

## -Achievements, Legacy and Continuity 2020-

### International Relations in Judo Athlete Development.

A Case study in Australia and Japan

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#### Introduction

- Sport has the power to inspire, unite people from diverse backgrounds and create hope. It's so much more than just a game. It is a tool for transformation on multiple levels.
- As the world is becoming increasingly connected, determining how sport is productively used to promote community wellbeing, youth development, cross cultural communication and international relations is of great significance.
- A better understanding of the environment in sport and country-specific cultural contexts can offer meaningful information to assist further development and to manage strategies.
- Successful athletes depend upon positive developmental environments and holistic support systems. In addition, International collaboration is vital in the development of conducive environments.
- Thus, this study aims to identify the wholistic developmental pathways of Judoka in Australia and Japan, analyzing the effects of International relations in athlete development.



#### Literature Review

- To achieve international competitive success, coaches should be conscious of specific program design/management strategies. These includes the integration of international coaching and training in order to develop skills and awareness of the athlete level and expectations.
- Various challenges confront competitors during the transition from club level to national to international. This includes more experience in skilled international counterparts.
- Novice competitors and social members also are affected by increased opportunities of belonging and cultural experiences that arise through international relations and higher levels of funding/investment from institutions.
- On an individual level, the effect of international and cultural exposure in non-sport domains can aid in development of young athletes through various opportunities, positively effecting career choices and/or higher education.



#### Methods

- National and International Judo results in both Australian and Japanese Judoka between 2008 and 2020 have been analyzed to identify patterns in athlete development as a result of international collaboration.
- Sport specific physical testing will contribute quantitative data in the level of athletic development.
- A research questionnaire addressing the contribution of International relations on athletic development and competition success will also be completed by judoka from Australia and Japan, with data subjected to conceptual content analysis.



#### Expected Results

- Analysis of Competitive Judo results, athlete development and international collaboration should identify the timeframes/factors associated with athlete achievement.
- Questionnaire findings should elucidate athletes' perceptions of the importance of international relations outlining the support/resources provided by several Institutions. Practical suggestions and conclusions will extend from these results.



#### Preliminary Findings

- Exposure to daily coaching from international coaches and training partners was highlighted as crucial to development of performance and cultural awareness by both coaches and athletes.
- Athlete self perceived competition success was positively linked to an increase in opportunities/support from respective institutions and/or national federations. Furthermore, competitive success showed to increase self-confidence and adherence as both an athlete in the sport and in an administration level.



**“Potential Pathways for Growth though JUDO”**

<https://judouwa.com.au/> ; <https://www.uwa.edu.au/> ; <http://tias.tsukuba.ac.jp/>