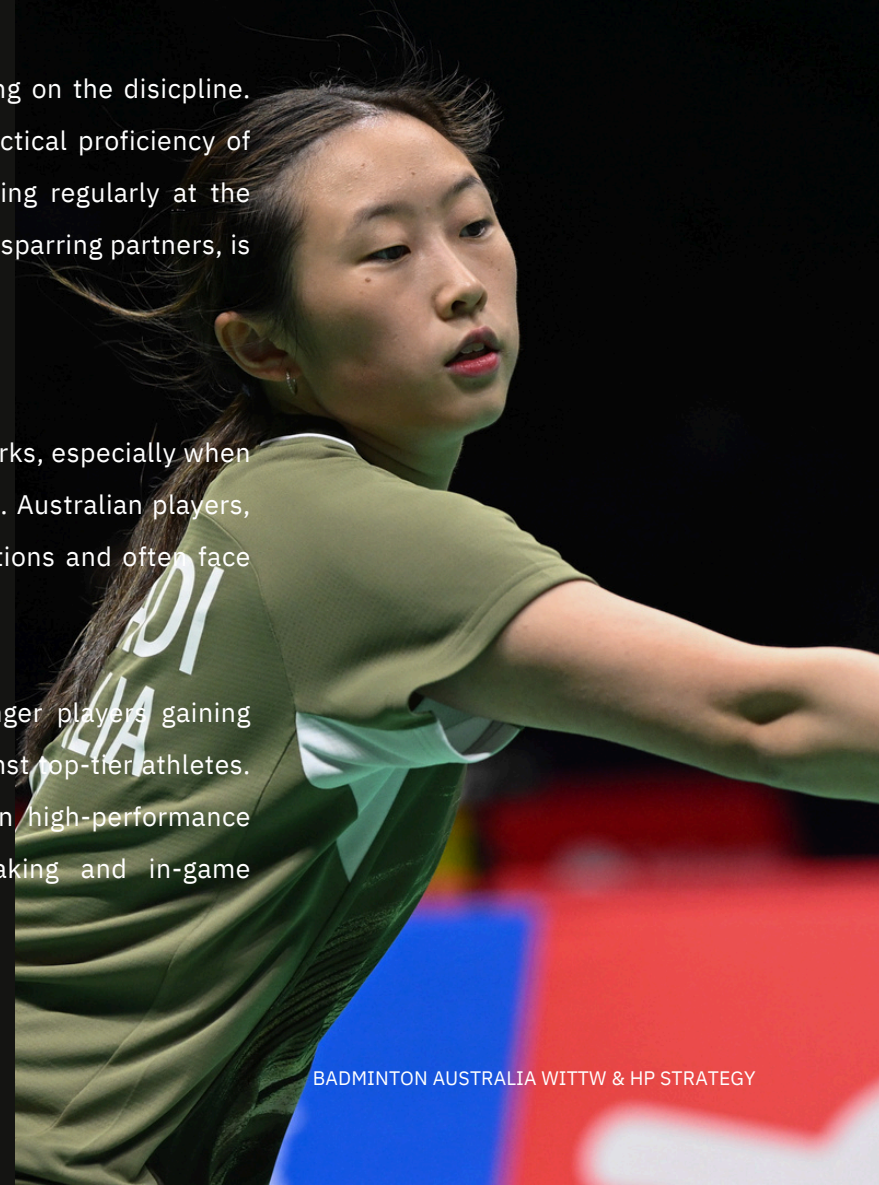
# ➤ CURRENT STATE OF PLAY OLYMPICS

The gap between Australia and the world's best remains significant, depending on the discipline. Australian players face challenges in matching the physical, technical, and tactical proficiency of the top players, as well as the intensity of competition experience. Competing regularly at the highest international level, especially in training environments with world-class sparring partners, is where Australia needs to close the gap.

## **Australia's Position Against World Benchmarks**

Australia's position in Olympic badminton currently falls behind world benchmarks, especially when compared to powerhouse countries like China, Japan, Indonesia, and Denmark. Australian players, while talented, generally struggle to advance deep into international competitions and often face early exits against higher-seeded opponents.

**Athlete and Coaching Cohort:** Australia's athletes are improving with younger players gaining international exposure, but they still require more consistent competition against top-tier athletes. The coaching cohort is strong in fundamental skills, but more investment in high-performance coaching and international exposure, particularly in tactical decision-making and in-game strategies, will be critical to bridging the performance gap.





# High Performance Pathway



\*This pathway applies to able-bodied and para athletes.

# CURRENT STATE OF PLAY OLYMPICS - SWOT

## Strengths:

**Strong development programs:** Australia has established junior programs that are growing the talent pool of emerging athletes.

**Improving athlete infrastructure:** Access to quality facilities and coaching has been expanding, helping to elevate training standards.

**Diversity in events:** Participation across all five disciplines (men's and women's singles, doubles, and mixed doubles) ensures broader opportunities for success in multiple areas.

## Opportunities:

**Emerging international partnerships:** Opportunities to collaborate with high-ranking nations for joint training camps and sparring can enhance the quality of preparation.

**Targeting "softer" events:** Competing in less-contested international tournaments could provide opportunities to secure more ranking points and build confidence.

**Improved technology and analysis:** Greater use of match data analysis and performance-tracking technology could help Australian players adapt their strategies more effectively.

## Weaknesses:

**Limited international competition exposure:** Australian athletes often lack the frequency of competition against the world's best, which limits their development under high-pressure situations.

**Sparring quality:** Due to geographic isolation, access to world-class sparring partners is limited, affecting athlete readiness for international competitions.

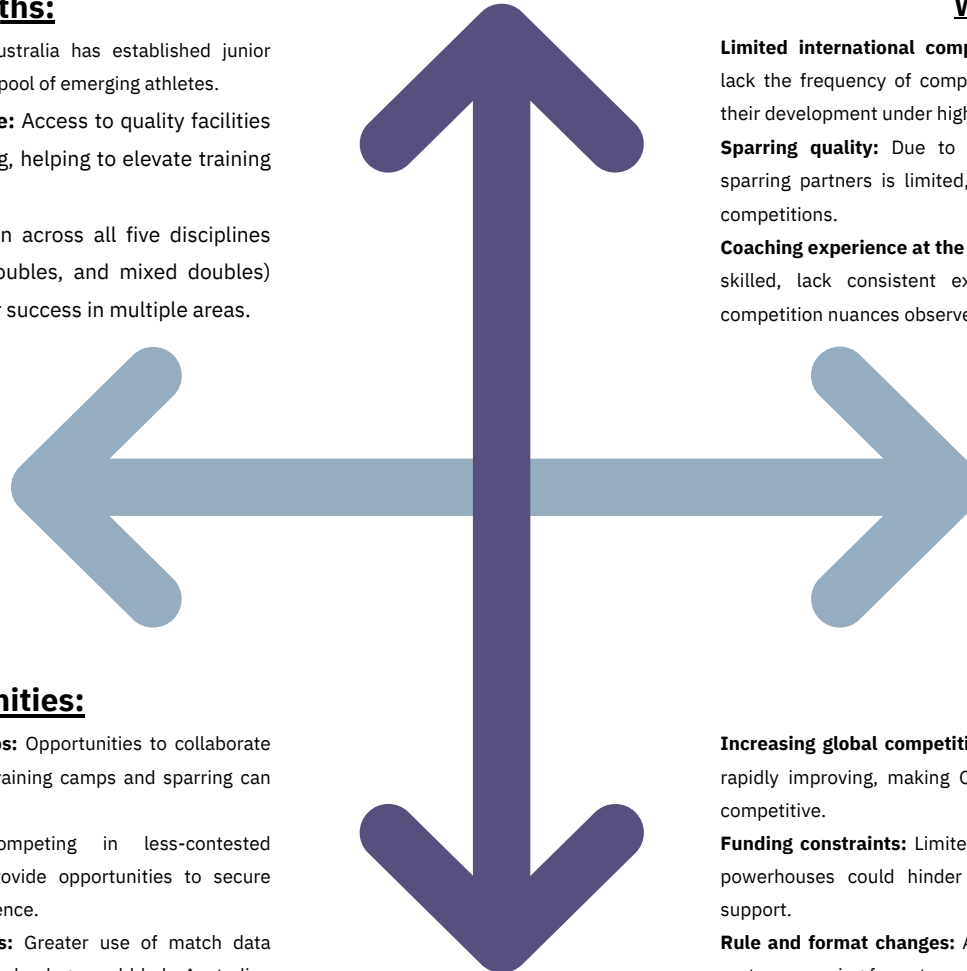
**Coaching experience at the highest level:** Australia's coaching staff, while skilled, lack consistent exposure to the latest tactical trends and competition nuances observed in top badminton nations.

## Threats:

**Increasing global competition:** Countries such as India and Thailand are rapidly improving, making Olympic qualification and success even more competitive.

**Funding constraints:** Limited financial resources compared to badminton powerhouses could hinder the growth of elite programs and athlete support.

**Rule and format changes:** Any potential changes in Olympic qualification systems, scoring formats, or equipment standards could disproportionately impact Australian athletes if not well-prepared.



# ➤ CURRENT STATE OF PLAY PARALYMPICS

## Paralympic Performance History

Paralympic badminton made its debut at the Tokyo 2020 Paralympic Games, with competitions held across several classifications based on athletes' impairments. The events include men's and women's singles, doubles, and mixed doubles, with classifications split between standing (SL and SU) and wheelchair categories (WH). Countries like Indonesia, China, and India emerged as dominant forces in the sport's Paralympic debut, securing multiple medals across various categories.

### Tokyo 2020

90 athletes (46 male, 44 female) from 28 NPCs (6 different classes) competed in 14 medal events (see table below).

### Paris 2024

120 athletes (60 male, 60 female) from 31 NPCs (6 different classes) competed in 16 medal events (see table below).

Event		2020	2024
Men	Singles WH1	X	X
	Singles WH2	X	X
	Singles SL3	X	X
	Singles SL4	X	X
	Singles SU5	X	X
	Singles SH6	X	X
	Doubles WH1-WH2	X	X
Women	Singles WH1	X	X
	Singles WH2	X	X
	Singles SL3		X
	Singles SL4	X	X
	Singles SU5	X	X
	Singles SH6		X
	Doubles WH1-WH2	X	X
Mixed	Doubles SL3-SU5	X	
	Doubles SL3-SU5	X	X
	Doubles SH6		X
<b>Events</b>		<b>14</b>	<b>16</b>

Games	Top 3 Nations Gold Medals (Silver, Bronze)	Top 3 Nations Total Medals
<b>Tokyo 2020</b>	1. China - 5 (3, 2) 2. Japan - 3 (1, 5) 3. Indonesia - 2 (2, 2)	1. China - 10 2. Japan - 9 3. Indonesia - 6
<b>Paris 2024</b>	1. China - 9 (2, 1) 2. Japan - 2 (1, 1) 3. France - 2 (0, 1)	1. China - 12 2. Indonesia - 8 3. India - 5





# CURRENT STATE OF PLAY PARALYMPICS

## Current World Best

The current world best in para badminton includes players like Leani Ratri Oktila from Indonesia (SL4 category), known for her aggressive playstyle, tactical intelligence, and technical superiority. Oktila's dominance is attributed to her ability to combine both offensive and defensive strategies while executing a wide variety of shots with precision. Her consistency in international competitions and ability to perform under pressure have widened the gap between her and her competitors.

The gap for Australia is significant in terms of both technical skills and international exposure. Australia's athletes need more consistent access to high-level competitions and training environments to close this gap.

## Australia's Position Against World Benchmarks

Australia is currently not positioned among the top para badminton nations. The country has talented para athletes, but they are relatively new to the sport compared to powerhouse nations like Indonesia, India, and China. The athlete pool for para badminton is still growing in Australia, with emerging talent but limited international experience. Coaching expertise in para badminton is also developing, and while there are strengths in adaptive training methods, Australian athletes still need more exposure to international-level coaching and competition.



# CURRENT STATE OF PLAY PARALYMPICS - SWOT

## Strengths:

**Growing talent pool:** There is an increasing interest in para badminton, with more athletes joining the national program.

**Strong support structure:** Badminton Australia has started providing better support for para athletes, including access to training facilities and coaching.

**Inclusive programs:** Efforts have been made to integrate para badminton into the broader badminton community, helping athletes feel more supported.

## Weaknesses:

**Limited international competition exposure:** Australian athletes often lack the frequency of competition against the world's best, which limits their development under high-pressure situations.

**Coaching experience at the highest level:** Australia's coaching staff, while skilled, lack consistent exposure to the latest tactical trends and competition nuances observed in top badminton nations.

**Equipment:** If Australia's para badminton athletes do not have access to equipment (like wheelchairs, prosthetics, or other adaptive gear) of comparable quality to the world's best, this could be listed as a weakness. It suggests that the athletes are not fully equipped to perform at their peak level.

## Opportunities:

**New classifications and medal events:** As para badminton expands, new classifications and events may provide opportunities for Australia to enter less competitive fields and gain medals.

**International partnerships:** Developing partnerships with countries that excel in para badminton for joint training and knowledge-sharing could help close the performance gap.

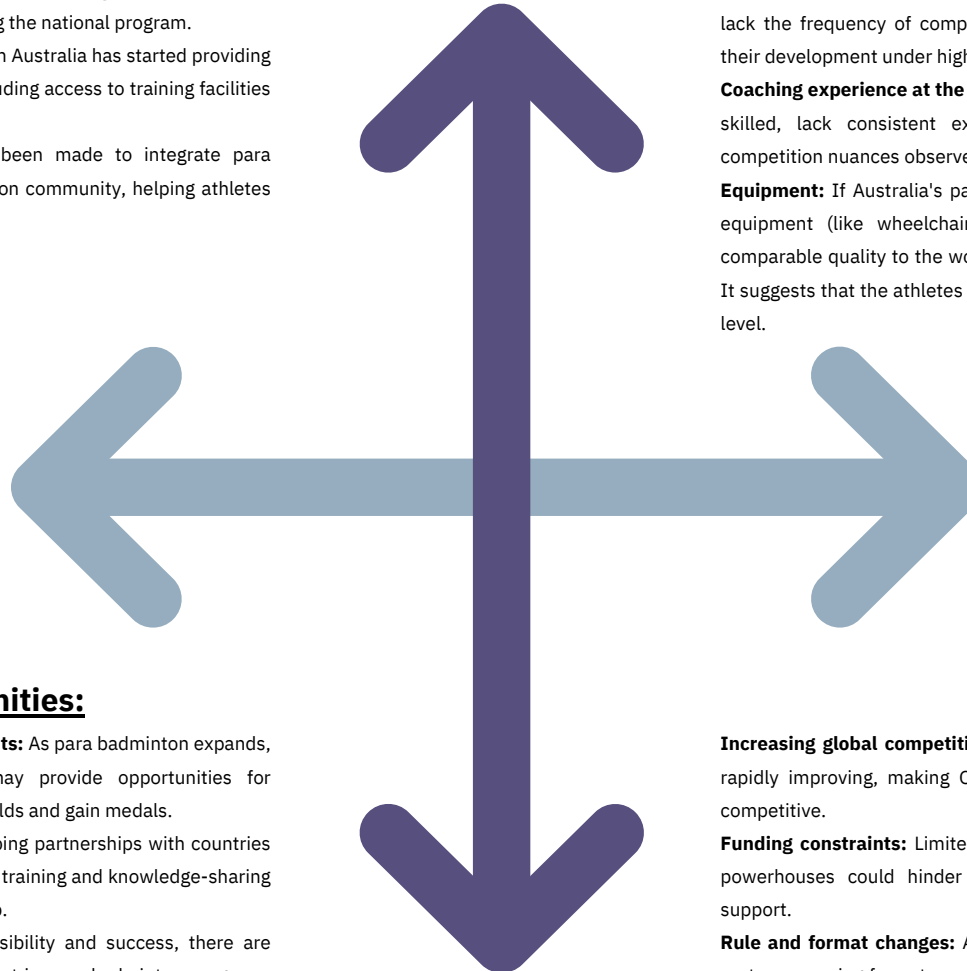
**Increased funding:** With greater visibility and success, there are opportunities for increased investment in para badminton programs in Australia, improving facilities, coaching, and athlete support.

## Threats:

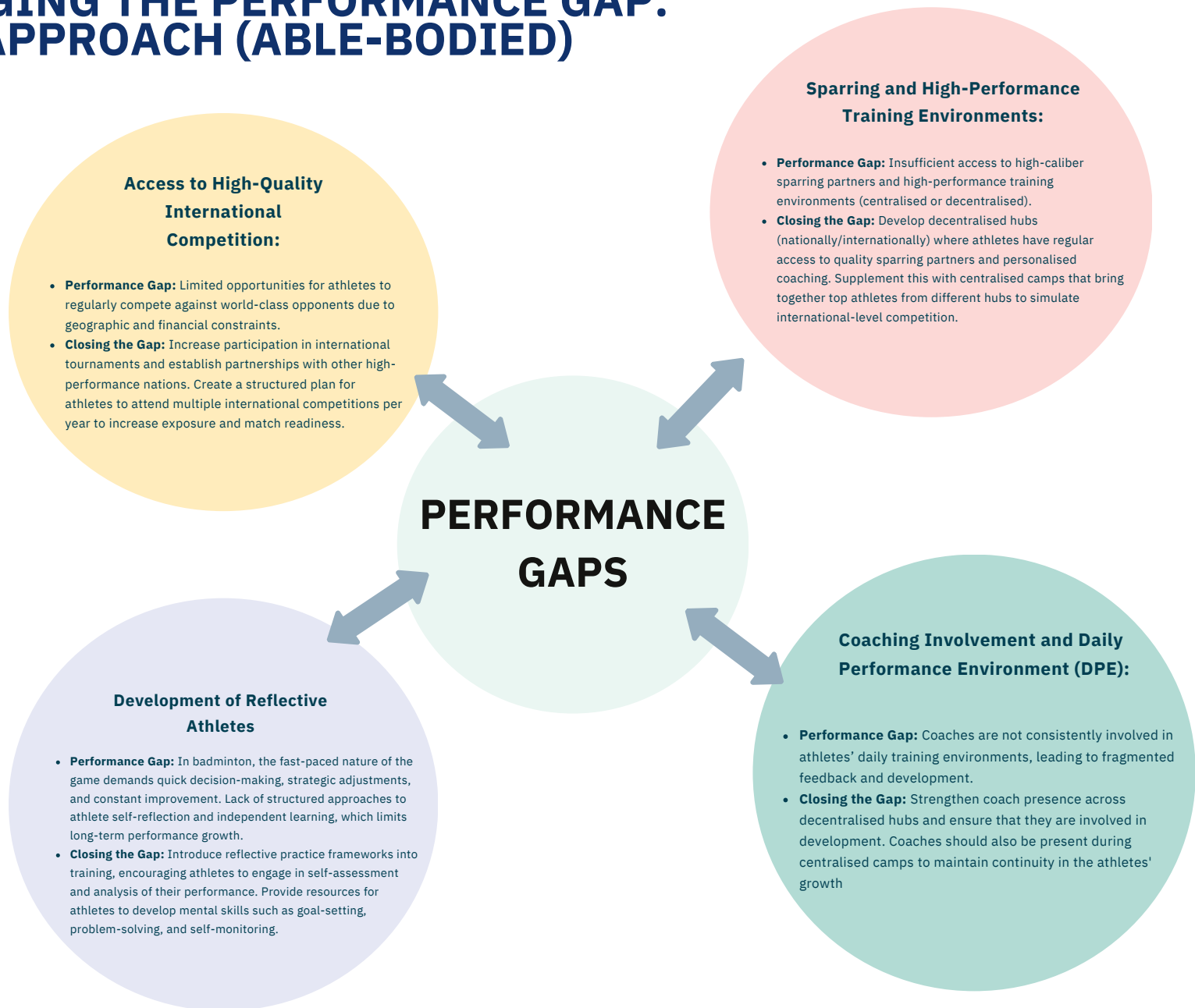
**Increasing global competition:** Countries such as India and Thailand are rapidly improving, making Olympic qualification and success even more competitive.

**Funding constraints:** Limited financial resources compared to badminton powerhouses could hinder the growth of elite programs and athlete support.

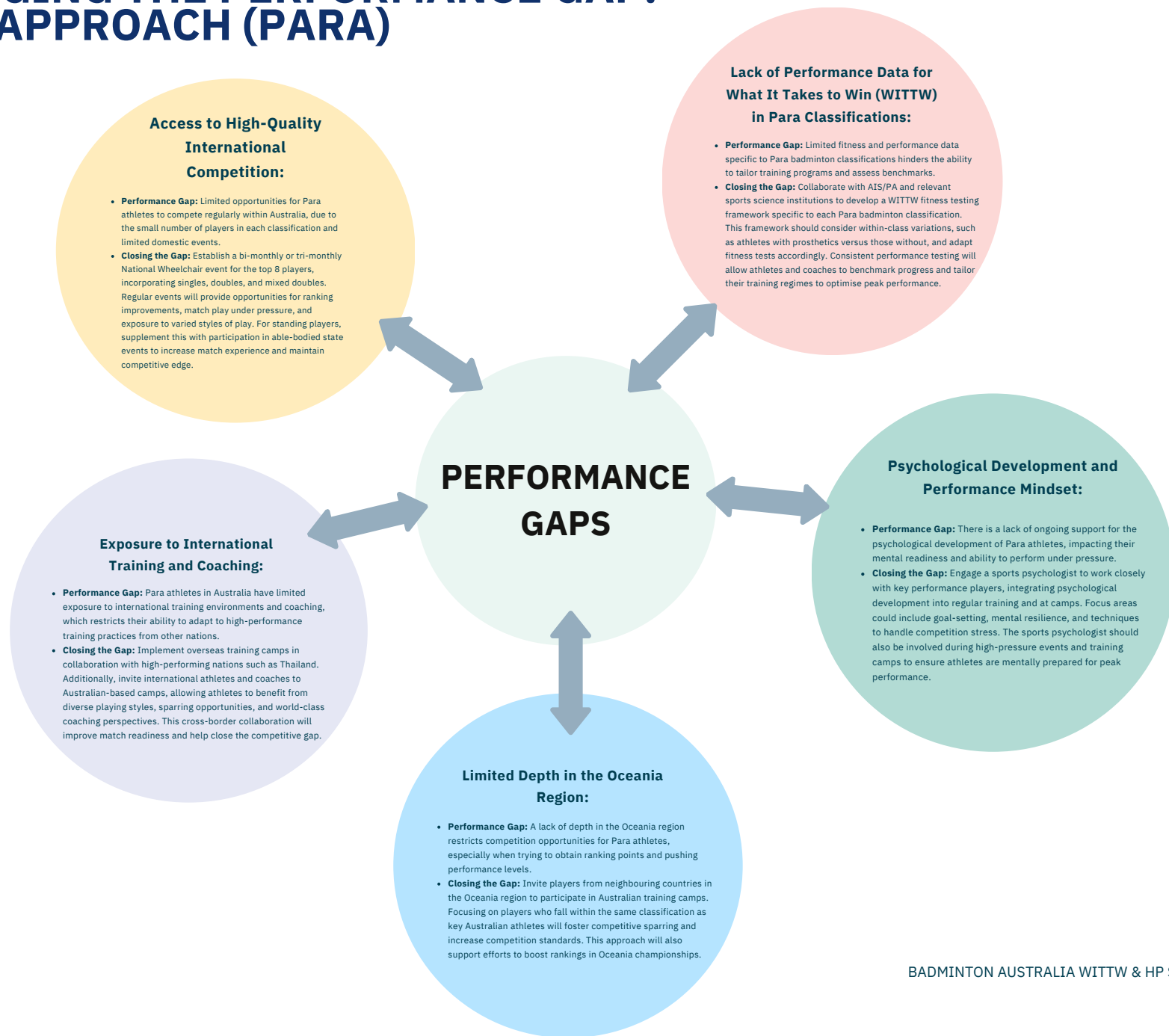
**Rule and format changes:** Any potential changes in Olympic qualification systems, scoring formats, or equipment standards could disproportionately impact Australian athletes if not well-prepared.



# BRIDGING THE PERFORMANCE GAP: OUR APPROACH (ABLE-BODIED)



# BRIDGING THE PERFORMANCE GAP: OUR APPROACH (PARA)



# HIGH PERFORMANCE STRATEGY PRIORITY AREAS - ABLE BODIED

## Strategic Priority 1: Performance Delivery

**Objective:** To build on existing structures and embed strategic initiatives that enable top athletes to perform optimally when it matters. This includes enhancing daily performance environments (DPE), refining athlete categorisation systems, improving competition readiness, and expanding athlete development through international exposure and high-performance coaching.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Build on existing structures, ensuring alignment with long-term strategy.</b>	<ol style="list-style-type: none"> <li>1. Refine and test athlete categorisation and support systems.</li> <li>2. Establish baseline performance standards and optimise the Daily Performance Environment (DPE).</li> <li>3. Strengthen support systems for competition readiness, focusing on recovery, resilience, and adaptability.</li> </ol>	National Head Coach, High Performance Manager, CEO	2025-2026	<ol style="list-style-type: none"> <li>1. Athlete categorisation accuracy (improved resource allocation).</li> <li>2. Quarterly reviews showing progression.</li> <li>3. Annual framework adjustments based on athlete feedback and performance.</li> </ol>
<b>Embed strategic initiatives and align resources for enhanced competition performance.</b>	<ol style="list-style-type: none"> <li>1. Implement a streamlined performance monitoring system and align training with pinnacle event schedules.</li> <li>2. Deliver enhanced support for daily performance and competition environments.</li> <li>3. Focus on strategic international competition exposure for athlete growth.</li> </ol>	National Head Coach, Assistant Coach, High Performance Manager	2026-2027	<ol style="list-style-type: none"> <li>1. Athlete performance data tracked and analysed, with measurable improvement in key metrics (recovery, agility, etc.).</li> <li>2. Monthly performance reports.</li> <li>3. International competition performance outcomes.</li> </ol>
<b>Achieve tangible results at Pinnacle Events like the LA 2028 Olympics/Paralympics.</b>	<ol style="list-style-type: none"> <li>1. Focus on peak performance at pinnacle events, while continuing athlete development.</li> <li>2. Expand competitive breadth to include new events and classes.</li> <li>3. Focus on continuous high-performance coaching and support.</li> </ol>	National Head Coach, Assistant Coach, High Performance Manager	2027-2028	<ol style="list-style-type: none"> <li>1. Performance at pinnacle events (medal achievements, top 8 finishes).</li> <li>2. Athlete performance reviews and success in new events/classes.</li> <li>3. Increased access to high-performance coaching and athlete engagement.</li> </ol>
<b>Maintain and build on successes, positioning Australia for continued international dominance.</b>	<ol style="list-style-type: none"> <li>1. Continue to nurture emerging athletes and new sporting disciplines.</li> <li>2. Demonstrate sustained success in key events, with a focus on performance at the Brisbane 2032 Games.</li> <li>3. Ensure adaptability in response to new competition formats or rule changes.</li> </ol>	National Head Coach, Assistant Coach, High Performance Manager	2029-2032	<ol style="list-style-type: none"> <li>1. Athlete satisfaction (90% positive feedback on training environment).</li> <li>2. 15% improvement in physical metrics within 6 months.</li> <li>3. 95% athlete attendance and engagement at key training and competition events.</li> </ol>



## Strategic Priority 2: Athlete Performance Pathways

**Objective:** To identify, develop, and support High-Performance athletes for future success, ensuring a systematic progression towards pinnacle event podiums and beyond. This will be achieved by integrating holistic athlete development, optimising transition periods, providing sustainable athlete support, and making intelligence-informed decisions.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Expand International Competition Exposure</b>	<ol style="list-style-type: none"> <li>Increase international competition opportunities for athletes in the pathway.</li> <li>Establish partnerships with overseas academies/clubs for training programs.</li> </ol>	National Head Coach, High Performance Manager	2025-2028	<ol style="list-style-type: none"> <li>Participation in at least 10 international events per year.</li> <li>Measurable performance improvements in competition outcomes (win/loss ratio, ranking improvements).</li> </ol>
<b>Sustained Athlete Support for Pinnacle Events</b>	<ol style="list-style-type: none"> <li>Increase retention of athletes from identified high-potential groups.</li> <li>Expand support to ensure long-term engagement of high-potential athletes.</li> </ol>	High Performance Manager, National Coach	2025	<ol style="list-style-type: none"> <li>Retention of 85% of identified high-potential athletes.</li> <li>Progression tracking with measurable improvements in competition performance at pinnacle events.</li> </ol>
<b>Broaden Athlete Pathways</b>	<ol style="list-style-type: none"> <li>Understand barriers to entry and progression for under-represented populations.</li> <li>Engage with athletes and key stakeholders to create a system-wide plan.</li> </ol>	High Performance Manager	2025-2026	<ol style="list-style-type: none"> <li>Increased representation from under-represented populations.</li> <li>Completion of athlete categorisation and data systems.</li> </ol>
<b>Holistic Athlete Development</b>	<ol style="list-style-type: none"> <li>Establish direct athlete support (financial, coaching, science support).</li> <li>Implement integrated athlete well-being programs across physical and mental aspects.</li> </ol>	High Performance Manager, National Head Coach, Sports Science Team	2025	<ol style="list-style-type: none"> <li>90% athlete satisfaction with support provided.</li> <li>Measurable improvements in athlete well-being indicators (e.g., injury prevention, mental resilience).</li> </ol>



### Strategic Priority 3: World-Leading Knowledge in Practice & Wellbeing

**Objective:** To integrate cutting-edge sports science, research, and technological innovation into the daily training environments to optimise athlete performance and recovery, ensuring that Australian athletes have the competitive edge to succeed on the world stage.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Long-term Athlete Health &amp; Well-being</b>	<ol style="list-style-type: none"> <li>1. Establish long-term health and well-being monitoring system for athletes (physical and psychological).</li> <li>2. Provide mental health and resilience programs tailored to high-performance needs.</li> </ol>	National Head Coach, Sports Psychologists, A&W Lead	2025	<ol style="list-style-type: none"> <li>1. Surveys measuring athlete mental health and resilience improvement.</li> </ol>
<b>Innovation in Sports Science and Medicine</b>	<ol style="list-style-type: none"> <li>1. Establish collaborative research partnerships with top sports institutes.</li> <li>2. Implement sports science innovations (e.g., recovery techniques, injury prevention).</li> </ol>	High Performance Manager, National Head Coach	2025	<ol style="list-style-type: none"> <li>1. Number of sports science innovations successfully implemented.</li> <li>2. Measured improvements in recovery times and injury reduction.</li> </ol>
<b>International Collaboration and Benchmarking</b>	<ol style="list-style-type: none"> <li>1. Establish international collaborations to gain insights from leading sports science experts and apply best practices from other countries.</li> <li>2. Benchmark Australia’s program against world-leading practices.</li> </ol>	National Head Coach, Sports Scientists	2026-27	<ol style="list-style-type: none"> <li>1. Collaboration reports from international sports science institutions.</li> <li>2. Measurable improvements in athlete performance compared to global benchmarks.</li> </ol>
<b>Knowledge Transfer &amp; Best Practices</b>	<ol style="list-style-type: none"> <li>1. Develop a system-wide knowledge sharing platform for coaches and sports scientists.</li> <li>2. Create regular workshops for athlete education on performance optimisation.</li> </ol>	High Performance Manager	2026	<ol style="list-style-type: none"> <li>1. Number of workshops conducted and athlete attendance rates.</li> <li>2. Coaches' satisfaction and feedback on knowledge-sharing platform effectiveness.</li> </ol>



## Strategic Priority 4: Outstanding People and Organisations

**Objective:** To build a high-performance organisational culture supported by skilled, knowledgeable staff and robust leadership, fostering an environment that enables athlete success on the world stage. This will be achieved by focusing on continuous professional development, strategic recruitment, and a commitment to diversity and inclusion, ensuring all organisational levels contribute effectively to the high-performance system by 2025.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Organisational Capability</b>	<ol style="list-style-type: none"> <li>1. Implement a framework for continuous professional development for all staff.</li> <li>2. Establish regular performance reviews to assess progress.</li> </ol>	CEO, High Performance Manager	2025-2026	<ol style="list-style-type: none"> <li>1. Percentage of staff completing development programs.</li> <li>2. Staff performance metrics show improvement across key roles.</li> </ol>
<b>Workforce Development &amp; Planning</b>	<ol style="list-style-type: none"> <li>1. Develop and implement a strategic workforce plan to ensure role clarity and efficient operations.</li> <li>2. Recruitment of skilled coaches &amp; staff.</li> </ol>	CEO, HR	2025	<ol style="list-style-type: none"> <li>1. Percentage of critical roles filled by highly qualified individuals.</li> <li>2. Yearly assessment of team capacity and skill alignment with strategic objectives.</li> </ol>
<b>Workforce Diversity &amp; Belonging</b>	<ol style="list-style-type: none"> <li>1. Launch initiatives promoting diversity and inclusion within the high-performance workforce.</li> <li>2. Regular assessment of workforce diversity.</li> </ol>	CEO, Diversity & Inclusion Lead	2026	<ol style="list-style-type: none"> <li>1. Increased representation of diverse groups in the workforce.</li> <li>2. Annual workforce diversity survey results indicate improvements in belonging and culture.</li> </ol>
<b>System Effectiveness &amp; Collaboration</b>	<ol style="list-style-type: none"> <li>1. Establish cross-functional team collaborations across departments.</li> <li>2. Implement efficient communication channels and decision-making processes.</li> </ol>	CEO, High Performance Manager	2025	<ol style="list-style-type: none"> <li>1. Positive feedback from cross-functional teams.</li> <li>2. Increased efficiency in decision-making and task execution as measured by team feedback and performance data.</li> </ol>

# HIGH PERFORMANCE STRATEGY PRIORITY AREAS - PARA

## Strategic Priority 1: Performance Delivery

**Objective:** To enhance the performance readiness of Para athletes by optimising competition environments and ensuring all disciplines have the necessary support to qualify for major competitions like the Paralympics, with a focus on maintaining a strong talent pipeline and addressing the decrease in Paralympic targets from LA to Brisbane.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Para Athlete Categorisation Framework</b>	Refine the athlete categorisation system to include specific considerations for Para classifications.	National Para Head Coach	2025	Quarterly reviews on athlete progress and adjustments to categorisation frameworks.
<b>International Para Competitions</b>	Implement tailored competition schedules for Para athletes to increase international exposure.	National Para Head Coach	2025-2026	Number of international competitions attended; athlete feedback and performance metrics.
<b>Enhanced Para Daily Performance Environment (DPE)</b>	Establish DPE tailored to Para athlete needs, focusing on recovery, classification-specific training. In addition to the standard inclusions in world class DPEs, conduct accessibility audits to ensure centres/training and domestic competition facilities are accessible; ensure centre management and performance support staff understand Para athlete needs.	National Para Head Coach	2025	Athlete satisfaction, injury rates, and performance outcomes at key events.
<b>Talent ID Program</b>	Implement a Para System Uplift focusing on retaining and supporting current Para athletes and preparing for future cohorts. Target groups should include relevant disability and disability sport organisations, rehabilitation centres, schools, community recreation centres plus TID and Talent Transfer initiatives in collaboration with Paralympics Australia).	National Para Head Coach	2025-2026	Retention rates of current Para athletes and increase in Para athlete recruitment.



## Strategic Priority 2: Athlete Performance Pathways

**Objective:** To identify, develop, and support the next generation of Para athletes by creating structured, holistic athlete performance pathways. These pathways will ensure sustainable progress through access to international competition, athlete support for Pinnacle Events, and the development of a broader, more inclusive Para athlete talent pool.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Expand International Competition Exposure</b>	Increase opportunities for Para athletes to participate in international events. Domestic and international – appropriate for the development level of the athlete and qualification timelines/requirements (where relevant).	National Para Head Coach	2025	Number of athletes qualifying for international competitions.
<b>Sustained Athlete Support for Pinnacle Events</b>	Develop a support framework for Para athletes attending international competitions.	National Para Head Coach	2025	Athlete retention and performance rates.
<b>Broaden Athlete Pathways</b>	Create multiple athlete development pathways that cater to different disability classifications. Para Badminton Profiling project – initiative to: develop an evidence-based WITTW (by class/event); identify potentially “soft” events; and identify, implement, review optimal testing protocols for para badminton athletes (by class/event).	National Para Head Coach	2026	Pathway entry and progression rates.
<b>Holistic Athlete Development</b>	Implement holistic training that includes physical, mental, and recovery support systems specifically for Para athletes. Growth of financial support (over time) to enable athletes and staff to commit full-time to Para Badminton (with appropriate long term/career planning)	National Para Head Coach	2026	Athlete satisfaction and performance progression.



### Strategic Priority 3: World-Leading Knowledge in Practice & Wellbeing

**Objective:** To integrate cutting-edge sports science, research, and innovation into Para athletes' training environments to optimise performance, health, and recovery. This objective focuses on embedding Para-specific advancements in technology, data analytics, and research collaborations. The aim is to ensure Para athletes benefit from the latest insights and practices to achieve world-class results, while knowledge-sharing programs equip Para coaches and support staff with the best tools and information.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Long-term Athlete Health &amp; Well-being</b>	Research and integrate technology for tracking Para athlete performance and recovery.	Para Sports Science Lead	2025	Performance improvements and technology adoption.
<b>Equipment</b>	Equipment (para badminton-specific chairs for WH1, WH2 classes, prosthetics for relevant SL3 and SU5 athletes). Collaborate with Paralympics Australia on potential projects to improve Para Badminton disability sport equipment (e.g., seating project for WH1, WH2 classes; arm prosthetic for balance, where relevant).	Data Analyst, Para Coach	2025	Identify what the World Best are using and establish relationships/partnerships with relevant equipment manufacturers/suppliers/prosthetics .
<b>Coach Education</b>	Coach and official education initiatives – to ensure badminton coaches and officials are familiar with Para Badminton rules, regulations, equipment needs, class/event specifics, athlete needs, qualification requirements and training and competition opportunities.	Para Coach	2025-2026	Number of coaches courses delivered specifically regarding Para-badminton
<b>International Collaboration and Benchmarking</b>	Partner with international Para research institutions to drive innovation in Para training and recovery. Development of a Para Badminton data base – including WITTW data, match results/statistics and videos, etc	Para Coach	2026-27	Number of collaborative projects and innovation adoptions.



## Strategic Priority 4: Outstanding People and Organisations

**Objective:** To build an inclusive, high-performing organisational culture that supports the growth of Para athletes, coaches, and support staff. This includes creating leadership pathways for individuals with expertise in Para sport, fostering a diverse and inclusive workforce, and ensuring that all staff are equipped with the knowledge and skills necessary to meet the unique needs of Para athletes. The goal is to retain top talent, increase diversity in leadership, and cultivate an organisation capable of sustained success in Para sport at Pinnacle Events.

Focus Areas	Initiatives	Responsibility	Year	Measure
<b>Organisational Capability</b>	Build leadership teams with expertise in Para sports management.	CEO, Para Coach	2025-2026	Leadership engagement and satisfaction levels.
<b>Workforce Development &amp; Planning</b>	Increase workforce training in Para-specific knowledge and inclusivity.	CEO, HR	2026	Workforce training participation and competency rates.
<b>Workforce Diversity &amp; Belonging</b>	Ensure representation of Para athletes and coaches in all leadership roles.	CEO	2026	Diversity representation metrics in workforce and leadership.
<b>System Effectiveness &amp; Collaboration</b>	Foster collaboration between different sports and disability sectors to create an integrated support system.	CEO	2026	Level of cross-sector collaboration and program effectiveness.



Badminton Australia's High Performance Strategy is a collective effort, and it's up to all of us to collaborate towards achieving our shared goals.

Our journey begins now.