

High Performance Development

Commencement of full time High Performance Programme involvement

		Phase A (Years 1-2)	Phase B (Years 3-4)
Typical Athlete Description		Athletes with demonstrated success at the U23 level Tracking towards Podium Potential standards in 1-4 years 20+ years of age Recognised by High Performance Sport New Zealand as Level 3 carded athletes	
Usual Daily Training Environment		CRNZ High Performance Programme, Auckland (Development Squad) CRNZ High Performance Coach Approximately 15-20 hours per week Individual performance support provided by HPSNZ Specialists	
Training Camp Involvement		4 x U23 World Championship Team Training Camps, Lake Karapiro (for eligible athletes) International training camps	
Pinnacle Events and Target Results	Male	U23 World Championships: A Final World Cups: A Final World Championships: B Final	World Cups: A Final World Championships: A Final
	Female	U23 World Championships: A Final World Cups: A Final World Championships: B Final	
Key Assessment Targets	Male	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 1RM Bench pull: > 120kg	
	Female	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 1RM Bench pull: > 85kg	

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	Phase A (Years 1-2)	Phase B (Years 3-4)
Key Competencies	Refining CRNZ Technical Competencies Building sport specific strength, power and endurance Practicing mental skills and psychological strategies Practicing nutritional self management Self reliance and practicing necessary skills to manage full time performance environment	
Performance Planning and Monitoring	Individual Performance Plan Reviewed quarterly	
CRNZ Support	Management of daily training environment Preparation and monitoring of Individual Performance Plan International Camps and Tours GPS / Heart rate monitor Regular fitness and musculoskeletal assessments Premium Training Peaks account CRNZ apparel	
HPSNZ Support	Individual Performance Support as directed by Individual Performance Plan May be eligible for Emerging Talent Performance Enhancement Grants May be eligible for Prime Minister's Scholarship	
Athlete Expectations	Commit to CRNZ High Performance Behaviours Be based in Auckland to commit to the CRNZ High Performance Programme Commit to Individual Performance Plan Own a K1 and paddle Upload training data to Training Peaks account at least once per week Attend all U23 World Championship Team Training Camps (for eligible athletes)	
Athlete Expenses	Relocation expenses Club membership Domestic competition expenses U23 World Championship Tour expenses: Estimated \$6,000-\$9,000	