

	Foundation	Paddle ID	Paddle to Podium	High Performance Development	High Performance Podium Potential	High Performance Podium
Stage Description	Entry to the CRNZ High Performance Pathway	Introduction to high performance environments and international competition	Preparation for the transition to full time high performance training	Commencement of full time high performance programme involvement	Pursuit and preparation for international success	Sustained international podium performance
Athlete Description	Competitive racers with high performance aspirations, learning the foundations of performance	Athletes demonstrating potential for high performance and tracking towards Paddle to Podium in 1-2 years	Athletes with demonstrated success at the Junior level and tracking towards High Performance Development in 1-3 years	Athletes with demonstrated success at the U23 level and tracking towards Podium Potential in 1-4 years	Athletes consistently achieving goals in the High Performance Programme and tracking towards Podium in 1-4 years	International podium performers demonstrating potential for ongoing podium success
Approximate Athlete Age	15-18	17-18	18-23	20+	20+	20+
Approximate Years to Podium			10+	6	4	Podium
HPSNZ Athlete Classification			Pathway to Podium	Level 3 Carding	Level 2 Carding	Level 1 Carding
Usual Training Environment	Regional Club PID/P2P Coach 8-10 hours per week Up to 3 PID Camps	Regional Club PID/P2P Coach 10-12 hours per week 7 PID Camps	Regional Club P2P Coach 10-15 hours per week 7 P2P Camps 7 Local P2P Workshops	CRNZ High Performance Development Squad Auckland CRNZ HP Coach 15-20 hours per week International training camps	CRNZ High Performance Squad Auckland CRNZ HP Coach 20-25 hours per week International training camps	
Performance Support			Delivered via Sport NZ Pathway to Podium Regional Talent Hubs as per Individual Development Plan	Delivered via High Performance Sport New Zealand as per Individual Performance Plan		
Pinnacle Events and Target Results	Domestic events: A Final	Domestic events: A Final Oceania/GP: Exposure Jnr Worlds: Exposure	Domestic: Podium Oceania/GP: B→A Final Jnr Worlds A Final U23 Worlds: B Final	U23 Worlds: A Final World Cups: A Final World Champs: B→A Final	World Cups: Top 5 World Champs: Top 7 Olympics: Exposure	World Cups: Podium World Champs: Podium Olympics: Podium
Key Assessment Targets			MK1 200: < 38.00 MK1 1000: < 3:40.00 2km time trial: < 8:15 10" sprint: > 17.5 km/hr 60" sprint: > 16.5 km/hr Bench Pull 1RM: 100-120kg	MK1 200: < 36.00 MK1 1000: < 3:33.00 2km time trial: < 8:00 10" sprint: > 18.0 km/hr 60" sprint: > 17.0 km/hr Bench Pull 1RM: > 120kg	According to each athlete's Individual Performance Plan	
Key Competencies	Introducing	Understanding	Practicing	Refining	Mastering	



The CRNZ High Performance Athlete Pathway is a platform to identify, select, track and support athletes as they transition from club paddler to podium performer.

The Pathway is evidence based, created by tracing historical race results for 49 medalists from the 2012 London Olympics, in combination with athlete development theory.

This Pathway Snapshot is two dimensional. Read vertically, the key components relevant to each stage of the Athlete Pathway are outlined. Read horizontally, the Pathway Snapshot describes how each key characteristic changes from one stage of development to the next. For more information visit www.canoeing.org.nz

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Pinnacle Events and Target Results	Domestic events: A Final	Domestic events: A Final Oceania/GP: Exposure Jnr Worlds: Exposure	Domestic: Podium Oceania/GP: B → A Final Jnr Worlds A Final U23 Worlds: B Final	U23 Worlds: A Final World Cups: A Final World Champs: B Final	World Cups: Podium World Champs: A Final Olympics: Exposure	World Cups: Podium World Champs: Podium Olympics: Podium
Key Assessment Targets			WK1 200: < 44.50 WK1 500: < 2:00.00 2km time trial: < 9:35 10" sprint: > 13.5 km/hr 60" sprint: > 14.0 km/hr Bench Pull 1RM: 70-80 kg	WK1 200: < 42.00 WK1 500: < 1:55.00 2km time trial: < 9:30 10" sprint: > 14.0 km/hr 60" sprint: > 14.5 km/hr Bench Pull 1RM: >85 kg	According to each athlete's Individual Performance Plan	
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