

Pathway to High Performance



IABA Club Forum
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Getting on the same page

“Pathways to performance - developmental stages involving learning activities, training, competition and other factors that influence the progression towards elite senior performance”

The journey to successful senior elite performances is not a straight line



The reality is more like...



Each individual journey is unique and inevitably will have setbacks, adversity and loss...



What are the barriers to reaching senior elite level?

Work life

Too much pressure

Achieving success too early

Coaches who don't care enough!

Kids being trained like adults

Pushy parents

Relationships outside of sport

Pushy coaches

Injury

Lack of motivation/enjoyment

Other sports/hobbies

Social circle changes in the club

College life

Non-selection at junior
Selection at junior level tends to favour early developers.

What does a good pathway structure look like?

1. Holistic and takes into account each child's individual stage of development
2. Understands that success at junior does not automatically mean success at senior
3. Understands that selection policies can deny late developers opportunities to compete
4. Provides plenty of opportunities to compete at regional and national level - provincial academies
5. Provides high quality coaching support and a coaching community that nurtures and develops juniors
6. Targets competitions that are aligned with the stage of development
7. Education around high-performance lifestyle starts at 16/17 years
9. Bridges the gap between clubs and high performance in comms and practice - HP relies on grassroots
10. Has an overarching theme of keeping juniors engaged in the sport for as long as possible

This is not about trying to fix what isn't broken!



In 2026

Recruit for a Performance-Pathway Lead

In a nutshell...

- Facilitate a national debate about a structured pathway for Irish amateur boxing
- Work with members to develop a pathway strategy for Irish amateur boxing
- Engage with Central Council and collaborate on the development of a pathway structure
- Work with Provincial Units to establish more regional pathway competition opportunities
- Be the working link between High Performance and Clubs/Members
- Work with coach education department
- Organise more HP educational work shops for young boxers and club coaches

Thank you