

SURFING THE COMPLEXITY:

MAINTAINING RELEVANCE OVER A CAREER

Jamie Stanley PhD

South Australian Sports Institute

Australian Cycling Team

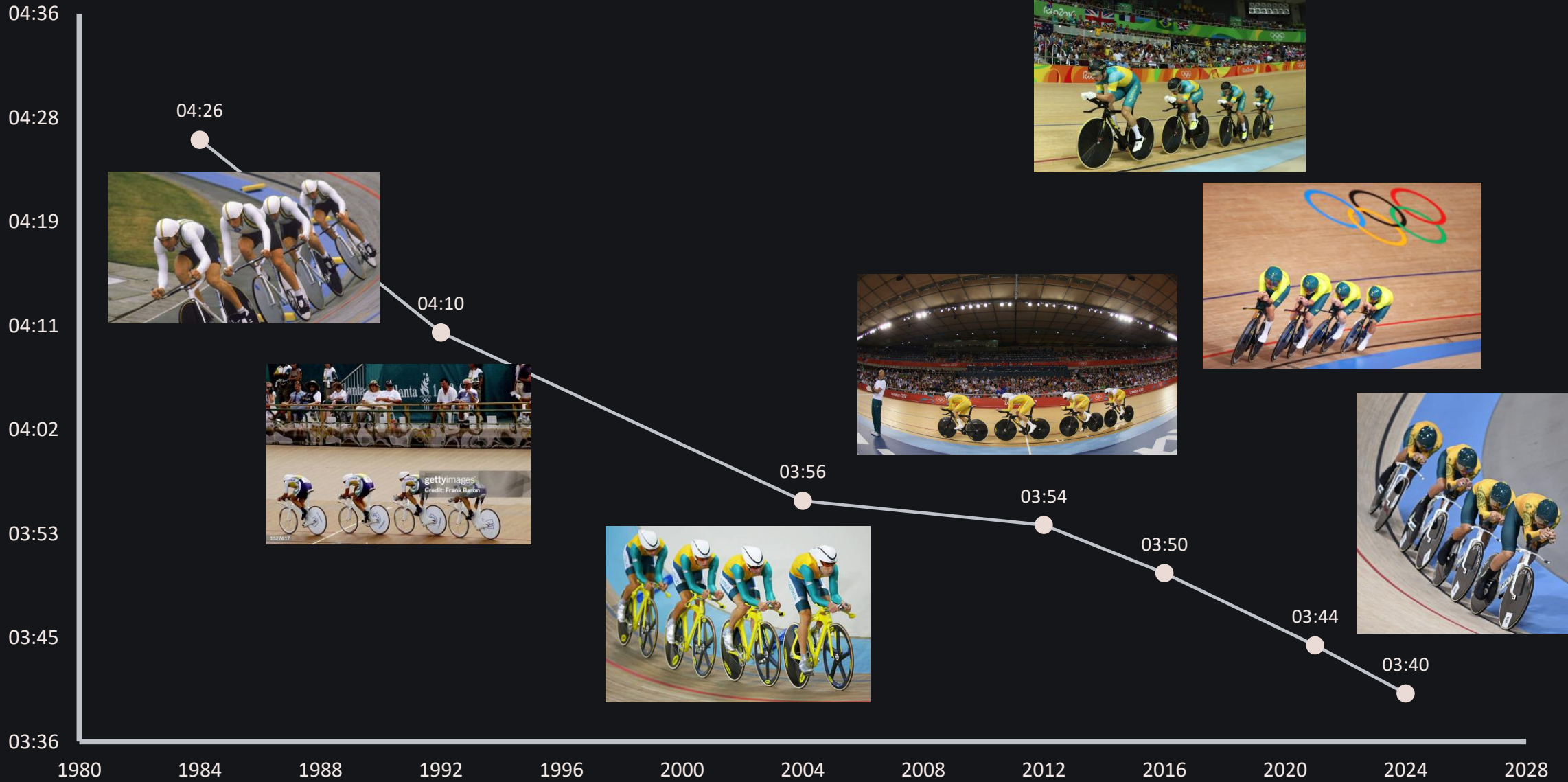
Swimming Australia High Performance Unit

University of South Australia

✉ jamie.stanley@sa.gov.au

✕ [@jamiestanley85](https://twitter.com/jamiestanley85)





WHAT DOES GOOGLE GEMINI SAY?

- Continuous Learning:** Embrace lifelong learning. Stay updated with the latest trends, technologies, and industry news. Attend workshops, conferences, or pursue further education.
- Embrace Technology:** Leverage technology to streamline your work, enhance productivity, and improve communication. Be open to learning new tools and software.
- Networking:** Build and maintain strong relationships with colleagues, mentors, and industry professionals. Attend industry events, conferences, and online forums to expand your network.
- Showcase Your Skills:** Actively seek opportunities to demonstrate your skills and expertise. Share your knowledge through blog posts, presentations, or social media. Take on new challenges for projects or take on new roles.
- Adaptability:** Be flexible and open to change. Industries and job markets are constantly evolving. Be willing to adapt to new situations, embrace new technologies, and acquire new skills relevant to the current market.
- Personal Branding:** Develop a strong personal brand that reflects your unique skills, experience, and values. Create a professional online presence through social media and a well-crafted resume.
- Seek Feedback:** Actively seek feedback from colleagues, mentors, and managers to identify areas for improvement and growth. Use this feedback to refine your skills and enhance your performance.
- Mentorship:** Consider mentoring others to share your knowledge and experience. Mentoring can also help you stay connected to the latest trends and gain a fresh perspective.

DO WHAT INTERESTS YOU

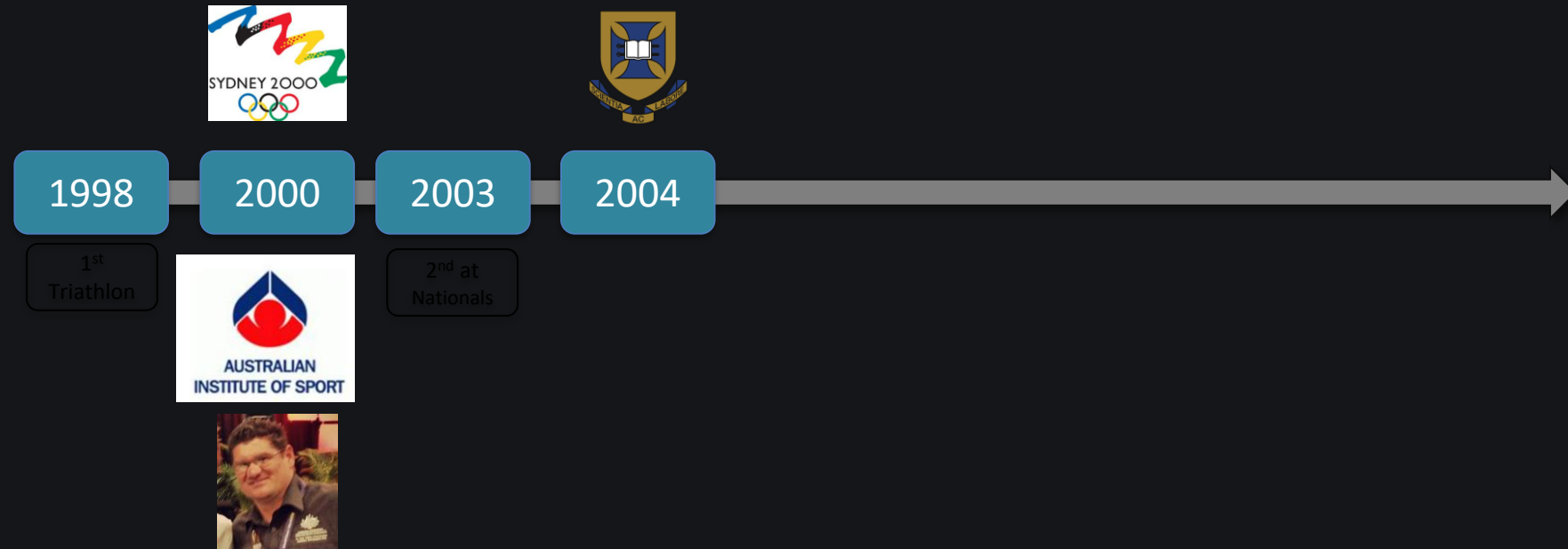


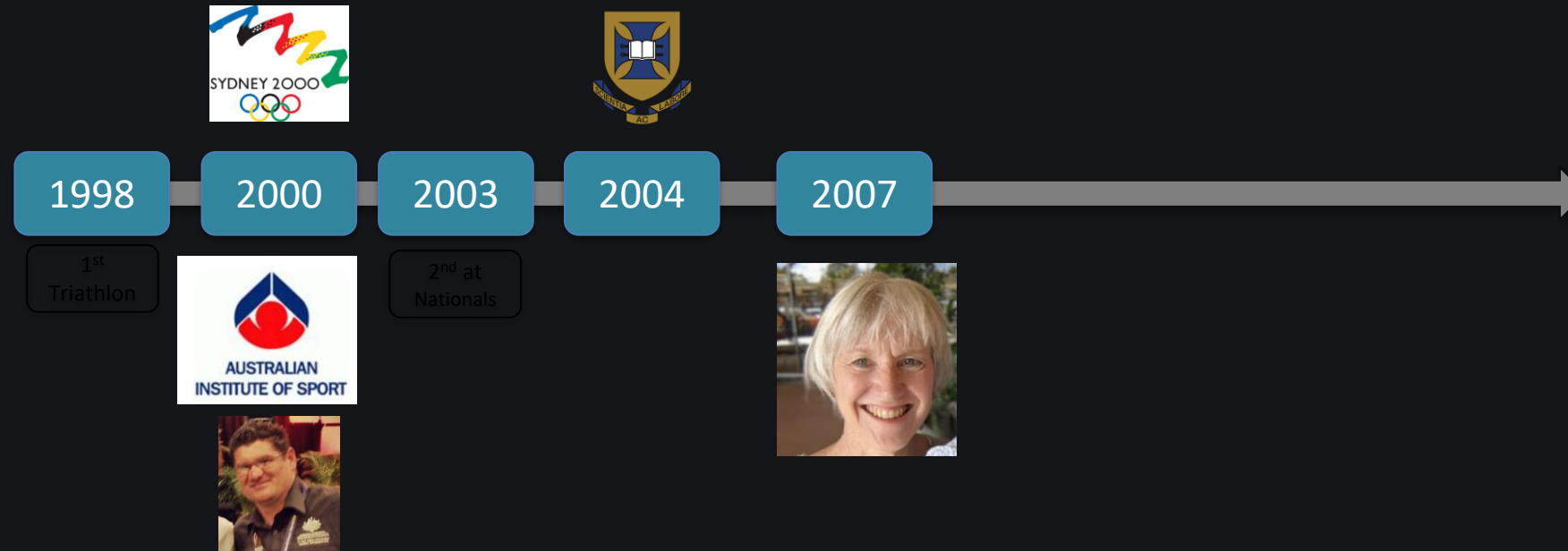
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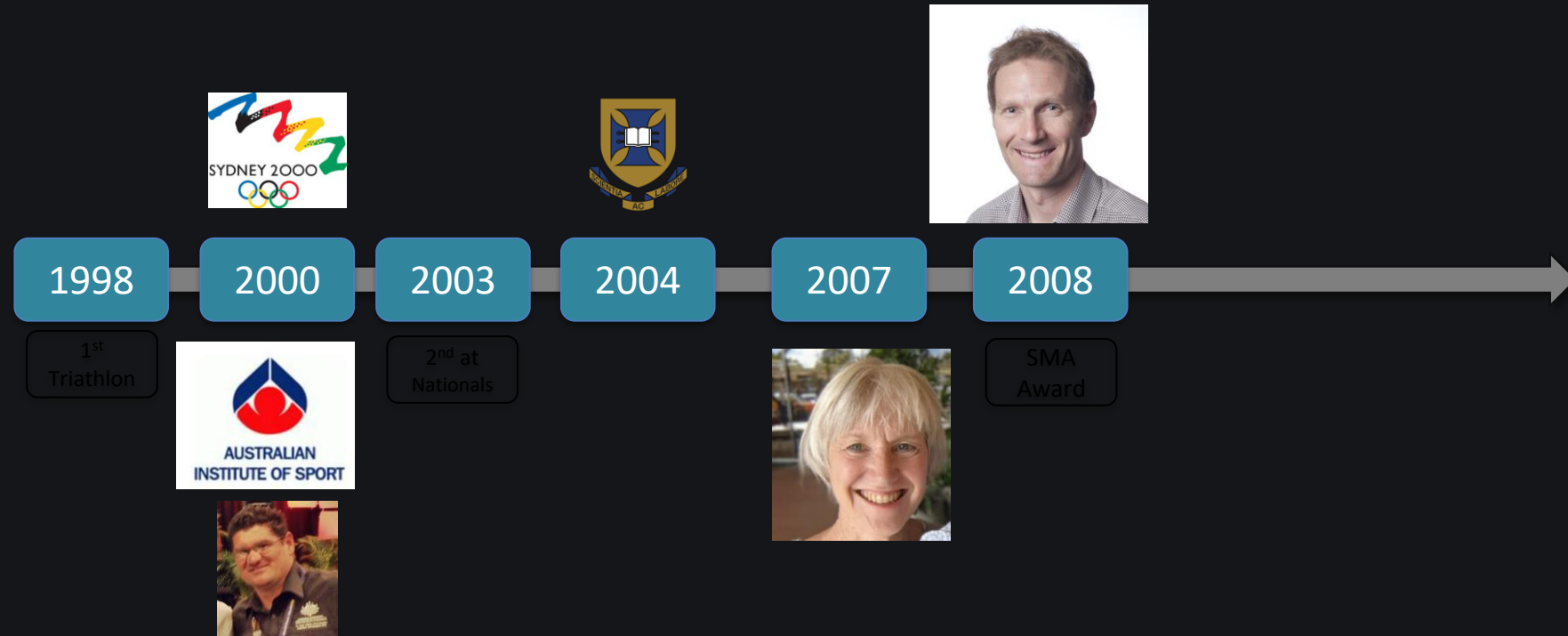
Over training

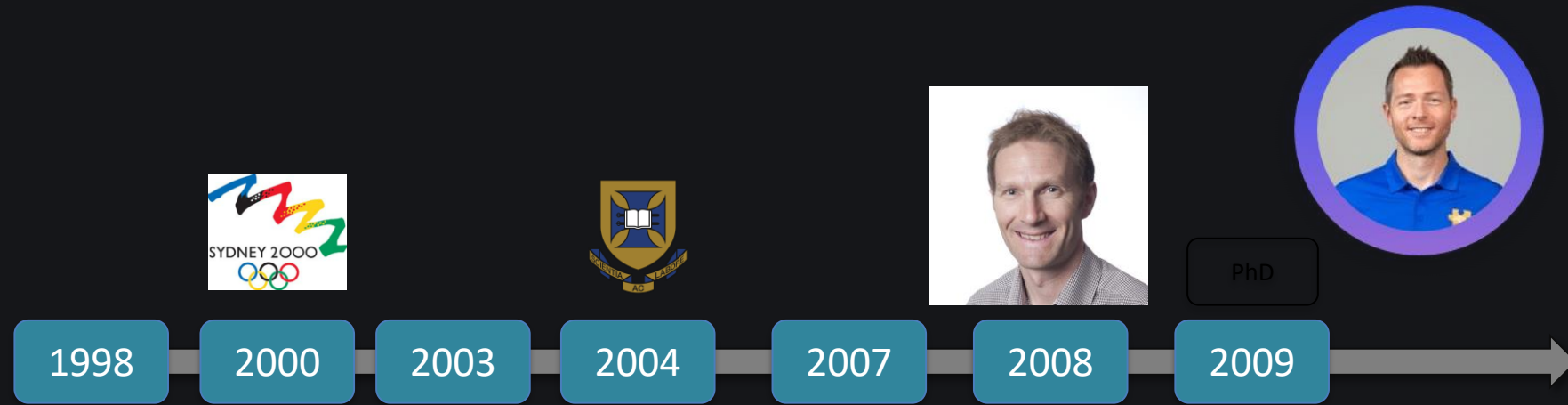
*You do the stuff
you're good at*

*Measurement &
quantification*









1998

1st
Triathlon



2000



2003

2nd at
Nationals



2004

2007



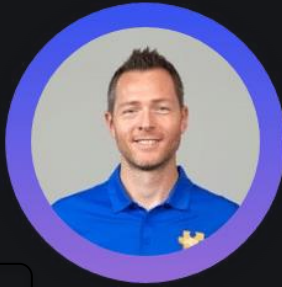
2008

SMA
Award



2009

PhD

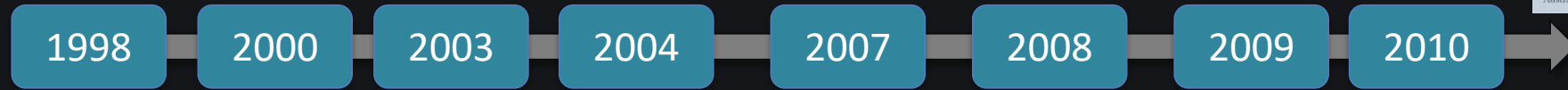


The effect of ice-slush beverage ingestion on thermoregulatory responses and endurance exercise in the heat

JJM Stanley^{1,2}, M Leveritt², JM Peake¹

¹School of Human Movement Studies, The University of Queensland, ²Centre of Excellence for Applied Sports Science Research, Queensland Academy of Sport





1998

1st
Triathlon



2003

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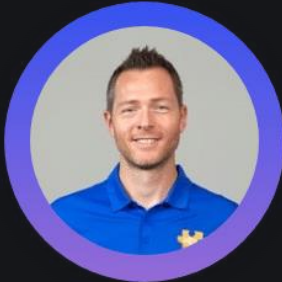
2008

SMA
Award



2009

PhD



2010

SMA
Award



The effect of hydrotherapy on cardiac parasympathetic recovery and exercise performance

J Stanley^{1,2}, JM Peake², M Buchheit³

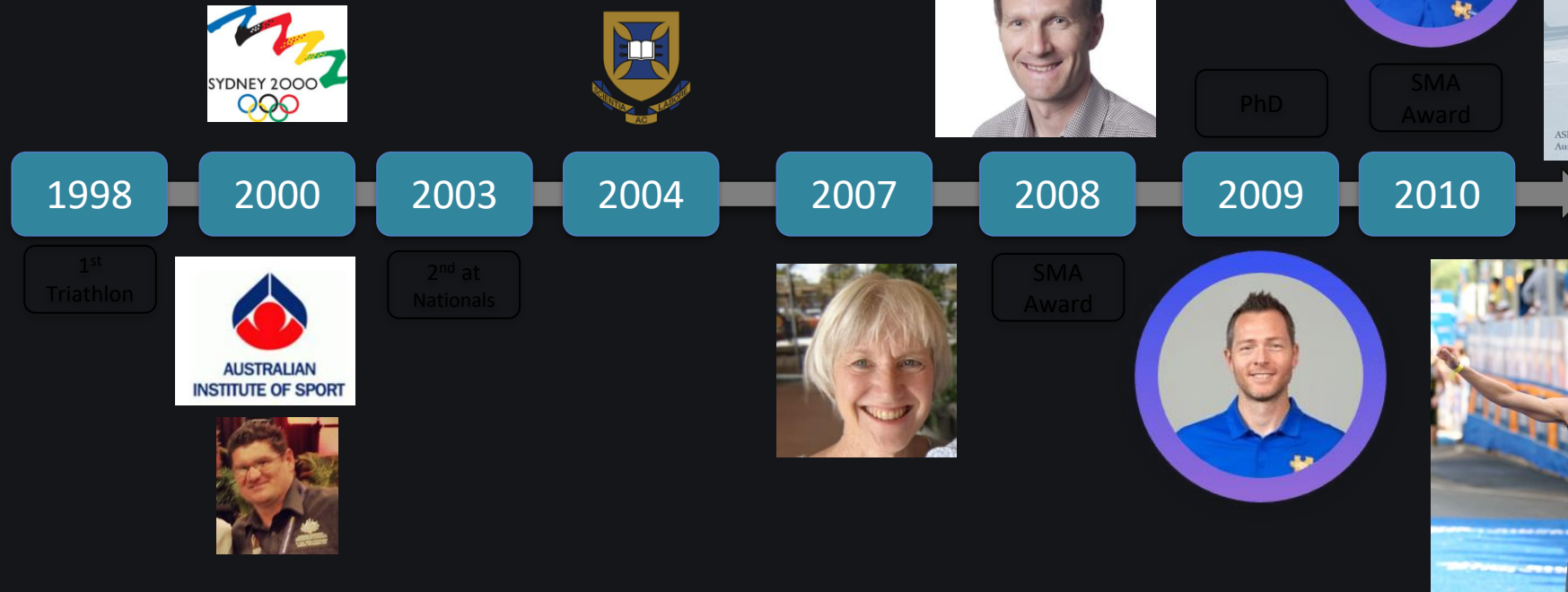
¹The School of Human Movement Studies, The University of Queensland (Brisbane, Australia)

²Centre of Excellence for Applied Sport Science Research, Queensland Academy of Sport (Brisbane, Australia)

³ASPIRE, Academy of Sports Excellence (Doha, Qatar)

ASICS Conference of Science and Medicine in Sport, Port Douglas, Australia, November 4-6, 2010





The effect of hydrotherapy on cardiac parasympathetic recovery and exercise performance

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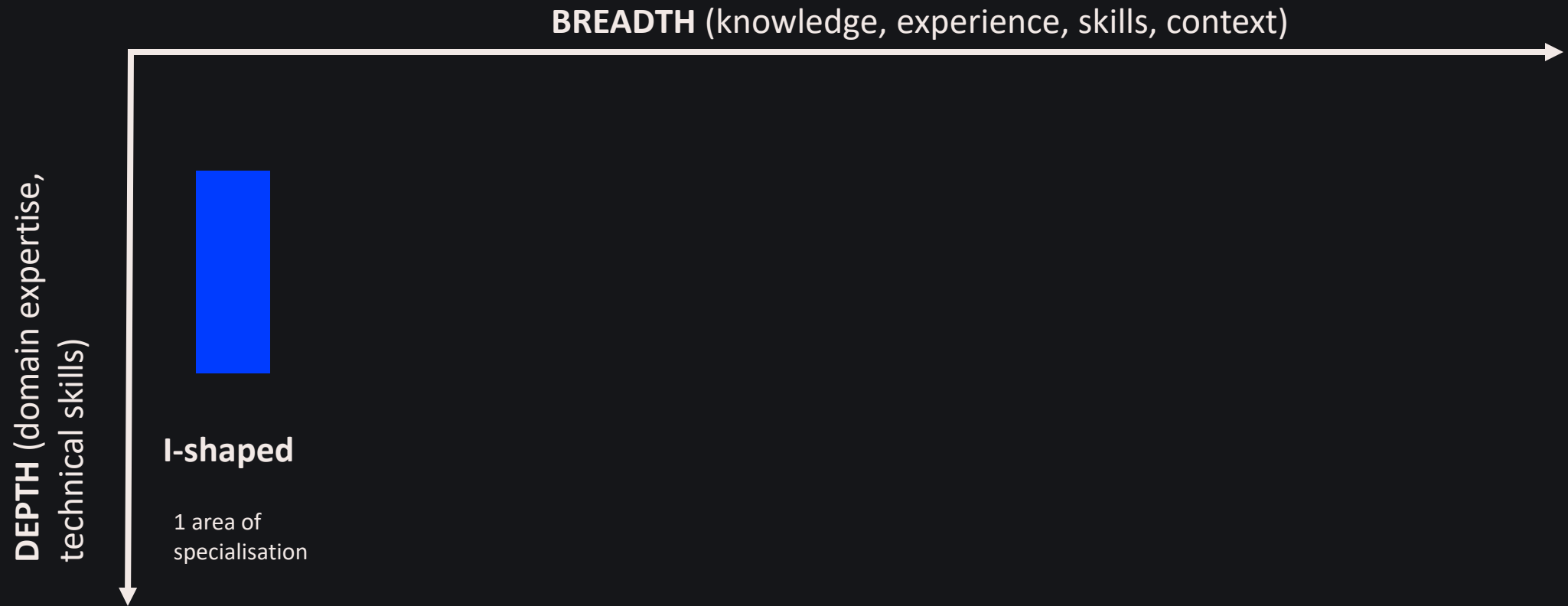
³ASPIRE, Academy of Sports Excellence (Doha, Qatar)

ASICS Conference of Science and Medicine in Sport, Port Douglas, Australia, November 4-6, 2010



Fundamental scientific process

DEVELOPMENT PROFILE



@DrSianAllen

Aspire

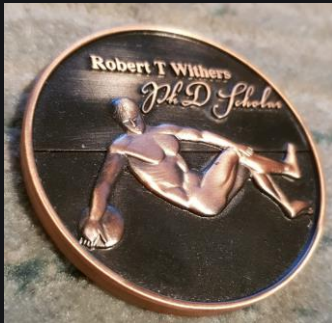
2012





2012

2013



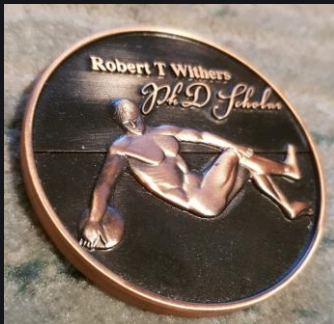
THE UNIVERSITY OF QUEENSLAND
AUSTRALIA

Heart rate variability as a tool to monitor cardiac parasympathetic function
during short- and long-term recovery from exercise



2012

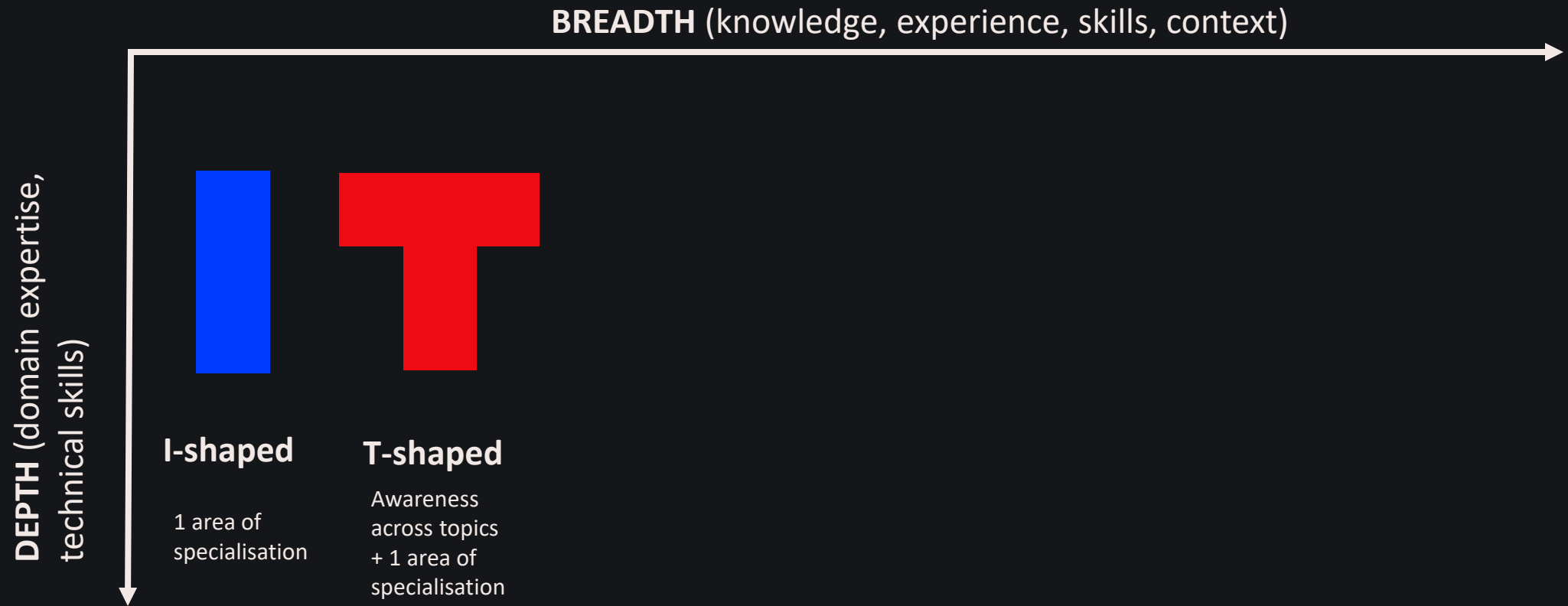
2013



“Recovery”

Heart rat

DEVELOPMENT PROFILE



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2012

2013

2014





2012



2013



2014



2015





2012



2013



2014



2016



Next Practice

a method or technique that is evidenced-based producing results that are superior to those achieved by current best practice and *will become the new standard way of doing things*



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a method or technique that is evidenced-based producing results that are superior to those achieved by current best practice and *will become the new standard way of doing things*



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a method or technique that is evidenced-based producing results that are superior to those achieved by current best practice and *will become the new standard way of doing things*



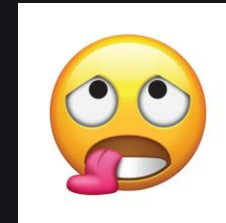
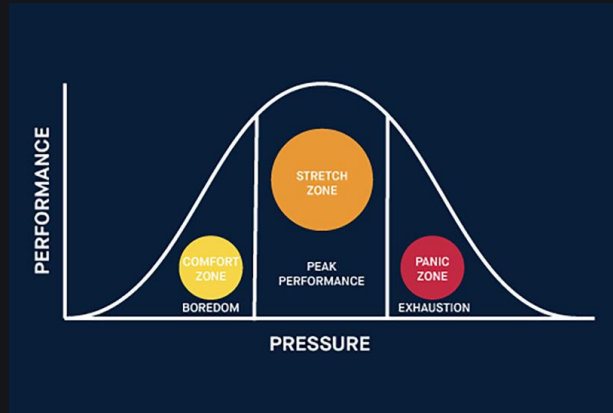
2018





2018

2019

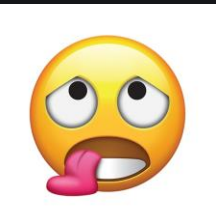
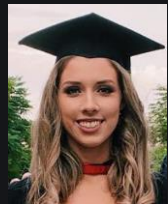




2018

2019

2020

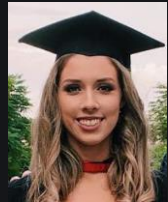




2018

2019

2020

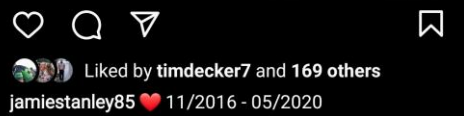


TOKYO 2020

HEAT ACCLIMATION/ACCLIMATISATION



JAMIE
YOUR CONSTANT HARD WORK AND NUMBER CRUNCHING IS A HUGE REASON WE ARE WHERE WE ARE TODAY. YOU GIVE OUR TEAM THE EDGE IT DESERVES WITH YOUR KNOWLEDGE AND CONSTANT DRIVE TO PUSH THE BOUNDARIES ON AND OFF THE BIKE. WE THANK YOU FOR EVERYTHING YOU HAVE DONE AND WILL CONTINUE TO DO INTO THE FUTURE.
YOUR AUSSIE TP BOYS





2018

2019

2020



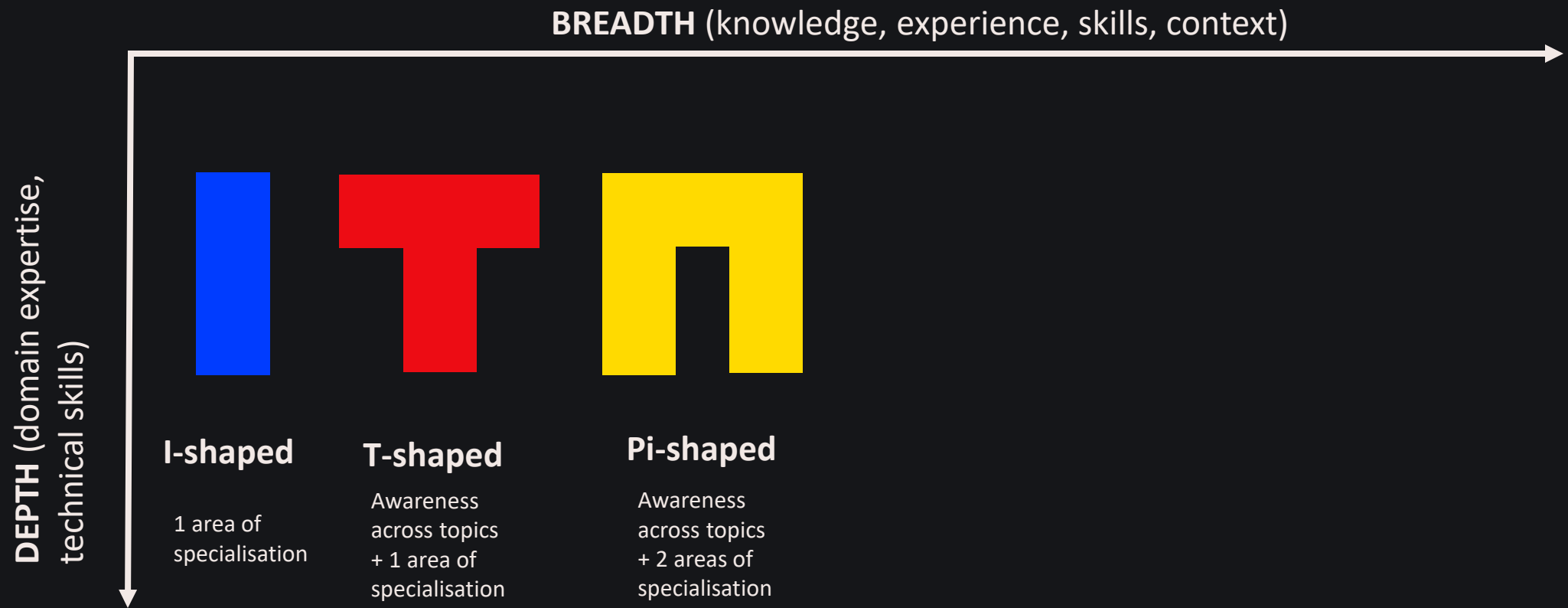
TOKYO 2020

Environmental physiology

jamiestanley85 ❤️ 11/2016 - 05/2020



DEVELOPMENT PROFILE



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2018

2019

2020

2021





2018

2019

2020

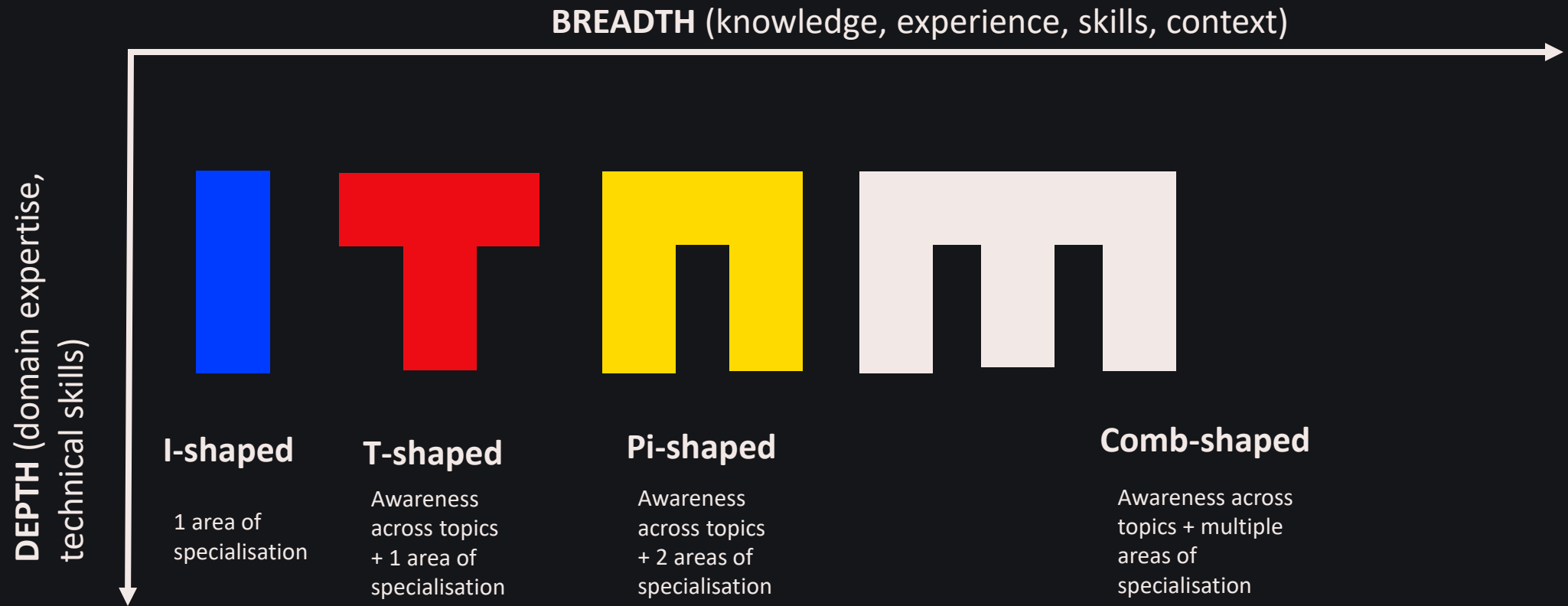
2021



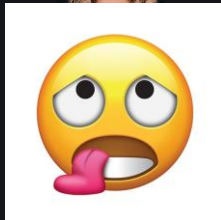
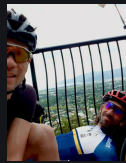
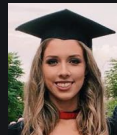
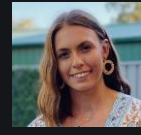
Paralympic sport



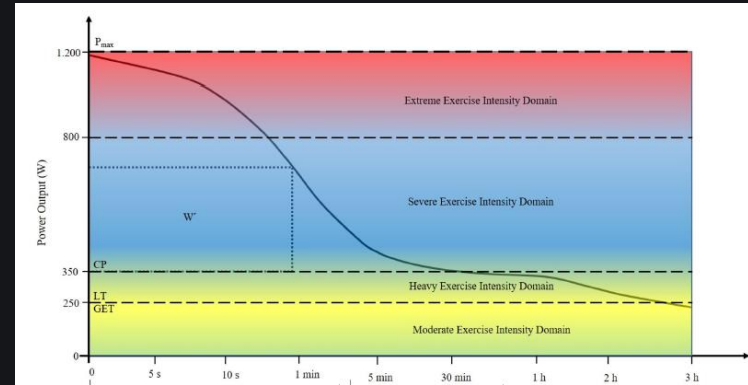
DEVELOPMENT PROFILE

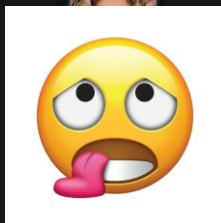
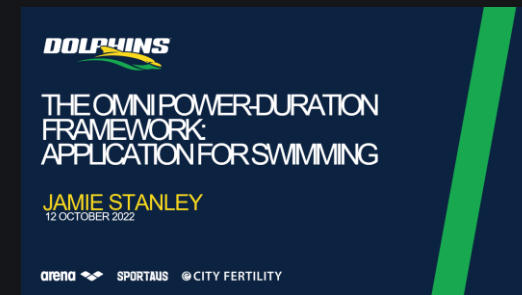
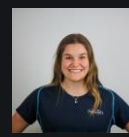
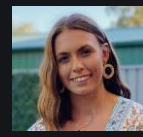
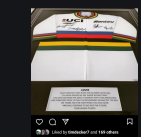
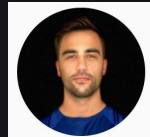


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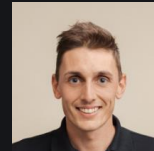


ION/ACCLIMATISATION

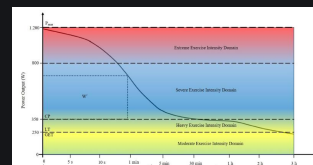




ION/ACCLIMATISATION



Evolving athlete profiling in swimming





2018

2019

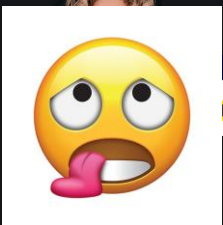
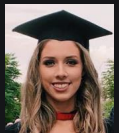
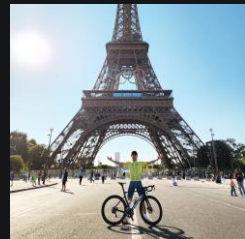
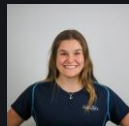
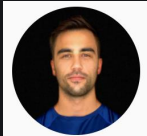
2020

2021

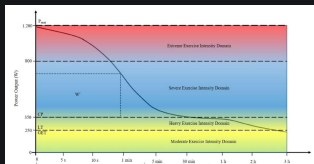
2022

2023

2024



SWIM AUS Evolving athlete profiling in swimming



Performance-centred Practice

Can enhanced athlete profiling unlock individualised training and promote interdisciplinary engagement?

Dr Jamie Stanley and Dr Katie Slattery

UTS SASI





2018

2019

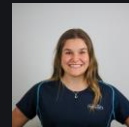
2020

2021

2022

2023

2024



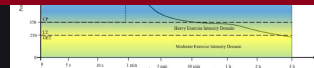
Performance-centred Practice

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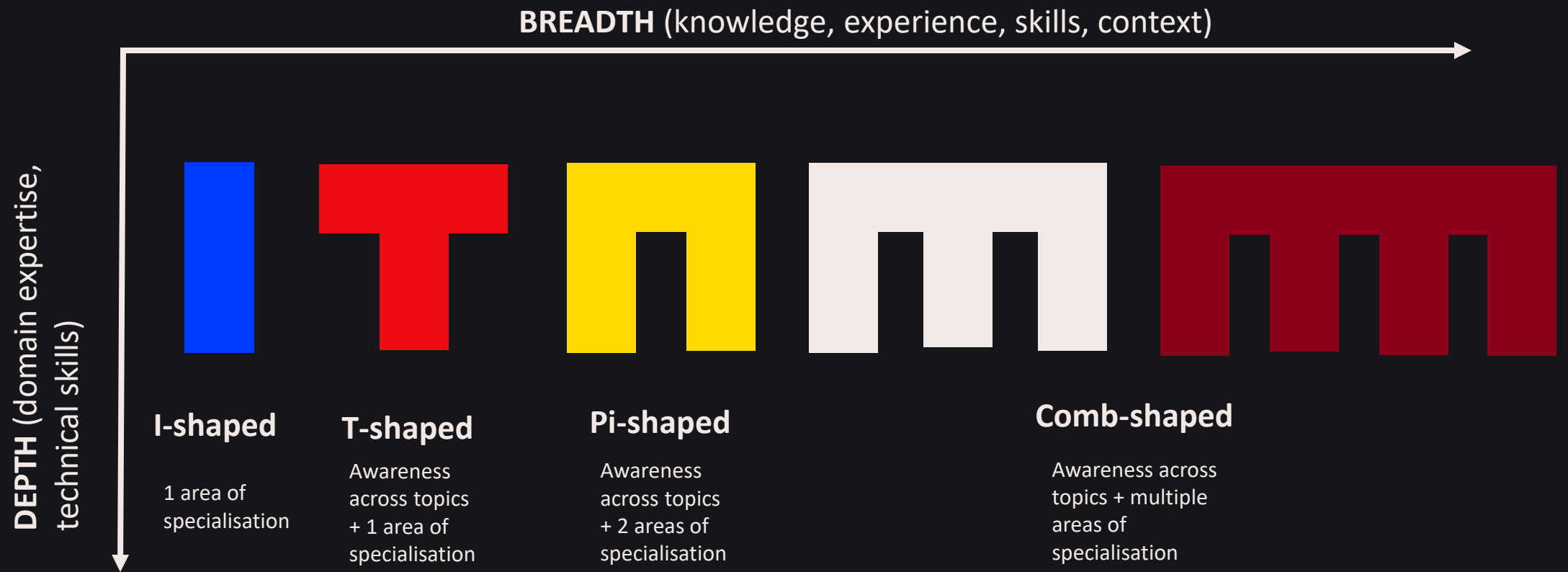
Dr Jamie Stanley and Dr Katie Slattery

UTS SASI

Athlete profiling + Performance teams



DEVELOPMENT PROFILE

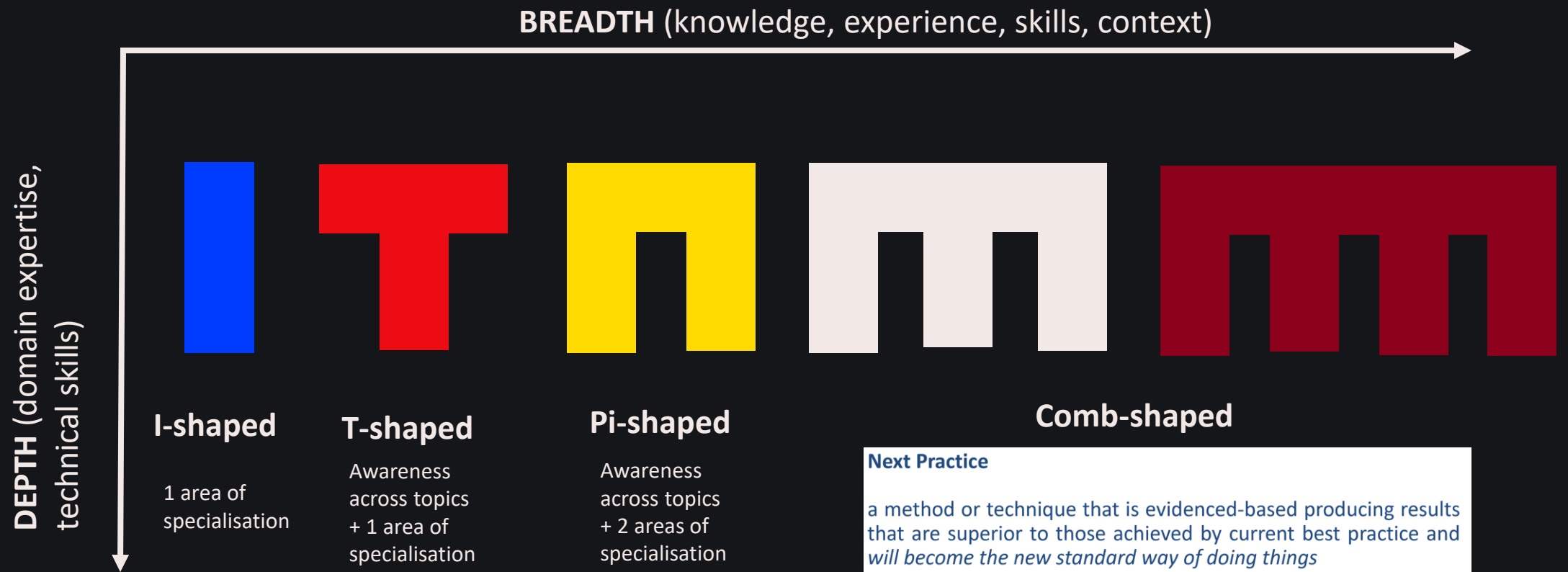


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COMB-SHAPED PROFILE



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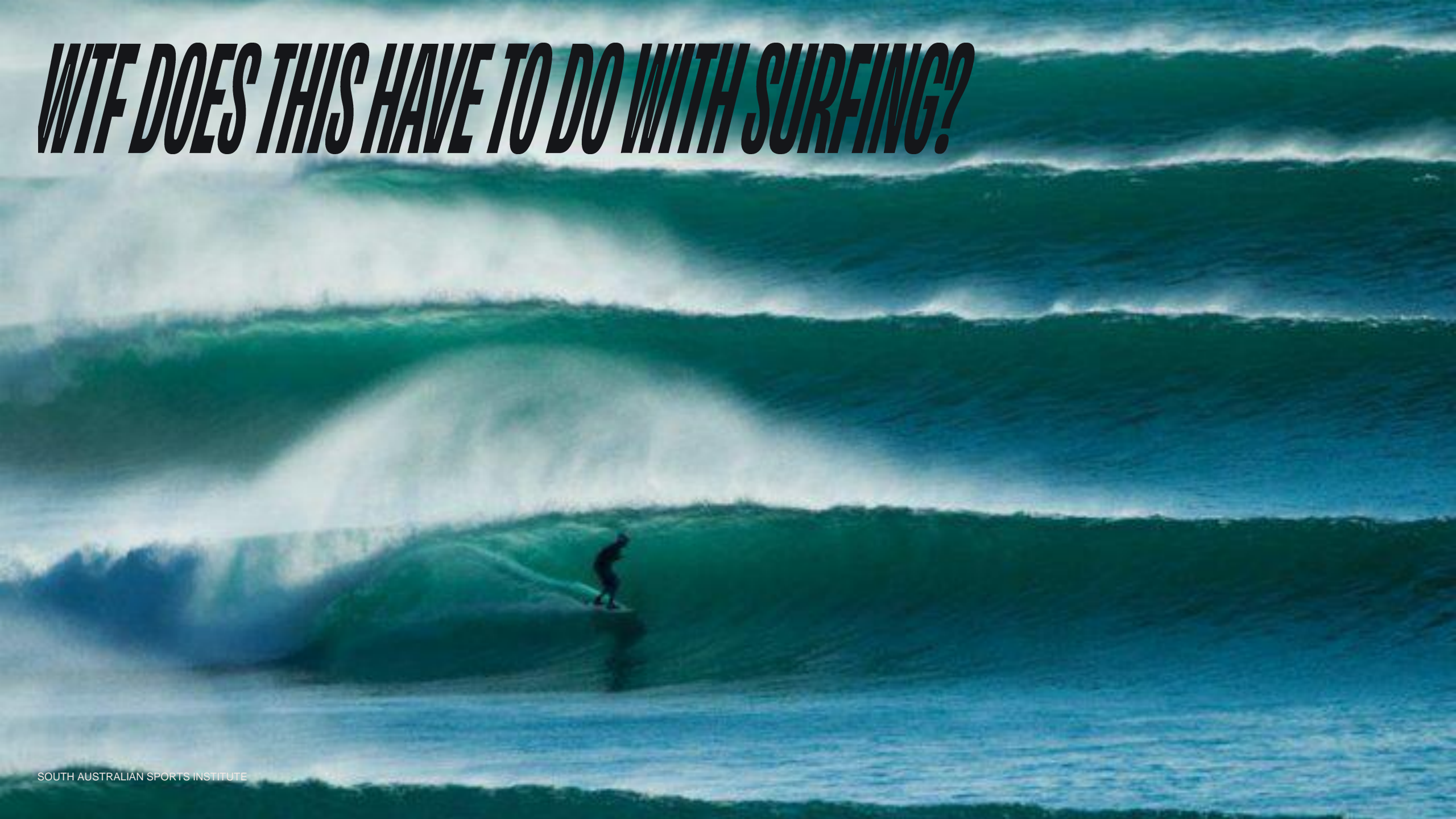
DO WHAT INTERESTS YOU

*Minimal
effective dose*

*Individual athlete
characteristics*

*Individual adaptive
responses*

WTF DOES THIS HAVE TO DO WITH SURFING?





POWERING GREATNESS

The image features a solid red background with several sets of thin, parallel lines in a slightly darker shade of red. These lines are arranged in a dynamic, overlapping pattern that suggests movement and depth, particularly in the lower half of the frame. Centered in the upper-middle portion of the image is the word "SASI" in a clean, white, sans-serif typeface. The letters are bold and have a modern, slightly geometric feel, with the 'S' and 'I' being particularly prominent.

SASI