

High Performance

Pursuit, preparation and achievement of international success

		Podium Potential	Podium
Typical Athlete Description		Athletes consistently achieving goals within the CRNZ HP Programme Tracking towards Podium standards in 1-4 years Recognised by HPSNZ as Level 2 carded athletes	Athletes demonstrating podium success at World Championships and Olympic Games Demonstrating potential for ongoing podium success Recognised by HPSNZ as Level 1 carded athletes
Usual Daily Training Environment		CRNZ High Performance Programme, Auckland (High Performance Squad) CRNZ High Performance Coach Approximately 20-25 hours per week Individual performance support provided by HPSNZ Specialists	
Training Camp Involvement		International training camps	
Pinnacle Events and Target Results	Male	World Cups: Top 5 World Championships: Top 7 Olympic Games: Exposure	World Cups: Podium World Championships: Podium Olympic Games: Podium
	Female	World Cups: Podium World Championships: A Final Olympic Games: Exposure	World Cups: Podium World Championships: Podium Olympic Games: Podium
Key Assessment Targets		According to each athlete's Individual Performance Plan	

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Key Competencies	Refining and mastering CRNZ Technical Competencies Maximising sport specific strength, power and endurance Refining and mastering mental skills and psychological strategies Refining and mastering nutritional self management Refining focus	
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 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	
Athlete Expenses	Club membership Domestic competition expenses	