

Entry to the CRNZ High Performance Pathway

Typical Athlete Description	Competitive racers with high performance aspirations, learning the foundations of performance Approximately 15-18 years of age
Usual Daily Training Environment	Regional Club Paddle ID or Pathway to Podium Coach Approximately 6-8 hours on water + 2-3 hours basic strength and conditioning per week
Training Camp Involvement	May be invited to attend up to 3 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
Key Competencies	Introduction to CRNZ Technical Competencies Introduction to fundamental movement competencies Introduction to the basics of psychology, nutrition, and 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 (for eligible athletes)
Athlete Expectations	Commit to CRNZ High Performance Behaviours Commit to Individual Development Plan Own a K1 and paddle Attend Paddle ID Camps where invited
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