

Paddle ID

Introduction to high performance environments and international competition

Typical Athlete Description	Athletes demonstrating potential for future high performance involvement Tracking towards Paddle to Podium standards in 1-2 years Approximately 17-18 years of age
Usual Daily Training Environment	Regional Club Paddle ID or Pathway to Podium Coach Approximately 8-10 hours on water + 2-3 hours basic strength and conditioning per week
Training Camp Involvement	7 Paddle ID Camps per year at Lake Karapiro, Cambridge
Pinnacle Events and Target Results	Blue Lakes / National Championships: A Finals May be invited to attend Oceania Championships and/or Australian Grand Prix events May be eligible for Junior World Championships
Key Competencies	Building and understanding the CRNZ Technical Competencies Building fundamental movement patterns Understanding the basics of psychology, nutrition, athlete life
Performance Planning and Monitoring	Individual Development Plan Reviewed quarterly
CRNZ Support	Guidance in the preparation and monitoring of Individual Development Plan Paddle ID camps Junior World Championship Tour (for eligible athletes)
SNZ / HPSNZ Support	Individual performance support if required in specialised cases
Athlete Expectations	Commit to CRNZ High Performance Behaviours Commit to Individual Development Plan Own a K1 and paddle Attend all Paddle ID Camps
Athlete Expenses	Club membership and training expenses Domestic competition expenses Equipment expenses Training and competition apparel Paddle ID Camp expenses: Estimated \$150 per camp + travel Junior World Championship Tour expenses: Estimated \$6,000-\$9,000

